



Energies4Life

URGENT PRESS RELEASE

For Immediate Release

"Life Changing" training to start at the CHAIM Centre this spring. PRESS DAY – MAY 19TH

"The Lightning Process is something that will give you genuine hope and a future." (Austin Healey, former international rugby player, whose wife made a complete recovery from M.E. after completing a Lightning Process course).

Now, the **Lightning Process™** is coming to the CHAIM Centre in Northwest London. Practitioner Michelle Clemons will host a press day at the centre on **Monday 19th May 2008** from 9am, to explain this remarkable training program and explain how it has transformed people's lives. The event will include a full press briefing at 10.00am, followed by a question and answer session.

Successful in providing rapid, positive change in people suffering from Chronic Fatigue Syndrome, Post Viral Stress, Fibromyalgia and Myalgic Encephalomyelitis (M.E.), the **Lightning Process™** was developed by Phil Parker and is acclaimed by patients and carers alike.

"I suffered from M.E. for over 7 years and in only 3 days of doing the Lightning Process training I got my life back." (Alistair Gibson, Bournemouth).

Michelle Clemons has witnessed many such transformations with M.E. sufferers.

"The Lightning Process teaches techniques which enable your brain and body to work together, powerfully influencing your health and your life. We believe that total recovery is possible and over 90% of participants gain recovery from M.E. by using the process" Michelle says.

The **Lightning Process™** also produces success in many other areas of life - including weight loss, achieving peak performance and quitting smoking. It is also extremely effective in combating anxiety, stress and panic attacks, depression and obsessive compulsive disorder.

"The Lightning Process empowers every individual to make lasting, positive change in so many different areas of life" says Michelle.

By introducing **Lightning Process™** seminars to the **CHAIM Centre**, Michelle aims to bring these changes to the lives of many people in London.

For more information about the **Lightning Process™** or to schedule an interview,

visit: www.energies4life.com

call Michelle Clemons on **07890847472**

email michelle@energies4life.com

The CHAIM Centre is at 10a Station Parade, London NW2 4NH

Telephone: 02084520900

Email: info@chaimcentre.com