

**Are you feeling...**

*Frustrated... worried... anxious... depressed...  
overly concerned... sad... unappreciated...  
unattractive... unhappy... tired... blue... irrational...  
sensitive... hassled... harried... overworked...  
negative... overwhelmed... hateful... withdrawn...  
distracted... uninterested... restless... irritable...  
frightened... sexually disinterested... hormonal...  
inadequate... overly emotional... exhausted...  
out of control... crazy... insane... disappointed...  
overloaded... maxed out... stressed out...  
indecisive... on the edge.. resentful... used up...  
hostile... guilt ridden... insecure... angry...  
resentful... bitter... dismayed... not trusting...  
inhibited... impatient... self occupied... paranoid...  
confused... alienated... fatigued... unfocused...  
obsessive... compulsive... afraid... bored...  
misunderstood... lost...*

**We can help...**



HealthMax was founded to provide patients and consumers a credible source of information and leading edge resources in an effort to help them make more informed decisions about their health care. From medical doctors to nutritionists, the HealthMax team is composed of a multi-disciplinary group of professionals whose collective expertise incorporates both traditional and natural medicine.

**Female Stress Solutions Seminar  
Cost: Complimentary**

Female Stress Solutions Manual \$10.  
For times, locations and to reserve your seat  
in the seminar call:  
Lori Swanz at (206) 362-1111 or  
E-mail [help@femalestress.com](mailto:help@femalestress.com)

**On Site Seminars Can Be At Your Location**  
Contact Lori Swanz  
Director of Seminars and Conferences  
206-362-1111

**More Information On Stress**  
and stress related resources can be found at  
[www.thestresscure.com](http://www.thestresscure.com)

**HealthMax Incorporated**  
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(206) 362-1111

**A medical solution  
to a silent epidemic...**

Vern S. Cherewatenko, MD  
& Lori A. Swanz

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# Female Stress Solutions

Women today live in a demanding and judgmental society that encourages them to stretch their limits and themselves beyond what's healthy and wise. They continue to push beyond the body's ability to normally withstand the daily pressures and stress. They frequently find themselves chasing the clock - faster and faster, often feeling that they are just existing - caught on the merry-go-round of life. Yet no one seems to really understand...

This over-stressed lifestyle can begin to cause internal biological and hormonal changes that result in behaviors that seem unnatural to them. Many women will feel they are not themselves anymore and can't remember how they got this way. They don't like these new feelings of being overwhelmed more often than not. Many times the reaction to an over-stressed lifestyle leads to feelings of depression, sadness, frustration, anger and an increased inability to cope with even the smallest daily events. They feel maxed out and exhausted most of the time and are dismayed at the lack of rewards and happiness in their lives. At that point, they find that life is taking both an emotional and physical toll on them. Their entire body system begins to break down and they become someone very unlike the person they used to be. And still no one seems to really understand... until now. There is hope! At HealthMax - we understand and can help you get your life back - safely and effectively.

Female stress is a growing and alarming epidemic. It is affecting women across the world regardless of their nationality, age or race. It is affecting their families including their spouse and their children. It is affecting their relationships, if single, and can cause an excessive amount of despair. Traditionally women who finally go to see a physician or health professional are treated for conditions such as chronic stress, anxiety and depression. In their best attempt at helping, physicians prescribe an assortment of pharmaceutical medications that may not be effective or the best option.

By combining proper understanding of the dysfunctional physiology caused by stress, along with accurate diagnostic evaluation, women are now able to receive proper education, therapeutic intervention and appropriate guidance to reach a maximum level of wellness and happiness that they have been yearning for. The ability to effectively cope with the daily stresses of life can now be met with much greater ease and allow women to get off an emotional roller coaster they never intended to ride.

Dr. Cherewatenko's approach involves a non-prescription treatment method using naturally available hormones to replace the deficient levels in the body. Restoring these important biological levels to normal has a profoundly positive effect on behavior.

At HealthMax, we understand that most women of today are being tapped out - their 'stress resistance' fuel tank has nearly run dry. For many, this causes behaviors that are not pleasant or natural - they are bewildering and frightful. Most of these women are frustrated with the lack of understanding by the medical profession and the lack of an effective intervention. We have treated hundreds of women safely and effectively with a state of the art, natural approach developed by Dr. Cherewatenko and his colleagues that restores normal body functioning and the ability to cope effectively with the stresses of daily life.

Dr. Vern S. Cherewatenko, MD, MEd and Lori Swanz have created an educational and informative seminar designed for both men and women to begin to understand the Female Stress Syndrome. Many of the topics from Dr. Cherewatenko's soon to be released book, *The Stress Cure*, by HarperCollins Publishers, will be discussed.

Learn about the Female Stress Syndrome from physicians who have successfully treated numerous women with this condition. Don't wait another day, suffering in silence, to begin to understand this phenomenon and the effective treatment available to regain control of your life and your emotions. Take the first step by calling, stopping by or using the internet to reserve your seat at one of our upcoming seminars.