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## **Lightning Process empowers thousands to transform lives**

For more than ten years the Phil Parker Lightning Process has helped thousands of people to transform their health and lives.

The Process is specifically developed to resolve life's most common and debilitating conditions including CFS, chronic pain, anxiety, depression, addictions, OCD and ME. Celebrities including Esther Rantzen and Austin Healey have turned to the programme for relatives or themselves.

The Lightning Process is an empowering three day training course which enables individuals to choose the life they love using techniques based on the way the brain and body interact.

Clients explore the science behind how beliefs and behaviour patterns can affect lives and health and discover how to turn these into a complete strategy for success.

Osteopath and personal development expert Phil Parker designed The Lightning Process at his London clinic. It builds on the concepts of Neuro-Linguistic Programming, Osteopathy, and Life Coaching. Phil says: "The Process can be used on every element of your life.

"Ninety practitioners across 13 countries trained more than 2,500 people last year. The amazing recoveries included some walking for the first time in years; others returning to work after years of illness; and many travelling the world, and achieving their dreams."

The success of the Lightning Process programme is increasingly recognised by a range of authorities.

Phil added: "Consultants, GPs and other healthcare professionals are now trained, and insurance companies recommend the Lightning Process. Medical studies in the UK and Norway are under way to measure its success."

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Note to editors:

Clients with the following have shown real benefit: ME (Myalgic Encephalopathy); CFS; FM/Chronic pain; IBS and digestive issues; food and chemical intolerances; weight loss; eating disorders; addiction; anxiety and panic attacks; stress and struggle; low self esteem; self doubt; OCD and depression.

Further information on The Lightning Process can be found at:[www.lightningprocess.com](http://www.lightningprocess.com)

Phil's latest book "The Ten Questions To Ask For Success" (ISBN 9780955648212) is available from bookshops and at [www.lightningprocess.com](http://www.lightningprocess.com)

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