

Dr. Olga Stevko

Clinical Hypnotherapy and NLP

Change your thoughts, transform your life

Expert Hypnotherapist Dr. Olga Stevko Gives Clients Powerful Tools to Overcome Recession Fears and Holiday Stress

Dr. Olga combines Hypnotherapy and NLP to transform clients' limiting beliefs

FOR IMMEDIATE RELEASE

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SAN FRANCISCO, Calif. – December 4, 2008 – With the holidays arriving against the grim backdrop of a recession, San Francisco-based Dr. Olga Stevko, Clinical Hypnotherapist and MD from Russia (www.drolga.com) has seen a marked increase in clients experiencing stress, anxiety, fears and sleeplessness. Her powerful, safe and natural approaches enable her hundreds of clients, including high profile celebrities and CEO's, to flourish during tough times.

“Now, more than ever, it is essential that people have strategies in place to optimize their physical, mental and emotional health, and to use Hypnotherapy, NLP and other tools I can teach them to create and maintain a calm and positive state of mind,” said Dr. Olga Stevko. “When you change your thoughts, you really can transform your life.”

Members of the media are invited to observe Dr. Olga's clinical work with clients, as well as experience first hand their own session with Dr. Olga.

Dr. Olga is a medical doctor from Russia who integrates Hypnotherapy, NLP (Neuro-Linguistic Programming) and clinical nutrition to achieve fast, powerful and lasting transformations. Her client success rate is higher than 98 percent. Dr. Olga's clients typically see results in three to six sessions, versus months or years for some traditional therapies. Hypnotherapy allows Dr. Olga to work with the unconscious mind to achieve desired changes. NLP is a set of brief therapy processes that can transform limiting beliefs. Dr. Olga works in unique ways to combine Hypnotherapy and NLP for incredible results.

Preventing Holiday Weight Gain & Keeping New Years Resolutions

Many of Dr. Olga's clients come to her for weight loss, especially during and after the holidays. She offers clients six easy holiday weight loss strategies, as well as highly effective Hypnosis and NLP techniques that eliminate cravings. Dr. Olga's popular weight loss program has been featured on NBC, MSNBC and Russia State TV.

New Years resolutions can be tough to achieve and maintain. Dr. Olga recommends:

- **Define your Outcome**-Clearly define what you really want, and where you are now
- **Define your Meta Outcome**-What will getting what you want get for you?
- **Identify and Get Resources**- Identify and develop the resources you need to succeed

Often, these resources include transforming limiting beliefs with Hypnosis and NLP.

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Success Stories

Dr. Olga's notable success stories include:

- **Weight Loss** – Helped clients lose five pounds to over 100 pounds. Helped clients change severe eating disorder-related behaviors, including for anorexia and bulimia.
- **Birthing & Recovery** – New mother clients experienced substantially reduced pain or pain-free deliveries and shorter labors without drugs.
- **Surgery & Recovery** – Clients released fears about surgery, reduced or eliminated post-surgical pain and achieved rapid healing with less bruising or scarring.
- **Post Traumatic Stress Disorder** – An NLP session with Dr. Olga ended a Vietnam veteran's 35 years of PTSD-related insomnia and nightmares.

About Dr. Olga Stevko

Dr. Olga Stevko (www.drolga.com) is an internationally known Clinical Hypnotherapist, NLP Master Practitioner and MD from Russia. She has been featured on NBC, MSNBC and Russia National TV. She has had a full time Hypnotherapy, NLP and clinical nutrition practice in San Francisco for over five years. Dr. Olga offers Hypnosis programs on CD for Weight Loss, Optimal Health and Healing and Relaxation & Stress Release. For more information, please contact Dr. Olga Stevko at drstevko@yahoo.com or 415-710-8485.

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