

For Immediate Release

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Stressed? Get Hypnotized!

SCOTTSDALE, ARIZONA- September 15, 2006 – Getting back in town from summer vacation or the beginning of the school year or even the holidays which are creeping up slowly can really stress a person out! Many individuals are unaware hypnosis is a very effective way of solving emotional based problems such as stress. Julie Jones, a Certified Hypnotherapist at Parkway Medical Family & Urgent Care in Scottsdale Arizona, urges individuals to take her sessions to learn the tools of hypnotherapy, and use them for self hypnosis to rid their lives of stressors.

These stressors can include anything which triggers strains or tensions in one's life. With the help of hypnosis, people can learn to change their perspective and attitude to what is stressing them out! The hypnosis programs are private and in the first session Julie gives each client a CD unique to their own hypnosis experience to help them further their goals.

Hypnosis is defined as a state of relaxation that allows you to be open to change and can be used on anyone who is feeling out of control in a part of their life. The process assists an individual to access an unlimited resource, the mind, to reach their goals. Julie helps her clients learn what is causing stress in their lives and what factors trigger it. With these facts in hand she can then help them to change how they cope. Using guided imaginary and positive talk (i.e. I choose to be stress free) Julie teaches individuals to change their feelings about the stressors in their lives.

Julie suggests a minimum of 3 sessions with an evaluation to receive optimal results in calming stress. For more information or to schedule an appointment clients can call 602-576-8821. Appointments are available for scheduling on Wednesdays, Thursdays and Fridays. For additional information on Parkway Medical visit <http://www.parkwaymedical.com>.

About Parkway Medical, PLC

Parkway Medical is committed to medical care and is contracted with most health insurance plans. Drs. Robert Bierman, Martin Blume and Stuart Medoff head the Parkway Medical offices. The group of 12 providers includes physicians, nurse practitioners, and physician assistants. The entire staff puts the patient first, both in quality medical care and customer service. Services offered include. family and internal medicine. urgent care. hypnotherapy.

medical acupuncture, bone density, osteopathic manipulation, laser & skin services including injections and professional skin care products. Parkway Medical is available for routine scheduled visits and for the unexpected accident or illness. Patients may schedule an appointment for routine or urgent care or may simply walk in. The medical office will see most patients on the same day. Offices are located at 6565 East Greenway Parkway, Scottsdale Arizona 85254. For more information on insurance, services or treatments patients can visit <http://www.parkwaymedical.com>.

The Family & Urgent Care office has extended hours during the week and on Saturday and now offers evening and Saturday scheduled appointments along with urgent care, Monday through Thursday 7:30 am to 8:00 pm, Friday 7:30 am to 6:00 pm, and Saturday 8:00 am to 5:00 pm. Patients can call 480-348-3200 to make an appointment.

The Laser & Skin Centre hours are, Monday through Wednesday 9:00 am to 6:00 pm, Thursday 11:00 am to 8:00 pm and Friday 9:00 am to 6:00 pm. Patients can call 480-348-3245 to make an appointment.

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