

**What Consumes  
Your Thoughts...  
Controls Your Life !**

Think about what you'd like to accomplish.

Then **Decide** what you **Want** to accomplish. It doesn't matter who you are or what you do, you absolutely, positively have the power to change your **Life**.

Think about waking up in the morning feeling great. Having the energy to take you from morning until evening. Gaining control of your health and your life.

If you're willing to make the commitment and take the steps recommended in this program, you'll make a giant leap towards gaining control of not only how you look and feel, but every aspect of your life.

Think of a better you...for YOU.

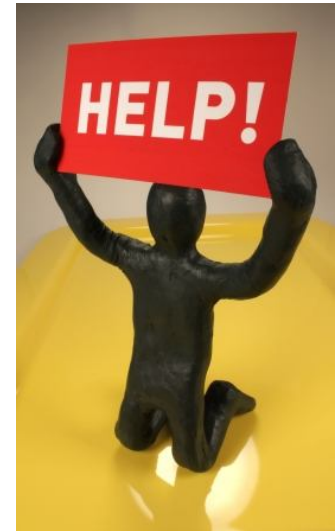
**YOU can accomplish  
Whatever YOU set out to accomplish...  
YOU can become  
Whatever YOU think of becoming.**



**Khalil Family**

**Wellness & Intervention**

Khalil Family Wellness & Intervention  
22790 Kelly Road, Suite A  
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**Anxiety**

**Depression**

**And Your  
Good Health**

- \*The Causes
- \*The Symptoms
- \*There is Help



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## We Understand The Causes...

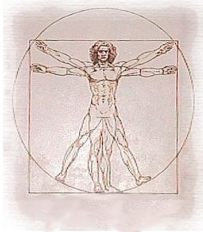
At **Khalil Family Wellness & Intervention** we understand that major lifestyle changes can be difficult, and sometimes a little frightening. Our programs and our intensive aftercare are integrated from the inside out to bring focus and balance to the Physical, Bio-Chemical and Psychological dimensions inherent in all our lives.



**Anxiety and Depression** are caused by an imbalance in the brain's chemicals called neurotransmitters. There are (5) specific neurotransmitters that must be in balance to maintain Good Health:

Dopamine, Opioids, GABA, Norepinephrine and Serotonin.

There is **No "Drug"** that can actually put these neurotransmitters back into natural balance. Unlike other treatment programs we use a combination of proven and innovative techniques to treat the underlying Physical, Psychological and Bio-Chemical stresses. A 'whole person' approach that encompasses the Mind, Body and Spirit.



## Anxiety

Anxiety is considered an illness when one cannot control anxious feelings.

Excessive levels of negative emotions, such as fear, worry, nervousness and tension, and the anxious feelings that occur involuntarily despite your best attempts to stave them off.

From chronic worrying to panic attacks, most seem to have the same root cause; unrealistic, overwhelming fears that can not only paralyze the mind but can also cause serious physical symptoms.



## Depression

One may feel hopeless and sad, or stop feeling pleasure from almost everything they do. They may feel tearful, discouraged, irritable or anxious and have low energy levels.

The symptoms are often subtle at first. It can be hard to recognize that symptoms may be connected and may actually be depression.



## We Can Help...

**Khalil Family Wellness & Intervention** is licensed by the State of Michigan as a Substance Abuse and Mental Health Facility. We are one of the very few practices in the United States that specialize in the use of Auriculotherapy, Torque Release Technique and Lifestyle Management.

Scientific studies have proven that Auriculotherapy plus Torque Release Technique, in conjunction with the proper nutritional support, Tai Chi, the appropriate Cognitive Therapy and Positive Behavioral Reinforcement can not only be effective, but have, in many cases, eliminated or drastically reduced dosages for psychotropic drugs.



We would welcome the opportunity to discuss your unique needs. Please call to schedule an appointment at your convenience.



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