

## Self Belief Dossier



### USE THIS WHEN ON THE INTERNET

- General advice, support of a home based self-help treatment.
- Wise information from working experts in health, counseling, coaching, psychology nutrition, naturopathic, motivation.
- An exchange: our support – a donation for health research.
- Secrets collected from clinics treating illness smoking addiction, weight loss, and leisure drug addictions.
- Depression, phobia, family-couple relationship harmony, sex problems, weight control, excessive alcohol addiction.
- Money motivating, golf, and other sport mental strengthening.

### Not a boring why do I do this? Why do I have this?...

#### This is a HOW2 Guide book:

- Home based treatments as used in natural health clinics
- Psycho-therapy, Ayurveda: Nutrition N.L.P. Psychology
- Comprehensive non medical assessments
- Qualified Professional supporting with one-on-one personal advice on-line communicating.

#### The Web Sites

- > [www.how2b-rich-and-happy.com](http://www.how2b-rich-and-happy.com)
- > [www.ahealthylonglife.com](http://www.ahealthylonglife.com)

#### Links

- > [Send the 'Self-Belief' Dossier to a friend in need](#)
- > [Home based treatment section](#)
- > [Donating to Health Research](#)

#### Sponsored by:

The Complementary Medicine Research Project Trust' (Health watch)

A United Kingdom Registered Health research charity.

## A world of knowledge at your command



### What do you want in life?

- Health?
- Relief from pain?
- Happiness?
- Success?
- Riches?
- Weight loss?
- Improved athletic performance?
- More rewarding relationships?
- Freedom addict habits; smoking, alcohol, drugs gambling, cyber-sex, eating disorders?

Many other people have succeeded in making a change.

Health watch can support you to do the same.

The world's greatest thinkers say to you "Go on take what you want NOW"

**A good reason for you to accept a life-changing proposal is on view here.**

### ASK for EVERYTHING

**Yes! it is possible.**

**Yes! it will work for you.**

These clinic procedures worked for others. **They will work for you.**

Home based self-help Health-care benefits:

**Improving health-wealth-relationships living longer**

### In Self-Belief Dossier part 2

- Creation of Self Belief
- Developing a Self Belief attitude
- Everything Treatment
- Ayurveda
- IBIS
- NLP
- Getting started

## Self-Belief



Self-Belief can seem elusive. One moment it's there, the next it's gone.

In supporting home self help treatments we show how to improve the strengths that you own.

In feeling more comfort in being in control how to 'whistle a little tune' in times of need.

Is something in life making you nervous, fear-full?

To have everything means handling everything.

Events, situations challenges need a confidence to show that self-belief is in place.

A self-belief attitude helps in the following:

- Planning
- Motivation
- Meetings
- Speaking with conviction
- People handling
- Practice
- More...more

See how to attain this confidence in [Everything Treatment](#).

## How does SELF-BELIEF develop?



The building blocks of Self-Belief are established early in life and continue to influence us as adults.

It is difficult to throw off strong messages received when young. Following a role model sometimes leads us in the wrong direction.

### Genetic imprint

Men and women can state emphatically that they have vowed to be completely unlike their mother or father. Yet, in the clinic as their story unfolds, actions, habits and attitudes show up in a mirror image of one or both parents, it is uncanny.

Do you take after a parent in an attitude of self-belief?

### Self-Belief created from behaviour of the parent

The mother who shooed her daughter from the kitchen, never gave her cooking practice time or lessons, maybe laughed and made jokes of first individual attempts.

Helps sets into a mind, 'good cooking is not possible for me'.

Father, the home car mechanic, yells at a son for losing the wrench, or touching his tools too many times. A garage will gain a regular customer in later years.

A father with love, care, and patience teaches the mysteries of the combustion engine.

Later, he watches his son on the formula one motor racing team.

Heroes and champions are the product of their own self-belief. The love, care, and patience of a parent/s have nurtured this belief.

In some ,the opposite is true. "I shall do well in spite of their opinion of me."

The growing strength of 'self' mainly flows through the patience, supported respect and focused attention from another. Be this a parent, partner, friend, professional in people care.

## How does SELF-BELIEF develop?

Continued...



### Families

Mum/Dad/Granny/Aunt/Uncle is in the dock. It is their fault they are guilty. They are why we cannot succeed, blocking, stopping.

It is fashionable to blame our families. Well they raised us so why not ?

Childhood is important, because early years are major development times; beliefs are imprinted now.

It is a shame that babies are not like the new software that 'read me first' command is missing.

Logically it is impossible to get it all right in bringing up junior there will be errors and mistakes in the task. Many parents believe their perceived mistakes caused trauma within the life of their adult son/daughter. Many adult son/daughter believe their trauma is the fault of the parent .

It is not a valid reason to prevent change-taking place. Sad that many believe otherwise.

Reason for a self-help project to be halted. Perhaps a weight-reducing or other behaviour change. Often the excuse is parental flaws caused their woe.

You can imagine that as we hear these high hurdle excuses so often, we can get over them in order to support changes for the better.

The ways to overcome them are in [EVERYTHING TREATMENTS.](#)

## Developing a Self Belief Attitude



Timothy Gallwey an author created the 'Inner mind' concept and wrote about this within his book 'The Inner Game of Tennis'. In the book he calls the conscious mind 'Mind#1, the unconscious mind he calls Mind#2.

A conflict between Mind#1 and Mind# 2 can be resolved by understanding how to communicate the desired outcome wanted. In tennis to maybe hit a glorious backhand shot. An icy calmness in place on the putting green.

In matters of health a need to know basis is vital to progressing towards wellness.

Mind #2 is unhappiest when Mind #1 has thoughts of illness. Unless a special gain flows from having the condition.

The foundation of us all is in strength, free from sickness. Once we communicate well to this utility inside us. The immune system far far superior to any medication powers up and continues to maintain a get-well program.

In this information flow between mind #1 and mind#2 both minds need to know what is wanted.

### How?

Self-help normally starts by reading a book.

If all self -help books were laid end on end, they would en circle the world several times. They contain similar mantras, phrases:

- "I will not smoke again"
- "I will not have a headache"
- "OK this time I will not slice the ball"
- "I will not hit across court"
- "He will not upset me"
- "I will not get angry"
- "No I will not get tense at the short putt"
- "I won't shout at the kids"
- "I will not eat so much"
- "Never again"

The sad truth is that these commands cause an opposite of the outcome desired. The mind (2) command is:

- Now smoke
- Now pain in head
- Now slice
- Now keep being ill
- Now hit across court
- Now become upset
- Now anger
- Now start shaking
- Now shout loud
- Now take that cake
- Now wait for next time

## Developing a Self Belief Attitude

Continued...



Can you believe that our mind will totally disobey our attempt to be positive?  
You think this is untrue?

We'll stop reading and go inside now to dwell on this command:

***“I am not going to think about a letter carrier.***

***I will not think about the postman, our mail man.”***

Try again say, inside, or mouth these words aloud, very hard.

***“I am NOT thinking about the last time an orange was eaten”***

This time read the following words, then allow the eyes to close. Go inwards and say,

***“No-No-No. I will not think about it. My mind is made up. I am NOT going to think about the people next door.”***

What happened?

Were you able to carry out the command?

Try it using your own negatives. (Some people like to call all the shots.)

Commands such as these do not work well. We need to communicate in the language of the inner mind. First step is to get rid of the rubbish that slows performance.

Keeping a Self-Belief attitude compares to defragmenting a computer's disks.

A need to tidy things up, sort things out, get rid of unwanted data and bits. Helping create that Self-Belief attitude.

We want to lose some of the mind patterns, keeping the best of the images.

Creating a Self-Belief attitude involves:

- Understanding self awareness
- Willingness to change a belief
- Flexibility in making changes
- Using resources-tools
- Feeling comfortable in areas where knowledge is lacking.
- Aware of error in denial
- Learning from feedback and from mistakes
- Avoiding blaming
- Facing things that are painful to think or talk about

This clearing out task is a first step.

## Developing a Self Belief Attitude

Continued...



### TOWARDS A SAFE HARBOUR

We feel comfortable when we keep both minds happy. To make changes a self-communicating is directed with a firm solid desire to change course. Mind #1 is holding firm on the helm.

Listen to the quotes of sports champions:

“I was in a trancelike state of concentration.” “My mind was made up. **I was going to win.**”

In health:

“The doctors told me I would never walk again. That made me more determined.

**I just knew I would soon be walking.”**

**No!** It is not positive thinking or little cards in the pocket. The method is much more powerful. In a natural therapy at home mind patterns are changed. A new channel of thought is created.

We have been telling you how others listened they followed these different methods. The penny dropped for them. Mind # 1 and Mind #2 heard exactly what to do.

**‘The universe listened and obeyed’.** Here and now changes desired start to happen. A journey will begin with the first step forward. The objective is perhaps health, wealth, or happiness.

### **Listen to a metaphoric clock-the self**

- You will know why and how it ticks so well.
- You will know the slow and fast mode.
- You will know how to stop excessive winding up.

When you are using **Health watch Home based self-help,**

- |  |   |
|--|---|
| • You will develop the motivation to start things. | • You will perform to the maximum.      |
| • You will say goodbye to procrastination.         | • You will negotiate deals with ease.   |
| • You will face life’s challenges.                 | • You will play with new confidence.    |
| • You will feel free of stress.                    | • You will have the resources you need. |
| • You will enjoy a feeling of calmness.            | • You will know how to use your power.  |

### **How are YOU planning to benefit from E. T.?**

## Developing a Self Belief Attitude

Continued...



Will you engage our support to reduce body weight? Alternatively, to reduce your handicap?

We will support you in both looking slim and playing better.

Why wait? The sooner you start, the earlier you arrive. Success, health, riches, happiness, accomplishment at sport.

Tell us what you want we promise to help you have it.

What do you get with **EVERYTHING TREATMENT?** You receive:

- Home based self help guide
- Self-help treatments (Psychology/Nutrition)
- Case studies (on the specific condition)
- FAQ section
- Trouble shooting
- project feed back journal
- On-line personal professional

Some of the items on offer now:

1. Awareness assessments
2. Joint plan of progress
3. Motivation resources
4. Handle on the mind
5. Nutrition support
6. Ayurveda plans
7. IBIS wisdom on hand
8. on line professionals
9. Success measuring
10. Maintenance resources
11. Medication knowledge
12. Every thing treatments

## Will it work for you?



Yes Health watch teams of professionals are so confident, they insisted on the \*money-back guarantee.

If after giving it your best shot, you have not made changes the [donation made to research](#) is returned. \* We do ask that you carry-out the treatment.

What does it cost?

Ask yourself: “How important is it to have everything? What is it worth to me?”

Owning life-long mind-tools new skill

- Enjoying a feeling of calmness.
- Performing to the maximum.
- Negotiating business deals with ease.
- Playing sports with new confidence.
- Having new resource of value.
- Knowing how to cope with any challenge.

Gain a sense of satisfaction from starting up now. The changes are waiting to happen.

See the product list here to choose a start place. [Product List](#)

The exchange donation is subject to our guarantee. Nothing can be lost except unproductive habits.

Recording of information and donation made is secure. The selected qualified therapist will see and record the home based self-help project password /encrypted scripts are used.

## Will it work for you?

Continued...



**Quote:** by Harley Street UK/ USA, Psychologist.

### Mind

“These mental exercise treatments have helped thousands to terminate depression, self-abusive habits, nerves, and worry. Enjoying now an improved life with better health.

Others have slimmer figures, better relationship skill, sexual performance..Mental strength has released talent improving a golf-game or other sport.

These powerful methods that worked so well for so many people are here for you now. This research fund raiser is a once only opportunity at a saving of over 80% of normal consulting fee”

### Body

“ A distinguished panel of Medical and Naturopathic doctors have named the optimum daily dose for Amino acid-Mineral supplements. Where illness or addiction is a challenge special formula for the individual will be suggested.

When prescription medicine is used, information on comparability with natural supplements and herbs is available within the speed of an automated search engine.

See therapy models for most known illness, to include mind-body defenses Details of Chinese, Indian and Western Medicine good and bad, where to buy..

Vital in addiction rehabilitation is a natural medication section we tell what is required. Comparability studies: for medication Non-mixing Herbs, side effects listed.

## Everything Treatments

### HOME BASED ASSESSMENTS AND SELF-HELP SUPPORT

1. ID. ETF Supported specialty therapy-coaching mental strength [more here >](#)
2. ID. EXER Everything one needs to know about exercise [details here >](#)
3. ID. FSU Nutrition information + daily dose of optimum value [read more here >](#)
4. ID. MED Medication secrets for most conditions. [read more here >](#)
5. ID. DIET Reduce Weight slimming treatments with diets [read more here >](#)

### PROFESSIONAL SUPPORTS THE SECRET TREATMENTS OUTLINED HERE IN HEALTH CARE.

1. ID REHAB Medication with personalized requirements [read more here >](#)
2. ID CIR Gaining confidence any place any time with any person [more here >](#)
3. ID DIR maintaining control; contain emotion, keeping cool [details here >](#)
4. ID SWH Phobia-addiction treatment terminating unwanted habits [more here >](#)
5. ID RAP Treatment to be in harmo ny with other people] read [more here >](#)
6. ID VAK Reading strategies used in the mind self-others [details here >](#)

## About Ayurveda, IBIS, and NLP



The following are resources. Chosen companions on the journey to having everything.

### **Ayurveda, IBIS, N.L.P.**

They are powerful assistants to have for a home based self -help project.

Join me in looking at:

#### **Ayurveda:**

The strength of this age-old wisdom is based on organic physiological processes. The external factors including climate, life, work and diet .

Combined with a psychological and spiritual condition.

Compare this objective in health and life style with Western Medicine.

In the West medical teaching portions off mind from body, treating them independently.

In this manner each body organ has a physician.

Specialist training concentrates on a section of body. The liver, kidney, spleen, stomach, and genital area are all portioned out.

All specialist doctors are licensed to issue strong drugs.

A smooth harmony for working body parts is disrupted.

#### **Harmony**

is an important word in Ayurveda.

Eastern wisdom handed down over many centuries' states that disease occurs when a balance of harmony is upset.

There is always a reason why a loss of balance has caused an illness. Understanding this reason will help with the cure.

Some 2,600 years ago, the great Ayurveda physician Susruta said, "The object of Ayurveda is the restoration of health to those affected with illness and the preservation of sound health to those who are well."

## About Ayurveda, IBIS, and NLP

Continued...



### Example:

1998 A research study conducted by Health watch examined 12 cigarette smokers Nicotine addicted. They agreed to be treated with multi-therapy. The researchers used the principles of Ayurveda To re-adjust harmony in a life that would be without tobacco.

The life pattern of these smokers was examined. Mind-body therapy took place.

1. Psychology-mind
2. Nutrition-mind-body
3. Acupuncture mind-body
4. Kirlian photography proved an increasing strength in the lungs as they progressed (a great motivator)

(in December 2001 further study showed that of the 10 people who stopped smoking, 2 have re-started the habit)

In the home based self help fundraiser similar treatments are available to see details go here <http://www.ahhealthylonglife.com/productlist>

The Ayurveda approach is comparable to the way investigators respond to an event such as an airplane or train crash.

Investigators collect every item of material and information. All parts are reconnected in order to gain a correct answer.

In Ayurveda to see the whole picture is vital - heartbeat -pulse X-ray where applicable, but in addition- the lifestyle, nutrition, diet, climate, attitudes and beliefs, living conditions, work undertaken and leisure activity.

A human being is a complex bundle. It should be unwrapped in order that the value-benefits in confident belief can be gained in a re-wrap.

### **Health watch in the home based treatment support sums up the rewrap into: awareness, flexibility, outcomes.**

Dr. Deepak Chopra, author and practitioner of Ayurveda writes of a mental attitude he calls Self-Referral. Health watch call this attitude Self-Belief.

He writes 'our internal reference point is our own will and our own spirit'.

Self-Referral writes Chopra is the opposite of 'object referral'. In this mind-set, the outside influences dictate decisions, circumstance, people, and things. Thoughts will dwell on anticipating a response. Thinking is fear based, fear of being out-of-step with a considered norm.

## About Ayurveda, IBIS, and NLP

Continued...



Because of this fear a compulsion to control things is born.

This need for external power assuring an approval wards off the fear. 'What might they think of me'?

Being correct to stay inside the group, in approval, says Chopra. The dreadful class system is an example of a group inciting this fear.

Think of an eccentric person you might know. Someone who is fit and well mentally - but going against society norm. A genuine eccentric -- an obvious case of self-referral.

A 75-year-old woman friend of mine lives happily now in Spain. She practices ballet while dressed in a white leotard. Anyone calling at her practice time will find this woman dancing. When she lived in England they wanted to have her certified.

Eccentric people that you might know are they happy?

Fact: Research shows eccentric people (indicates a strong self belief) have better health and live longer than the average person.

Object referral is also an ego self image. It is the social mask, acting out a part.

Correctness takes precedence over sense.

In this system, we allow others to control our lives. Behaviour is fashioned from fear. Based upon real or imagined criticism-disapproval. A complete hatred of one's self can develop.

### Example:

A young woman with a big frame of a body, very heavy signed into a clinic weight control programme.

Her words "I am disgusted with my body " "I hate my body " One can imagine the resulting outcome from mind#2 TO EAT. The 1st base will never be reached swinging the bat like that.

In the consulting room is a large mirror 3 ft. wide floor to ceiling. Join in to watch people move past this mirror. People with eating disorders, those who consider their body is not worthy of a self-look scuttle past pretending it is not there. The Self-believers may take a second look or tap a curl into place.

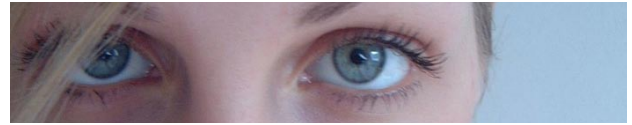
In weight control before any other therapy starts we need to regain happiness within that hurting mind#2 a fresh mantra "My agenda is me! I refer to me" "I am big and beautiful".

In research studies Health watch has found pathways towards body weight reducing, but most therapists believe that in accepting the self body image with a happier attitude is more important.

Health watch weight loss-slimming treatment based on the research is here now [natural weight loss slimming treatment](#)

## About Ayurveda, IBIS, and NLP

Continued...



In the Health watch home based treatments it is exciting to experience an inner beauty that self 'kicks in', and object referral 'is kicked out.'

Changes that follow are: an absence of fear, no compulsion to control, a struggle for approval stopped. Not seeking an external power.

Instead, energy is used to 'drive a path to any goal'.

True self, the will, soul, and freedom of spirit are released.

Those who develop self-belief:

- Welcome criticism as a learning tool
- Do not fear challenge
- Believe in themselves

There is none of the strutting arrogance, superiority, or a fear led need to dominate.

Benefits of Three Thousand (3,000)-year-old Ayurveda, is a complete science of health with a beauty in a quiet gentle manner using the power of strong self-belief.

It is truly a therapy, with knowledge to treat everything.

### IBIS

**Is a ten years old standard** reference tool. It is an encyclopedia of integrative medicine, natural therapeutics, and complementary health care.

IBIS is to natural medicine what the Merck Manual and the PDR are to conventional medicine.

IBIS also contains an extensive Material Medica, including medicines, procedures. It looks at the whole spectrum of natural medicine.

IBIS quickly locates a wide range of non-suppressive treatments drawn from the entire body of complementary medicine.

IBIS is the product of over four years of work by more than one hundred health care professionals. The material was compiled from standard reference texts and authoritative sources then reviewed by experienced clinicians. Recognized authorities that supplemented it with insights from clinical experience.

## About Ayurveda, IBIS, and NLP

Continued...



### N.L.P. Psychology Discipline

NLP (Neurolinguistic Programming)

What the name means.

The **Neuro-** acknowledges that all behaviour stems from our neurological processes of sight-hearing-smell-taste-touch.

We experience the world through our five senses. We make sense of the information we receive. We proceed to act on the information.

The **Linguistic** part shows how we use language internal and in thought. Also externally to communicate with others. **Programming** refers to the strategies the ways we can choose to organize ideas. The actions to produce results and outcomes

N.L.P. represents an attitude of mind. It demands an exquisite clarity of language awareness of the real intention of behaviour it identifies logical layers towards success.

N.L.P. has an incredible success record in support of self-help. It helps us in grasping that handle on the mind a self hypnosis value brain cleansing. Helping to delete mind-files of harm. The fantasies that trigger self-abuse.

The psychological discipline helps not just in taking out harming mind-set triggers but most important supporting therapy to replace them with a mind-set of merit. The new habits of value a change of mind with a purpose.

Just as wonderful music cannot be appreciated by looking at the score, to experience N.L.P. is the only way to appreciate the value.

Select from the product list of the Health watch home based self-help treatments to start a journey. [Click here to start making changes](#)

## BIO of the author of the Self-Belief Dossier



Founder of The Complementary Medicine Research Project Trust (Health watch)

**Ray Trevor Twine, MA (psychology)**

an English-man, ordained non denomination Minister.

Trevor began at an early age in making 'footsteps in the sand'.

1950 Team member of first Congregational Church in UK hometown

1957-62 Helping in the creating of footprint makers, two children.

1968 Formed Euro estates group of companies (holidays-homes)

1988 Founded Spanish Association of N.L.P.

1991 Founded Oregon USA Guild of Therapists.

1994 Opened the Surrey Clinic.UK.

1995 Founded the Complementary Research Project Trust UK.

1999 Formed members Guild of Self-Belief.

2000 Constructed the 1st Media Degree course La Paz Univ. Mexico.

2001 Commenced a concept 'Bringing the therapist to the patient'.

2002-4 Designing Home based mind-body self-help support system.

Holds: MA Psychology, Master Certificate N.L.P.

Author of: 'Focus on the Mind'/ 'Teaching How to Learn' 'ABC of Exercise', 'Addiction treatments', 'Self Belief Dossier' Created, directing and hosting 'New Views on Therapy' award winning T.V. series (USA: 1991-1993).

Contributor on BBC., UK; USA; Mexico; Spanish radio and television.

Forty year hobby has been showing groups of 5-12 year olds, the pleasure in playing cricket, tennis, and squash. Winner of more than one hundred trophies in competition.

Trevor is a consultant psychologist, at clinics in UK, Spain, & USA He writes:

*"Next to the health clinic in Surrey UK was a kindergarten. When playing in the garden the children from the centre made lovely sounds of laughter and joy. Giggles and shouts of pure happiness.*

*In getting to know that you have reached this stage in making changes helps me to have you in mind. I know that feelings of comfort will start for you compelling reasons to listen to a mind#2. Seeing inwardly the feelings of joy attending you. This adds to a pleasure thinking of those children focused as they play"*

---- Ray Trevor Twine MA Chiang Mai Thailand Asia January 2004

## Everything Treatments



**EVERYTHING TREATMENTS** starts a new journey. [To be in the driving seat click here.](#)

Suggested donations are from \$20.00  
**GUARANTEE** - Health watch will return donations when in the unlikely event home treatments do not bring changes.



### A thank you gesture

Health watch has research projects waiting for money. We shall be pleased to send you a FREE bonus gift When donating in any currency go here to click on your own National Flag. Secure 2 Checkout web site

[Natural Health Research](#)

**Notes:** Doctor is the licensed medical advisor responsible for matters medical consult him/her first. The Three (3)- part treatment 1) Nutrition- 2) Mental strength-.3) Medication therapy.

### Need more information?

(THE A-B-C-D-E)

A) Seek out over 40,000 health studies involving tens of thousands of people in research studies. These comparisons show the success of NON-toxic drug therapy methods.

B) People using herbs as medicine eating organically grown food 10 years ago were called freaks. It appears freaks are 'in' Natural is worth \$Billions in commerce.

C) Organically grown food has the fastest growth rate.

Source: US Gov.. food sales statistics

D) Millions of new patients annually join others world-wide for natural healing methods.

E) Pharmaceutical Companies scramble to find natural herbs to process.

## Surgery Secrets



**Home based self-help** makes a difference, it is that difference that makes the difference to living in joy-happiness.

**Here perhaps are some differences that wait for you.**

- handling new situations with ease and calmness.
- feeling comfortable in public speaking, exams, or tournaments
- feeling confidence, without fear or anxiety.
- Improving a sports talent
- easy weight management
- laughing at old beliefs about body image.
- comfortable in terminating addiction
- a stronger belief in self.
- proven medication+ therapy for challenges
- sleeping the night through.
- no stress headaches, aches and pains
- an increase in wealth and riches
- adept in personal relationships.
- [and more...](#)

PS The 1-2-3 major ways to stay well and livelonger without cost.

**# 1. is Exercise. See others in Self-Belief Dossier part 2 & 3.**

[\(HOW2 Exercise a 6,000 word ABC tells all at \(ID. EXER\)](#)

**Reasons to be Jolly!**

- proven best choice in a self-help programme
- professional support
- low cost fees (an 85% saving)
- thousands have succeeded
- a no quibble return fee guarantee

### Links

- > [Send the 'Self-Belief' Dossier to a friend in need](#)
- > [Donating to Health Research](#)
- > [Testimonials](#)
- > [F.A.Q.](#)
- > [About us](#)
- > [Contact us](#)
- > [Home based Self-Help treatments productlist](#)
- > [MAKE THE CHANGES TODAY](#)

## In Part 3 of the Self-Belief Dossier

- Search facility
- Case studies
- Research reports
- Self-Belief Guild members forum
- Affiliates of Health watch resources
- Everything Treatments
- Summary of the power available to use
- Resources for home based self-help



The Self-Belief Dossier part 3 is a private document available at no charge to Self-Belief Guild member's volunteers, affiliates friends, and supporters of Health watch.

### Contact The Health Watch Team

**(Health-watch) a UK research charity.**  
**Offices:**

- › 1079 Garratt Lane & 100, Harley Street London
- › Hollywood Clinic .USA
- › East West Clinic Asia

- › **Email:** [admin@healthylonglife.com](mailto:admin@healthylonglife.com)
- › **Tel#** (66) 053-211-542.