

Press Release January 2011

Lightning Process Empowers Thousands to Transform Lives

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

The Process is specifically developed to resolve life's most common and debilitating conditions including CFS/ME, Chronic Pain, Anxiety, Depression, Addictions and OCD. Celebrities including Esther Rantzen and Austin Healey have turned to the programme for relatives or for themselves.

The Lightning Process is an empowering training course which teaches individuals how they can influence their health and life 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 ten countries trained more than 2,000 people last year. Their amazing stories include 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: "There are many Consultants, GPs, Physios and OTs who have observed the training and many who have seen change in their patients after having attended a Lightning Process seminar. We have projects running with independent research bodies with the aim of developing robust statistics to support the outcomes that we regularly see with scientific data."

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Note to editors:

Clients with the following have reported real benefit: CFS/ME; 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

For more information or to arrange an interview with Phil Parker please call Lydia on 020 7374 0233.