



**INSTANTLY TRANSFORM YOUR STRESS**  
into  
**HEALING ENERGY**



**Axelrad Clinic Academy**  
Learn How To Live Your Greatest Life.

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Instantly Transform Your  
**STRESS INTO HEALING ENERGY**

Brought to you by:  
The Axelrad Clinic



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[www.axelradclinic.com](http://www.axelradclinic.com)

The information provided in this Action Plan is not intended to substitute for direct medical advice from a qualified healthcare practitioner. Consult your healthcare provider before beginning any new health regimen, including this Action Plan.

# ALL NEW PATIENTS START WITH A FREE INITIAL CONSULTATION

You'll meet one-on-one  
with your clinician to see if  
our unique blend of  
**Acupuncture, Nutritional  
and Herbal Medicine and  
Mind-Body Coaching** are  
a good fit for you.





## ABOUT THE AXELRAD CLINIC

The Axelrad Clinic is a **natural medicine clinic** in Houston, Texas where **women from all walks of life** – young women, moms and moms-to-be, professionals, retired, and more – come and **get 100% natural treatment** so they can:

[Balance Their Hormones Without Taking Hormones](#)  
[Get Pregnant Naturally](#) or [Finally Succeed With IVF](#)  
[Heal From PMS, Endometriosis and Other Gynecological Issues](#)  
[Overcome Chronic Stress, Depression, And Anxiety](#)  
[Lose Weight Naturally and Permanently](#)

NOTE: If you're new to The Axelrad Clinic, you can click one of the links above to learn more about how we help people with these problems using our unique combination of 100% natural medicine.

And, if you like this Instant Action Plan, [subscribe to our Axelrad Clinic Newsletter](#) and get new case stories, insights, and tips every week...

**Offices in Houston, The Woodlands, and Katy.**  
**ONLINE consultations for remote patients available as well.**



# THE FIVE CORE PRINCIPLES OF RADIANT WELLNESS

Wellness is not something you can buy. It's a MINDSET. It's a way of living that not only seeks balance and strength, but authenticity and purpose. It is beyond surviving. It is THRIVING. It is meeting life's challenges with grace, strength, and resilience.

## Lovingkindness

Be kind to yourself and others. Be patient. Forgive. You are already perfect.

## Clarity

Eat simple foods. Drink lots of water. Focus on your goals. Know your story.

## Strength

Be yourself. Respect and honor your feelings. Seek inspiration and cultivate joy.

## Simplicity

Don't make it complicated. There is no perfect. Breathe, let go, and move forward.

## Consistency

Establish a rhythm. Do something every day that feeds your desire to be your most authentic self.

## ABOUT THE AUTHOR

Chris Axelrad, M.S.O.M., L.Ac., FABORM is a Master Acupuncturist and Holistic Endocrinologist known for his calming presence and sincere caring for his patients. After graduating #1 in his class from Bellaire High School in Houston, TX, he embarked on an uncommon journey to becoming one of the most highly sought-after holistic endocrinologists and reproductive specialists in Houston.

Born into a family of physicians (his father, uncles, and brother are all MDs), Chris chose a different path. He attended the University of North Texas where he majored in Jazz Performance as a drummer and percussionist.

It was during this time that Chris was introduced to – and became obsessed with – yoga, mysticism, natural healing, and the concept of using the mind as a tool for healing.

Upon returning to Houston, Chris played professionally for several years and toured with several pop and jazz groups. In his mid-twenties he began to pursue a career in software engineering, landing jobs with oil and gas companies as well as a startup software firm. All the while, he was feverishly reading and learning as much as he could on meditation, mind-body healing, herbal medicine, and other forms of natural therapy.

In 1999, after 5 years as a software engineer, Chris decided to follow his true passion and begin his journey to become a full-time practitioner of medicine. He enrolled at The American College of Acupuncture and Oriental Medicine in Houston where he graduated with honors in 2003. In February 2004, he opened The Axelrad Clinic.

Since that time, Chris has been at the forefront of integrative medicine. He has developed a unique style and system that is a fusion of Traditional Chinese Medicine, Functional Biomedicine, and Mind-Body Medicine. The Axelrad Clinic has become one of Houston's premier destinations for patients seeking integrative holistic care that uses 100% natural therapies of Acupuncture, Herbal Medicine, Nutritional Therapy, and Mind-Body Coaching to treat hormonal and reproductive issues.

Chris regularly lectures around the world to other healthcare practitioners on wellness, hormones, herbal medicine, and nutrition. He is President Emeritus of the American Board of Oriental Reproductive Medicine, a specialty board dedicated to excellence in integrative reproductive medicine.

He lives in Houston with his wife and daughter, and still plays drums in local jazz and pop groups. [Read Chris' full bio here.](#)



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## BEFORE WE GET STARTED...

It's incredibly important to say a few things:

FIRST – **This is an ACTION plan**, meaning **in order for it to work you must actually do it**. I know that may seem obvious but I'm always surprised how people will come see me in clinic and pay me fairly large sums of money, and then not do most of what I suggest. **The bottom line is that wellness emerges first and foremost from a clear sense of self-responsibility. You must take ownership of your health. Nobody else can do it for you.**

SECOND – **Your results will be unique**. Nothing I recommend here will cause any harm and may help a LOT – a WHOLE LOT. **But, I am unable to make any guarantees**. You just have to try it out! **Again, you have to TAKE ACTION and only then will you see results.**

THIRD – **You are always welcome to contact the clinic if you have questions**. All you have to do is [visit our support page](#) and enter your question or concern and we will ALWAYS get back to you.

## Now – let's DO THIS!

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# YOUR KEYS TO SUCCESS



- 1. Keep it simple** – Don't try to do too many things at once.
- 2. Be consistent** – Commit to this for 5 days in a row so you can really see how much better you feel.
- 3. Be kind** – Keep a positive, gentle, and open-minded attitude and don't be hard on yourself.
- 4. Focus on you** – if your partner or others living in your home don't want to do it, no worries! Just take care of yourself. By feeling your best, you are leading by example.
- 5. Action speaks** – Talking about your changes only dilutes the focus. There's no need to tell everyone. Just focus on doing it!



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# TRANSFORM YOUR STRESS INTO HEALING ENERGY

## The WHY

Chronic stress is never helpful for anything. Ever.

Not only does it affect your overall quality of life – your level of happiness, your relationships, your career path – it also has significant biological impacts.

Chronic, unmanaged stress causes shifts in every single body system you can think of – nervous, digestive, immune, metabolic, endocrine – and over time these systems all start to experience difficulty doing their job effectively.

The overload on nervous system can cause memory problems and difficulty focusing. Your digestive system functions less optimally when you are under stress. Stress promotes a pro-inflammatory environment in your cells and tissues because it slows your healing response. And, the metabolic and hormonal impacts of stress can cause fatigue, weight gain, and even depression and anxiety.

When you learn how to TRANSFORM YOUR STRESS INTO HEALING ENERGY, you gain a tremendous amount of POWER over your life. You are no longer buffeted about by seemingly random waves of stress coming at you.

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# TRANSFORM YOUR STRESS INTO HEALING ENERGY

## The WHY



When you know how to **TRANSFORM YOUR STRESS INTO HEALING ENERGY**, you gain more control over your mood, your response to circumstances in your life, and you actually become happier and more at peace. This helps in every area of your life including your relationships, career, and overall happiness. It can even have a positive impact on your financial situation.

When you don't know how to **TRANSFORM YOUR STRESS INTO HEALING ENERGY** you go through life feeling like a victim. It seems that you must deal with stressful circumstances all the time and – while you may have good days – you generally feel like life is a battle and you're just “getting through it”.

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# TRANSFORM YOUR STRESS INTO HEALING ENERGY

## The WHAT

You're going to take **FULL RESPONSIBILITY** for your stress...

I call this **EXTREME OWNERSHIP**.

By practicing this exercise consistently, you will no longer allow anything to “stress you out”.

YOU will be in the driver's seat.  
**COMPLETELY.**

# TRANSFORM YOUR STRESS INTO HEALING ENERGY

## The HOW

### Step One: NOTICE YOU ARE STRESSED

- You have to have the awareness that you are stressing out.
- This takes a little practice and mindfulness, but you will start to be able to “wake up” and realize that you are getting yourself worked up.

### Step Two: TAKE RESPONSIBILITY FOR GENERATING THE STRESS

- Immediately take ownership of the stress.
- Say something to yourself like this (silently of course): ***“As the creator of this stress, I accept full responsibility for it.”***

### Step Three: RECLAIM YOUR POWER TO CHANGE IT

- Now you are going to transform the stress.
- Inhale gently, then exhale and say the following silently, ***“I reclaim my power to transform this [anger | anxiety | sadness | (insert name of stressful emotion here)] into joy and inner peace.”***
- As you exhale and say it, feel a sense of peace washing over you.

**Repeat this process as many times as you need to during the day. It is much healthier than focusing on the negative, stressful energy.**



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## How to get started...

Think of a situation where you normally feel stressed out, annoyed, sad, or irritated. Really, anything that seems to happen on a regular basis that “stresses you”.

Right now, visualize that situation happening (you do not have to close your eyes, just see it happening in the back of your mind).

Now, see yourself RECOGNIZING that you are stressing out and REMEMBERING to do this 3-step method.

Now, see yourself actually doing it and feeling the stress melt away, replaced with a sense of joy and inner peace that YOU create.

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## Common Questions

### **What if I keep forgetting to do this until after the stressful moments?**

Don't be frustrated. You'll get better at remembering to do this consistently. Again, when you realize you've forgotten, just take a second to visualize yourself remembering the next time.

### **What if I don't notice anything the first several times I do it?**

Stay consistent and KEEP DOING IT... Check your attitude as well – if you are sowing doubt then it will make this more difficult. Make sure you have a positive attitude and expectation.

### **What if I still get stressed out a lot?**

Just keep practicing. I promise you'll start to notice very big shifts in your reaction to stress. It may take some time depending on how stressed your nervous system is, so be patient and give it time to heal.

### **I was told I need to pay attention to my negative emotions... Are you suggesting I should ignore them?**

Actually, this technique dramatically INCREASES your awareness of stressful states and allows you to shift your perspective. You will find that you feel more in touch with your true emotions because you are no longer dominated by them. You will actually gain MORE insight, not less.

**WATCH THE COURSE IN  
OUR ONLINE ACADEMY**

It's free and walks you  
through the entire  
process.



[Click here to watch now](#)

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## HOW TO GET STARTED AT THE CLINIC

For new patients, and those interested in finding out if our services are a good fit for them, we offer a **FREE INITIAL CONSULTATION**. At this visit, you'll meet with your clinician one-on-one to discuss your situation and make sure it's a good fit.

To request your FREE consultation now  
simply click the button below  
or call +1-713-527-9555.

**REMOTE CONSULTATIONS ARE AVAILABLE AS WELL.**

