

**Unlike traditional psychotherapy, Calibration has you walk instead of talk through your problems.**

**It is a physiological solution to your psychological states.**

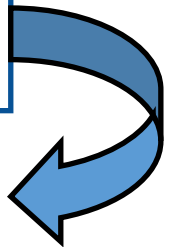
**"This program changed the way that we interact as a couple. Not just in the bedroom but in day-to-day activities."**

**Kiyo Fujishin, Wildland Firefighter**

Stress is the #1 cause of a breakdown in - or the disintegration of - a relationship. Couples who have been living in close quarters for an extended period of time are being challenged to maintain continuity within their relationships.

The Rubenstein Wellness Center helps people restore their relationships by eliminating stress and creating harmony between your body and your brain. We use Neuromuscular Calibrations to treat stress. Calibration revives relief from frequent/intense fight or flight reactions which reduces wasteful energy drains created by stressful situations. The result is that stressful situations will not produce the fight or flight reactions.

*Are you and your mate experiencing some or all of these harmful behaviors/conditions?*



- \* Lack of Trust
- \* Lack of Respect
- \* Lack of Communication
- \* Mental Rigidity
- \* Higher Drug/Alcohol Consumption
- \* Resentment/ Judgement
- \* Communication Breakdown
- \* Unresolved Arguments
- \* Short Fuse
- \* Passive-Aggressive
- \* Controlling
- \* Ultimatums
- \* Anxiety Around Partner
- \* Lack of Intimacy

**For a limited time, Rubenstein Wellness Center is offering a 2 for 1 Special**

Get back on track after being derailed from the worldwide pandemic. Request a link to our online assessment form and we will contact you to schedule a complimentary 20 minute consultation with Dr. Rubenstein. We look forward to meeting you.



**The Rubenstein Method™**  
the stress solution

**CONTACT:**  
**TheRubensteinMethod@gmail.com**  
**or 714-392-2458**