

The Effects of Rejuvenation on Client Stress, Physical and Emotional Health: **A Pilot Study**

The purpose of this study is to provide an overview of the types of results that have been achieved with Rejuvenation in the areas of stress, physical health and emotional problems. It is based on an analysis of testimonials, interviews and questionnaires with 326 Rejuvenation clients. The report focuses on 263 of these clients who had health problems which they had been unable to solve elsewhere. It gives an indication of the extent to which clients feel they have solved their problems and their general level of satisfaction with Rejuvenation.

For 263 clients who had been unable to solve their health problems elsewhere:

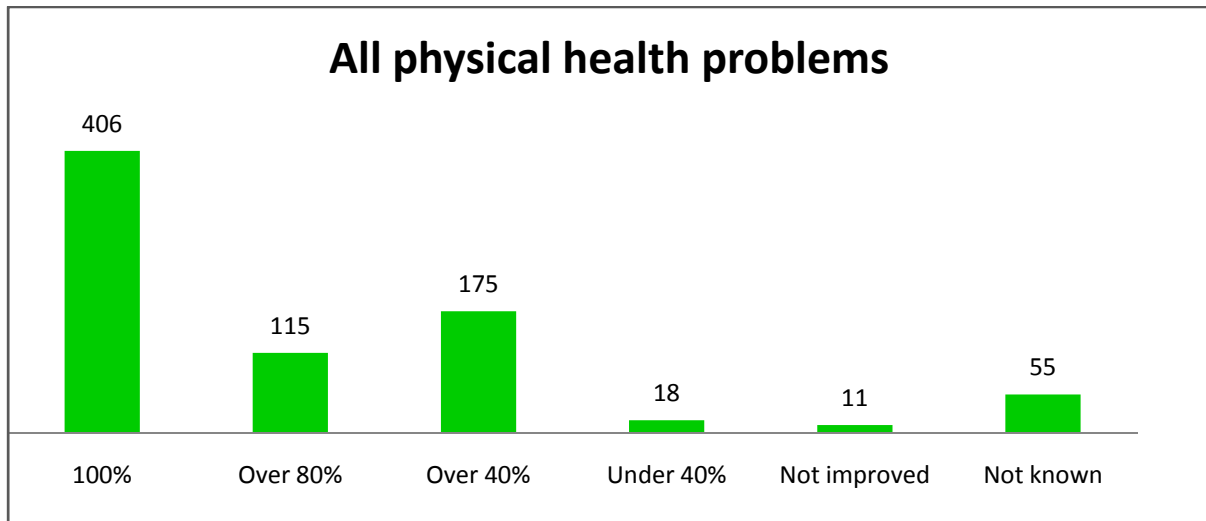
- 1,332 physical and emotional health problems were reported.
- 53% of problems were reported as completely solved (100% improvement).
- 70% of problems were reported as being completely or nearly solved (80-100% improvement).
- Many of the problems are viewed as incurable by Western medicine or require long-term medication to keep them under control.
- Improvements occurred in a very wide range of problems, both physical and emotional.
- Improvements frequently occurred in many different problems and symptoms simultaneously.
- People made many positive lifestyle changes while attending Rejuvenation.
- Improvements in health were accompanied by an increased sense of happiness, well-being, inner peace and relaxation.
- Less than 1% of all problems showed no improvement.
- Those who continued with Rejuvenation maintained their results long-term.

Clients consistently reported finding Rejuvenation highly effective in releasing stress-related problems and solving physical and emotional health problems for which they had been unable to find any other solution. They demonstrate that Rejuvenation offers a single approach to health and wellness that benefits many different kinds of problems.

'The Effects of Rejuvenation on Client Stress, Physical and Emotional Health: A Pilot Study' was written by Sarah McCrum, with an introduction by Alex Hankey PhD. It was published by the Academy of Potential Education in July 2008. Copies of the full report are available from the Academy.

Physical health problems

In total 782 physical health problems were reported by Rejuvenation clients. This group includes all problems which can be described as primarily physical and having physical symptoms. It excludes emotional and psychological problems, stress and nervous problems. 406 of these were 100% solved (51.9%), 115 were over 80% solved (14.7%), 175 were over 40% improved (22.4%), 18 were less than 40% improved (2.3%), 11 showed no improvement (1.4%) and the outcome is not known for the remaining 55 (7%). 2 problems were reported as having got worse (0.3%).



Emotional problems

Of the 550 emotional problems reported by Rejuvenation clients 300 were 100% solved (54.5%), 108 were over 80% solved (19.6%), 119 improved (21.6%), 19 were less than 40% improved (3.5%), 1 showed no improvement (0.2%) and 3 are not known (0.5%).

