

## ***Anxiety – The Facts***

If you want to find a con then you need to look no further than the health industry - the biggest fraud in the history of the world. Why not look at the videos made by [www.CCHR.com](http://www.CCHR.com) or read my online book called 'Addictions, The addictive Truth'. This 48 page book took me 12 months to research using the freedom of information act in the UK and 3 months to write. At one time I used to think that modern medicine was wonderful but not anymore. I only learnt the truth when I started helping people. We live in a sick greedy world where ignorance rules the day.

The medical model used for treating depression is nothing short of a scandal. There is no scientific evidence that depression is based on a “chemical imbalance”; this is nothing but a blatant lie in order to sell the unsuspecting public very expensive, ineffective and dangerous drugs.

Last year the government admitted that antidepressants don't work after a mega-study at Hull University yet not a single GP has heeded this warning. In fact a lot of them were opposed to people coming off them. Psychotropic drugs (antidepressants) are not based on real science but pseudo-science (made up science or blatant lies). They do not offer a single cure but have taken the lives of countless numbers of people. Half of the people who commit suicide are on psychotropic drugs. Most of the people who have gone on wild killing sprees were found to be on psychotropic drugs.

Our job is to accelerate the healing process. We have developed a system that provides more benefit in one two hour session than in four years of non-directive therapy. Don't take our word for it; just listen to our clients have to say:

**Here is a lady who quit drinking and overcame her depression with our help. This is her first interview after she had stayed quit for about six months. In the second interview over a year later we helped her overcome her grief after the death of her mother in tragic circumstances. Here is her story but there are two 10 minute interviews with her on the website:**

## **"Free from Alcohol and Anti-Depressants after 10 years"**

Good morning Shokat

I just wanted to say Thank you. I have just had the best night's sleep in years, without any anti depressant, or alcohol the first since 1993. I know you asked me to contact you in a couple of weeks but I NEEDED to say Thank you now. I feel great.

Thanks Philippa.

Shokat: Philippa, thanks for making my day!

Philippa: No, Thank you for helping me to start my life again, Alcohol and prescription drug free.

Shokat: Maybe I should get you in for a testimonial. We could keep it anonymous and even distort the video – that is if you feel brave enough to share your story with the world and the ignorant medical profession. Also, I could just hug you now with the way you made me feel – my heart goes out to your recovery from this dreadful affliction.

Philippa: This is truly the best thing that has happened in my life for a long time. I came to you because I knew I must change my life, and couldn't carry on the way I was. I have prayed for help and guidance. I craved for a peaceful life and my prayers have been answered. I needed to sort my life out and move out of this very unhappy marriage I am in but in my heart I knew that I would probably end up in an apartment on my own drowning my sorrows, and feeling sorry for myself. I was having visions of losing my job, my driving licence, because I have been out in my car to fetch another bottle when one didn't do the job. I have been so lucky not to have hurt anyone in or been involved in an accident. So you see you have saved my life. I could have lost my driving licence and my job which in turn would have meant losing my home and everything else - just thinking about it makes me feel cold.

As for the video testimonial - Just call me when you want me to come in.

I will be visiting my Dr to tell him how well I feel after your amazing treatment.

Philippa, Stoke-on-Trent, Email 24/09/2009.

Just over a year later, Philippa suffered a trauma. This not only made her very depressed but got her drinking again. She started using alcohol in order to cope with life and to help her sleep. I got her back-in as a gesture of goodwill and distorted time for her under deep hypnosis. Now it seems as if her mother died some 10 years ago not 10 days ago. Notice the remarkable changes in her after just one session. If the NHS was to use these techniques we could get thousands of people off anti-depressants and save the nation an absolute fortune – but then again when was the health profession built on common sense?

**“I can’t sleep, I can’t cope with work. If I go on like this I will lose my job.”**

**Sent:** Wed, 7 July, 2010 14:28:45

**Subject:** I need your help again

I hope you are well, sorry not been in contact for a while, my mother has been in and out of hospital, I think last time I spoke to you she was in hospital with pneumonia, she was recently given the all clear after suffering breast cancer, mastectomy, chemo and radio therapy and all the other crap that goes with it, then on the 10th of June she fell down the stairs and broke her back, and died 3 hours later, they did resuscitate her, but she had been without oxygen for twenty minutes whilst waiting for the ambulance to arrive, they advised us to turn the life support machine off. It’s been like living my worst nightmare. I must admit I am not coping with it very well.

I was given diazepam for 5 days, I know your thoughts on those but to be honest they did help me to at least sleep, my friends and family are insisting I go back to the doctors as although I am back at work I am struggling, I can’t sleep, the next day I feel absolutely exhausted couldn't even muster the energy to get out of bed this morning, over the past 2 weeks this has happened four times, I can't go on like this or I will lose my job.

Could you give me any advice on what I can do please?

Thanks, Philippa

**"I fell asleep within 5 minutes of my head hitting the pillow. I feel so much better it's like a miracle."**

**Sent:** Fri, 9 Jul 2010 09:15:39 +0000

**Subject:** Treatment Feedback

Well, for the first time since I lost my mother I fell asleep within 5 minutes of my head hitting the pillow and was able to get out of bed and be at the gym by 6.30am --- so once again a big thank you.

I do feel so much better it's like a miracle, even couple of my friends have commented (both spoke to me over the phone) that I sounded a lot better.

Oh and no drink. I can sleep again with no alcohol, how wonderful is that?

Philippa

***Here are a few of many of our other clients sharing their experiences with us. Video interviews can be found on-line.***

**"I tried to kill myself when I could not cope with life."**

"My name is Pete. I am 39 years old. I am director of my own business...a very busy and hectic business. I have been suffering from depression for the last two years. I tried to commit suicide two years ago...and been on very strong anti-depressants for the last two years. Before I called Shokat I was trying to come off my tablets for six to seven months. Tried every angle I could; dropping the dosage; different dosages; taking it down but I would hit a real low so I couldn't do it. I was recommended to come and see Shokat by a friend (Sofia). I came to see him and he assured me that I wouldn't need to take my anti-depressants tablets again after one session which I didn't believe. And sure enough after one session I stopped my anti-depressants, I never took another tablet and for two to three weeks afterwards I had the most massive high, feeling exhilarated and excited every day. I had this weird feeling that I had my whole life in front of me...I levelled off and it felt very normal now for the last

three months. I had no problems at all, not even thinking I wanted to go back to my anti-depressants. I can't thank you enough; I think you have done such an amazing job."

Peter, Birmingham.

**"Acute Anxiety. Unable to travel away from home. Hate motorways. Tremble in crowds."**

"My life has been blighted with fear of driving on motorways and travelling away from home. I also get very nervous when I have to deal with crowds of people. All of this was a month ago before I came to see Shokat."

"After two sessions of his unique therapy my condition has improved by 80-90%. My husband drove me to Cornwall and I just loved the journey - normally I would drive my husband mad and could have caused accidents. My daughter gave a small party and at time I had to go through crowds of people 17-deep and rather than the fear, I actually enjoyed the experience. The only part I have not tested is going abroad as we have no money left this year but in my mind that no longer a problem. My life is immeasurably better as a result of this treatment and my family are delighted with the results."

Anne, Great Barr, Birmingham. 21/07/2008

**"My life was turned upside down when I was falsely accused of a crime."**

"In my early thirties I was falsely accused of a crime I did not commit. It took two years to prove myself innocent. However after about six months my employer said 'the court may have cleared you but we can't take a chance with you teaching our kids' and sacked me. I was completely distort and never worked again. That one decision mentally crippled me for the rest of my life."

After one luggage of life session Roy rang us back to tell us his story. This is what he had to say:

"Thinking of my father no longer makes me sad. Also thinking about the court case or the feeling of injustice no longer bothers me either. My wife told me

that she has never seen me so relaxed. A few days later something happened when I was driving. Before I would have ripped the other person's head off but now I stayed calm and relaxed as if it was no big deal. So something that took years of counselling and medication without success was sorted out in just one session."

Roy, Litchfield.

### **"A fathers heartfelt thanks."**

Dear Shokat,

I am Pamela Devereux's father. Six weeks ago I was in despair over my daughter's health. Despite seeking NHS help over the past ten or more years she had just six weeks ago been diagnosed with OCD, with her behaviour complicated because of intense dependence on alcohol - to block out her nightmare thoughts.

Her physical health was at a critical stage – she could not eat, had stomach pains constantly and bouts of extreme anxiety and trembling.

What you have managed to do in a very remarkable space of time – three short weeks – is to take her back some twenty years to the sharp, lively, effervescent musician, performer, conductor, teacher she used to be.

I am still trying to take in the fantastic change in her, and to stop asking myself if I am dreaming all this. I know you have not yet finished your work with her, but I felt that you are overdue, from all the family, our heartfelt gratitude and thanks for your work with Pam.

Our sincere thanks.

Jim Gill 17/08/09

As a postscript, and from my personal point of view:

I also feel my political hackles rise when I consider the NHS inability/unwillingness to provide support when expertise such as yours is

available. I would like to provide you with a considered statement on this when I have had time to reflect fully on it.

Regards, Jim Gill

**“You can only see how depressed you were once you're out of it - not when you're in the middle of it.”**

“Just wanted to let you know that I'm feeling fantastic, tired but calm and relaxed and I've just put all the recycling out and the alcohol containers just didn't feel part of me, no guilt as usual, just indifference. Something definitely feels different, much more apparent since I got home.”

“I feel really really positive about the future. You are so caring and dedicated, I will be giving you nothing other than the glowing testimonials you deserve. I am so impressed and feel privileged to know you and blessed to have found you, totally by accident, but I'm a big believer in angels and destiny.”

“I notice you recommend Anthony Robbins. I'm a big fan of his and went to a 4 day Unleash the Power Seminar with him in London a couple of years ago (even he couldn't stop me drinking though!)”

“Thank you so much, I know what the lady meant when she called you an angel.”

### **THREE MONTHS LATER**

"I just wanted to let you know that all is going really well – no inclination to drink whatsoever, just the odd though but never any more than that - just no desire, feel very indifferent and to drink would seem mad to me - where before the common sense went out of the window - guess that's where addiction comes in."

"I think a big part of it is that the depression has gone completely, which is quite scary as you can only see how depressed you were once you're out of it - not when you're in the middle of it. I knew I was self medicating to try to feel better - or take the pain away - and I knew it wasn't working but making things

worse, but knowing didn't stop me. I now feel 'normal' again, like I used to feel and it's wonderful."

"I am still a bit anxious, I always was, but nothing like I was 12 weeks ago - I couldn't answer the phone or the door unless I knew who it was, but I can now, and the behaviour changes will in turn build up my confidence and reduce the anxiety as time goes on."

"Oh and I'm not tired anymore, and sleeping really well every night."

Helen, Manchester.

**"I stopped taking my antidepressants on the same day I came to see you and I have never felt better."**

"I just wanted to let you know that I feel really good and everything is going really, really well. I stopped taking my antidepressants on the same day I came to see you and I have never felt better. I am telling all my friends and family about your luggage of life programme which helped to remove my 45 years of emotional pain. The unresolved negative emotions were the root cause of most of my problems. Once the pain of the past had gone the need for antidepressants had also vanished. I had put on over 5 stone in weight, not because of what I was eating, but what was eating me. After the programme, the pounds just kept falling off without too much effort.

Pauline, Merseyside"

**"I feel a calm I have not felt in ages."**

"The luggage of life programme has really really worked. I feel a calm I have not felt in ages. It surprises me as to how well I can cope with the pressures of life now. I was recently made redundant and even that did make me smoke cannabis. Everyone around smokes cannabis including my husband but it does not bother me at all. I quit smoking with hypnotherapy before but struggled for three days before I settled down. With your combined system I quit smoking without any effort. I will be sending a lot of people your way in the near future.

Carmen, Birmingham."



**“After the therapy I quit taking my anti-depressants with the utmost ease.”**

“After wasting £1,400 with a Bioresonance clinic I came to see Life Principles. I quit snorting cocaine in a day. Shokat also helped me shed all the negative emotions of my past. He also bolstered my confidence to enable me to deal with my current trauma (girlfriend left me). After the therapy I quit taking my anti-depressants with the utmost ease. I would recommend this treatment to anyone who wants to overcome their addictions and emotional baggage. I was surprised I felt so good without my pills. I just felt so alive and vibrant. The procedure is quick, easy and utterly painless both emotionally and physically. Coming here has been the best decision of my life.  
Toby R.”

**“Severe Anxiety and tendency to self harm – all gone after one session.”**

A 20 year old student was suffering from severe anxiety and high level of stress. All this was manifesting itself in physical problems such as degenerative tissue disease and hair loss. On numerous occasions she slit her wrists (a cry for help), hardly went out (reclusive) and was unable to cope with her university studies and pressures of life in general. Her family were worried about her tendency to self harm which started from the age of 13. Something from her past was tormenting her soul. Even though she told her mum of the problem, it did not lessen its effect but made it much worse. This was all three months ago before she undertook our ‘luggage of life programme’:

“After the first session I felt more positive. I got on with my course work without hesitation – this surprised me. I felt calm and relaxed and there was no sign of stress I had experienced before. Not only did I make a lot of progress with my studies but I also balanced it with recreational activities by going out with my friends. Not once was I tempted to harm myself. All of the problems of my past were no longer bothering me. My complexion had improved significantly and I was no longer losing my hair. I can’t believe it’s possible to feel this good.” AA, Birmingham

**“Long term drinking problem and acute depression gone after just two sessions.”**

“I have tried counselling, hypnotherapy and the AA without success. Then I quit drinking with bioresonance therapy. However, I felt depressed and had to rely on anti-depressants. I started drinking after three months.”

“I have always been a drinker but in later years I have not been able to control my drinking. Drinking wine secretly at home every day + when out, drinking too much. It is a bad habit that has been exacerbated by self pity. Although most friends, family + colleagues would think of me as fun loving + caring person. It does affect my family life. Although I have always held down a good job, I haven't given 100% to my children or husband that I could or should have done. Giving up would be a release from guilt + release me to do so much more.”

“After the first session I felt quite irritable in the afternoon. A mild argument with my husband caused me to burst into flood of tears. Listening to the self-hypnosis CD calmed me down. However, I felt in control as far as drinking was concerned. After the second session my troubles left me – this was far more valuable than quitting drinking. I have finally got my life back and I will never drink again as long as I live.”

RS [Writer] Solihull.

**"After two years of misery I have learnt to smile again."**

"Two years ago my doctor prescribed me the new wonder drug Champix to help me to quit **smoking**. I was very happy when I quit but two weeks later my life turned into a nightmare. A dark cloud came over me and life just lost its meaning. I tried to push my loving and supportive partner away from me and I became really horrible towards my 10 year old son. I just could not understand the point of it all. Horrible suicidal thoughts started to cross my mind. I went to my GP a week later who threw the tablets in the nearest bin and assured me that I would be right as rain in about two weeks time. Two months went by and I was still yo-yoing between good and bad mood swings. Life had not improved that much. My GP then wanted to put me on anti-depressants which I refused after the experience I had with Champix - I did not want any more pills."

"Two years later my life had not improved that much so I came to see Shokat to quit **smoking** and to deal with my depression. After the first session I quit **smoking** - it was so easy. However, all of that horror of quitting with Champix came back with vengeance so a week later I came back for the 'Luggage of Life Programme'. It turned out that I was holding on to a lot of negative emotions from my past and taking Champix just exasperated the problem. Shokat took away all of the pain of my past, then he helped me deal with the trauma I suffered when taking Champix. After two years of misery I have learnt to smile again. I have come to appreciate my relationship with my partner and have become very close to my son."

"If only I knew people like you existed I would have never put myself through the misery of trying to quit with a dangerous psychotropic drug. This has been the best investment I have made in years. I know that my life will just continue to improve from now on."

Lisa

**"After three years my living nightmare has finally come to an end."**

"For early 3 years my daily life has been a living nightmare." "I suffer from panic attacks and feelings of panic and anxiety more or less every day. I am

afraid of any kind of travelling especially cars and motorways and the feeling of being trapped and not being able to get out. I also have a mild fear of busy places, i.e. shopping malls and supermarkets. I feel I can't live a normal life as the panic or the thoughts never go away. My daily life is a nightmare. I have had these fears for nearly 3 years. Can you help me?"

That was Emma before the therapy. After the second session Emma's condition had improved by 80%. She did not need the third session because she used the self-hypnosis we had taught her to get herself to 100%. She now has a life without anti-depressants.

**"I have never felt better in my life."**

I have not had any alcohol since my 1<sup>st</sup> treatment with Shokat and also gave up my anti-depressants after my 2<sup>nd</sup> appointment. I have suffered no withdrawal symptoms at all. My own GP had kept me on anti-depressants for over 13 years, I was originally put on them for post natal depression, my son is now 14 years old! I have never felt better in my life, can finally see a future for myself and look forward to each day as never before, this is all without any doubt a result of my treatments from Shokat.

Regards Susan Smith

**"I could have killed someone after taking Champix."**

"When I came to you last October for my smoking, my first thought of you was very professional, gentle, and a genuine willingness to help people. My second thought on entering your home was the peaceful tranquillity, and a safe place. And no problem revisiting as I will be tomorrow, as I have total faith in you, not that I could say the same for Champix, that terrible drug to help stopping smoking, I was only on it for 3 days, when I had the most scary moment, I had opened the door to a tradesman I believe, and felt that if I had, had a gun in my hand I would be capable of shooting him, it upset me, it scared me, so much I took the pills and burned them outside. For a time I was ashamed to tell anyone, only my sister, even now that has stayed with me, to think a pill could

do that to someone. I feel confident I will give up smoking, but only using your method, I have no desire to use pills or poisons, and it's a great pity that your method was not available on the NHS, a lot safer I think. I look forward, to seeing you tomorrow. "

Judith.

**"Thanks for freeing me from nicotine addiction and those dreaded sweets."**

"Dear Shokat, thank you for seeing me so quickly, regarding my weight gain, after my first visit with you to give up smoking, which was successful, until that little bump in the road to a healthier life. After seeing you Friday last, I have not touched any sweets, and my eating habits are normal (great) and I am still not smoking, you cannot imagine how happy I feel to have complete control of my life, and to be free of nicotine and those dreaded sweets. I feel very positive, thank you once again.

Judith.

**"I felt like poking my son's eyes out with my pen."**

Here is Jacqueline from Aberdeen sharing her experiences of how we helped her come off anti-depressants / prescription drugs that she has been taking since she was 13 (she is now 43). In the video interview, she shares her story of how the therapy helped her obtain true freedom from her alcohol addiction and prescription drugs. For over five months she has not had a drink or taken any anti-depressants again.

A few months ago she met a monster of a man who totally ruined her life by covertly programming her mind using NLP. For the past few weeks she has been suicidal. However, what was even more frightening is that she kept seeing visions of stabbing her son's eyes out with her pen – this really freaked her out. She knew how her life had been changed with my help so she travelled all the way from Aberdeen for two sessions to help her with her acute anxiety bordering on manic depression. The conventional psychiatry route would have put her on very powerful anti-depressants or locked her up or both.

Here is her email before the session expressing her concerns about doing harm to herself or her son:

**“I am very grateful you helped me overcome my depression.”**

“Dear Shokat. You helped me stop drinking after a long-term, serious alcohol problem in November, that lasted over 10 years and I am very very grateful. This issue had overwhelmed my life, and you gave me it back, which I didn't think could happen at one point.”

“I phoned you yesterday as my lifeline. I am severely traumatised due to being subject to covert hypnosis/embedded words over a four week period, and have been 'taken over' by a master who wants to control me as his 'slave' I cannot get out of my head. Suicide thoughts have entered my mind, and I am terrified. I know you can understand and treat this, as you also have the ability to do this technique but don't, due to ethical reasons.”

“This person brainwashed me and used me and my computer for his own evil ends, and it was you who I knew could save me, offering lengthy support at awkward times even though it wasn't in our initial contract, and I called at inconvenient hours. You have given me hope for my future for the second time, as I know and I can't express my gratitude enough, you are a rock and please keep up the good work. I know your hypnosis will clear this influence and once again free me.”

Jacqueline, Aberdeen.

In the video interview she says that she felt an 80% improvement after the first session. She rang me two days after the 2<sup>nd</sup> session and told me that she was no longer obsessing about this man and moreover she was no longer thinking about poking her son's eyes out – she got her life back with my help.

**On 30 May 2010 11:52, Sisi <roc> wrote**

Hi Shokat,

I just wanted to let you know how good I am feeling, I went to for 1 week to Turkey after seeing you and have not touched any alcohol or anti-depressants since I had my 2 appointments with you, no cravings at all & in fact I feel great.

I feel like at last I have a life worth living, People are beginning to comment on how healthy I am looking, I have been in pubs & restaurants with people drinking around me & it does not bother me in any way at all. My skin has improved, my IBS has improved & my outlook on life is now full of hope for the future. Today the sun is out the birds are singing (I can hear them now!) & I am going out for a long peaceful walk.

Thank you so much,

Sue.

**On 30 May 2010 21:45, Sisi <roc> wrote:**

Hi Shokat,

Unknown to you I am a Fully Qualified NLP practitioner who was trained by Richard Bandler & Paul McKenna (I can provide a copy of my certificates if required). I felt total trust in you; your manner was very professional & more importantly VERY caring. You have given me back my life as I said in my previous email & it would be awful if you cannot carry on this work helping other people.

Please try not to worry as you are a good, kind man and often people cannot understand kindness. Some people are motivated by greed and therefore they cannot imagine a person can do something good to help another person less fortunate without some type of gain, financial or otherwise. It is sad but it is a fact in this greedy world.

Regards Sue

**To Whom It Concern,**

I am writing a letter describing my treatment, help received and the time I spent with Mr Ali, please contact me if further details are required.

I contacted Shokat several months ago after reading about the treatments and his almost 100% success rate. When I originally contacted Shokat I explained that paying for treatment was very difficult as was on benefits and the sole carer for my adult autistic cousin. Shokat immediately offered to treat me for a minimal deposit and allow me to pay monthly with no interest. This in itself gave me faith in Shokat's ability to treat my alcohol addiction but I did wonder

if there was a catch as this did seem too good to be true, a person willing to treat an addict for a small deposit and trusting an addict to continue to make monthly payments.

I am very happy to say I placed my trust in Shokat, arranged my appointments and travelled to Birmingham to meet Shokat at his house for my initial consultation, 1<sup>st</sup> treatment session and make arrangements for my 2<sup>nd</sup> appointment the following day.

I arranged a taxi to take me to Shokat's house from the hotel, the taxi driver told me he often took people to and from Shokat's house and that he was amazed by the stories people had told him regarding successful treatments they had received from Shokat, adding "No-one has ever said a bad word against him so he must be doing something right".

When I arrived at Shokat's house I was introduced to his wife who then went upstairs while I had my consultation and 1<sup>st</sup> treatment session. I felt completely at ease in Shokat's company and he was extremely patient explaining everything to me in detail and put me completely at ease about my treatment sessions. I have not had any alcohol since my 1<sup>st</sup> treatment with Shokat and also gave up my anti-depressants after my 2<sup>nd</sup> appointment. I have suffered no withdrawal symptoms at all. My own GP had kept me on anti-depressants for over 13 years, I was originally put on them for post natal depression, my son is now 14 years old! I have never felt better in my life, can finally see a future for myself and look forward to each day as never before, this is all without any doubt a result of my treatments from Shokat. Shokat's wife was in the house during both my sessions but I felt safe alone in Shokat's company, Shokat acted professionally at all times but it was also obvious to me that Shokat cares a great deal about his clients and really does want to help people overcome their problems.

I am a fully qualified hypnotherapist and Master of NLP, trained by Paul McKenna & Richard Bandler (Unknown to Shokat at the time of my treatment). I will most certainly recommend Shokat to anyone who needs an honest, caring person to help them with issues that are controlling their lives.

Regards Susan Smith



**On 30 July 2010 09:45, Philippa wrote:**

In September 2009 I made an appointment to see Shokat after trawling the web site for help. You see, even though doctors will tell you that the 'New' anti-depressants are not addictive I found it very difficult to stop taking them and I mixed them with large glasses' of red wine just for good measure.

Shokat has helped me to turn my life round. I had been dependant on anti-depressants and alcohol since my husband died in an accident nearly 10 years earlier. I had tried on numerous occasions to wean myself off anti-depressants, by taking one every other day or every three days, but if I had a bad day or week I would be back to taking them daily. The same with alcohol I would have the most terrible craving if I tried to go a few days without it.

The treatment was the closest I have come to a miracle. To say I don't have my bad days would be very foolish, I have had a few since my first treatment, but Shokat has always been at the end of the phone, or rang me back if I left a message and made an appointment within days for me to see him if need be.

In June of this year I lost my mother in a tragic accident, and I am ashamed to say I drowned my sorrows with alcohol, I soon realised it was not going to change anything, in fact, if truth be told it made me feel more depressed. I rang Shokat and asked for help, an appointment was made for me within days (where else would that happen) he wasn't judgmental or made me feel weak (which in fact is how I did feel,) but very understanding and put back on the right track again. I felt like a different person again when I left after the treatment and much more able to cope.

I have visited Shokat's clinic on four occasions. On my first visit his wife was present. Shokat has helped me to turn my life around, so much so I agreed to share my story, which can be viewed on YouTube.

[http://www.youtube.com/watch\\_popup?v=YuwJLUWmZtM](http://www.youtube.com/watch_popup?v=YuwJLUWmZtM)

[http://www.youtube.com/watch\\_popup?v=PKfD2oq8K5o](http://www.youtube.com/watch_popup?v=PKfD2oq8K5o)

At all times I have always felt safe and have been treated with the utmost respect, and have always found Shokat to be very professional in his manner.

Shokat is one of the kindest, honest, caring, most genuine people I have ever met, and one of the few gentlemen left on this planet.

I would not hesitate in recommending him to my friends and family.

Philippa [Sales Manager], Newcastle, Staffs (Quit drinking alcohol and anti-depressants 16/9/2009 and overcome her bereavement on 8/7/2010 ).

**On 28 July 2010 10:06, Anne wrote:**

I am a 21 year old female psychology student.

I first saw Shokat in March 2009 as a last resort to help control my anxiety and stop myself from self harming. At the age of seven I was sexually abused and this abuse continued for many years afterwards. I was unable to tell anybody of what was happening or what I had gone through because at that tender age. I myself was completely unaware of what was happening to me. The only thing I knew was that it was something wrong and there was a possibility I could have got into trouble for it.

I thought I had forgotten what had happened to me and started to believe it did not even occur - maybe it was just a nightmare or I was just imagining this had taken place to me. I became very secluded from members of my own family and was very quiet in gatherings. I spent most of my time playing with my younger cousins rather than interacting with those whom were of the same age. I felt a form of uneasiness towards them, I don't know why. Perhaps it was because it was me who was chosen to have these nasty things done to rather than them. I retaliated in a very different manner and very defensively - if a joke was made about me in public or if my parents spoke to me using certain terms and tones. My mum knew something was wrong she was unable to put her finger on it.

At the age of thirteen I began self harming with objects, it was very subtle at first nobody was able to tell as I conducted it on parts of my body nobody

would have been able to see and used a drawing pin to cut into my arm. I was unable to deal with the pressure of exams and I hated going to school because I just felt as though I never truly fitted in.

At the age of 16 I finally had the courage to tell my mum what had happened, I was ready to make a run from the car we were sitting in and I remember telling her she had to promise not to shout at me. I realised by the reaction on her face that had I told her before my mum would have stopped it all from happening and perhaps got me the justice I was entitled to. It was too late for that. I could not have imagined things getting any worse from here but they did when I started college. My anxiety got to such a stage where I was unable to go to my exams and complete my coursework. I would start having panic attacks the night before any work was due in. I then moved onto using a knife to self harm and trying all sorts of things as an act of desperation to rid myself of this turmoil I was in. I was blinded during those moments of desperation to how my mum was being affected by it all. I was overcome with guilt and did not know how to get out.

On the morning of my exam I had suffered from the worst panic attack I had ever experienced. I was in tears and completely hysterical to the point I walked to a centre where my mum was training. Immediately she phoned my GP. I had seen my GP prior to this occasion a couple of months before where I had informed him of what had happened to me and how I needed some help. The only response I was given was he was 15 years old, boys experiment at that age. I felt sick to my stomach and thought to myself I am on my own. The fact I was going back to this same GP in this state I thought he would have given me something for my nerves or referred me on to somebody for professional help perhaps a community nurse. Again I received nothing.

This vicious cycle continued for two more years and it was at the peak when I was hit by extended family members and accused for lying when things got worse, as if they could not have been any worse already.

It was by chance whilst at a cinema we saw an advertisement for life principles. My mum did all the necessary research about it and had persuaded me to go to see Shokat. I was very reluctant at first and did not have trust or faith in him, especially since he was a male and the experience I had had with my GP.

However, when I went to see him things changed. I was introduced to his wife who went upstairs whilst me I had my treatment session.

I had had Hypnotherapy before but it had not helped me. I was not relaxed at all not in the slightest and felt I was wasting my time. However, Shokat's session was completely different. In fact I don't think I had ever been as relaxed as I was after this first session I had encountered. He was very professional and very kind in his approach. The first time I had gone to Shokat's house for my treatment was with my mum and she stayed in the next room. After the first session I did not have an urge to pick up a knife or to harm myself and since then I have not harmed myself at all.

It feels great to have just finished my second year of university and not have had to have any extensions or deferrals because I am managing everything a lot better. My outlook to life is positive and I am determined to achieve things which were not the case 5 years ago. I have my final session coming up and to be honest I cannot wait to become relaxed once again.

I don't think I have ever met a therapist who cares a great deal for their clients and wants what is truly best for them. If I had not gone to Shokat last year I don't know where I would have been. I have not met anybody to be caring and yet remain professional at the same time. There has not been a single moment where I have felt uncomfortable yet I have only seen this person 2 times. The same could not be said about my GP. I have recommended Shokat to people I know who have a variety of problems whether it is smoking or suffering from bipolar depression. I know they think very highly of Shokat as well from the discussions we have had. My support for Shokat is always there and it is a shame that these programmes are not available on the NHS or recommended by the NHS.

Anne [Student], Leicestershire (Overcome her self-harm tendencies and depression on 12/12/2008).

## **Summing up**

Dozens of people quit drinking with our help every month with the help of our unique therapy. Most people will never revert back to drinking after we have taken away the pain of their past. If anyone does slip up in the future, we get them back in free of charge. We stay with our clients for 12 Months to ensure they stay stopped.