

# COPING WITH ANGER

Healing your life by addressing your  
emotions

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Healing your life by addressing your emotions

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It is not intended to offer professional services or medical advice and is written for educational purposes only. The writers' claim no responsibility or liability for loss or risk incurred as a result of the use or application of any of the contents of the book. We encourage anyone that is looking for a brighter perspective on health and educational reform to read this book from cover-to-cover.

Knowledge is power; however, in this information age of overload, it is imperative for you as a consumer to become selective, you truly deserve the best for your families. Successful people listen to two types of people only: "someone that has been in your shoes because

nothing beats real-life experiences” or “someone that you aspire to become in the future.” This is why Oprah Winfrey, Dr. Joe Dispenza, Dr. John F. Demartini, Joe Vitale, Bob Proctor, Jack Canfield, Dr. Wayne Dyer, Dr. Lissa Rankin, and Anthony Robbins (to name a few of our heroes) have such credibility, they are walking the talk.

The book encompasses the best guide to understand how to resolve the unresolved emotional hurts and mental thoughts and conflict to set you free of your destructive path and empower your life to become a Genius, as Dr. Joe Dispenza says. Our philosophies are to not reinvent the wheel but to unite the resources into a more powerful tool and strategies for healing.

With Dr. Stéphane’s medical and research ability, this book provides a psychological, sociological and medical perspective for the consumer to consider when making choices for their kids. This book might be thought-provoking, but it truly allows you to become empowered and accountable for the decisions you make for your children. As Tony Robbins’ states, “It’s never too late to have a happy childhood.”

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something you have read.

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# Introduction

Anger is an emotion that usually brings out the worst in everyone and is usually displayed in regrettable ways. However, most people constantly give in to the displays of anger, instead of taking the trouble to find and address the source of the anger, in the quest to redefine this very negative emotion. Get all the info you need here.

# Chapter 1

## *Getting To The Source Of Anger*

All our emotions, even our negative ones, have a right to be felt. E-motions are energy in motion. They are meant to be felt and move out of our bodies. But so often, rather than releasing our negative emotions, we hold onto them by repeating the same stories or dwelling on the pain. Another way people hold onto their emotions is by ignoring them completely and jumping to a positive emotion; looking for the silver lining before addressing the cloud.

Identifying exactly what is making the anger feeling surface and then working to fix it should be the agenda of the individual intending to tackle his or her anger issues clearly and completely.

For the more active role to take when tackling the

anger issue, the individual would perhaps investigate specific areas that usually ignite the anger.

Then taking it a step further, the individual would then try to resolve the issues that contribute to the circumstances, which ignites the anger at its source. Making sense of this is very important and sometimes outside help is necessary to help sort through the complexities of the issue in order to reach the core element that ignites the anger.

Other sources of anger can be detected when there are conflicts, which also surface in many different scenarios, such as the conflict of emotions, the conflict being caused by another party that requires the participation of the individual, conflict resolution and many more kinds.

All of these would require the patience of the individual taking the trouble to sort through and resolve as many connecting issues as possible, thereby creating less likelihood of the individual having anger issues over these areas.

# Chapter 2

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## *Stop Your Anger Effectively*

Anger is an emotion that constantly gets people into trouble and often, an outburst of anger causes the individual to do and say things that are rather unpleasant and extreme.

Therefore, some control should be mastered over the anger emotion to ensure lesser occurrences of such negativity.

The following are some tips on how to put control back into the hands

of the individual, trying to stop anger from arising effectively:

## Stopping It

- Taking a deep breath is the most common recommendation meted out by experts. This not only gives the individual the opportunity to step back and collect his or her thoughts, but it also causes some chemical reactions within the human body that allows the frazzled nerves to be calmed. Drinking water is also another way to calm the nerves and creating a distraction for the mind and body to focus on.
- Another tip often given is to not speak when still in the angry frame of mind. Anger usually brings forth really ugly feelings and words, and when said in the heat of the moment, it is often impossible to retract. Therefore, exercising some control and walking away from the temptation to be vocal, would help stop the anger from erupting out of control.
- Taking a time out session would also contribute to

stopping the anger effectively. The energy derived from exercising or simply taking a walk, will be able to exhaust the individual's anger emotions adequately enough for the individual to be calmer and relaxed.

- Prayer and meditation are another way to learn to create healthier emotions.

# Chapter 3

## *Get Rid Of Fear That's Causing Anger*

One of the natural reactions that can cause anger stems from the fear of something. People often react in anger, when they are fearful of a particular problem, occurrence, action or basically anything they perceive to be out of their control. Your mind is in a sympathetic (fight or flight) state and reacts in an old program. However, the good news is that there are ways to overcome the anger issues by dealing with the elements that cause the fear.

The following are some tips on how to get rid of the fear that is causing the individual to resort to outbursts of anger:

## Get Rid Of It

Frustration in a particular area can eventually lead to the fear factor creeping in and taking over the individual's mind and thoughts. One way of avoiding this, would be to address the problem at its root as this will help to stop the frustrations from building and turning into anger.

Once this exercise is launched, surprising results can be unfolded, such as the mind conjuring imagined problems that are not necessarily detrimental but seem to be so just because of the pressure to produce results, the perceived anti feelings that the individual may imagine is directed towards themselves, the fear of being unable to come up with suitable solutions, are all problems that can be solved by tackling the issues itself.

The belief systems an individual stand by can also cause anxiety, which can eventually lead to fear and this too can be the ideal trigger that brings out the anger in the individual. Belief systems are usually harder to address

as they are usually firmly ingrained in the person's mindset, thus tackling this particular problem, may prove to be very exhausting and complicated. However, some effort should be exercised to help the individual understand the impacts and implications, the belief system is creating and causing the individual to erupt in anger.

# Chapter 4

## *Depression Leads To Rage*

Recently a lot of research has been able to show that depression can lead to unprovoked anger outbursts and this are not just for isolated cases but is becoming a very common occurrence. More people are finding that their depressive state is causing them to seek retribution in anger and this is an alarming phase to be in.

### **Examine It Well**

Clinical depression is often linked to the onset of systems that cause the anger reaction. There is no single solution to be able to effectively combat the problem, however with a little effort and time taken to understand the causes of the depression may in some cases provide the relief and solutions that will help to eradicate the underlying problem.

The commonly noted reaction is the uncontrolled anger either directed towards oneself or in the form of an outward aggression episode. This type of anger is not healthy and usually dangerous to the individual and to those around as it is always unpredictable and forceful. Almost anything can trigger the anger, thus making the situation even more volatile.

Some of the treatments that have been successfully used over time, in addressing the anger which stems from the depressive state would be treatments such as anger management techniques, rationalization of the anger, treating the source, meditation and even in more extreme cases, medications.

Learning how to handle the onset of anger attacks is also something that most individuals seek to master, as by implementing these techniques, it is hoped that some control can be extended in any given situation.

Besides the obvious impacts the depression can have on

the individual in terms of sudden eruptions of anger, there is also the issue of the individual's health. With all these negative emotions felt, the chemical imbalance in the body will also affect the general workings of the mind, thus further contribute to the "short fuse" effect.

# Chapter 5

## *Calm Your Anger With Meditation*

Anger is often an emotion that is very volatile and unpredictable, thus learning to curb it effectively would be a wise effort to master. Any outbursts of anger do not portray a person in good light, therefore learning to control anger outbursts will definitely be beneficial to the persons character portrayal.

The following are some reasons meditation techniques could be used to calm the anger element:

### **Calm It**

Meditation helps the individual to get in touch with the inner self. It helps the individual recognize the anger emotion as destructive at the very primal level and

address it accordingly.

Mindfulness is frequently used in meditation and certain kinds of therapy. It has many positive benefits, including lowering stress levels, reducing harmful ruminating, improving our overall health, and protecting against depression and anxiety. Research even suggests that mindfulness can help people better cope with rejection and social isolation.

This recognition and acknowledgement allow the feelings of awareness and acceptance to be explored and for its necessity to be judged. Although meditation is not a cure all formula, it has been able to help most individuals understand and control the anger emotion adequately.

Breathing exercises is part of the meditation experience and such breathing techniques will help calm the body and create the necessary rebalancing of the chemicals within the body system that was disturbed with the heightened feelings of anger.

The body will feel more relaxed and eventually the individual will feel the anger seeping away until it is no longer the focus of the mind.

Meditation also helps the individual to refocus the mind on better and more pleasant elements and thoughts, thus effectively giving less attention to the anger.

This causes the anger to subside as there are no thoughts or actions fueling the anger anymore.

This meditative focus not only helps the individual keep the mind off the anger but also helps the individual replace it with calmer, gentler and more pleasant content, and this allows the individual to return with a refreshed and clear mind, that is now able to cope with the situation better.

## Meditation

How do you learn to meditate? In mindfulness meditation, we're learning how to pay attention to the breath as it goes in and out and notice when the mind wanders from this task. This practice of returning to the breath builds the muscles of attention and mindfulness.

When we pay attention to our breath, we are learning how to return to, and remain in, the present moment to anchor ourselves in the here and now on purpose, without judgement.

- Dr. Stéphane really loves Dr. Dispenza's meditation work
- Rose loves using the BrainTap technology to really speed up the brain calibration, brainwave harmonisation, and the subconscious reprogramming!

# Chapter 6

## *Letting go of blame*

Being burdened with negative emotions can be very exhausting and this exhaustion can eventually affect the health of the individual causing further harm to the mind also. Therefore, in addressing all areas of problems the individual should learn the art of letting go and moving on for betterment of both body and mind.

The following are some reasons and ways the individual can go about learning to let go of blame and moving on in life:

### **Let Go**

Perhaps the most important exercise to explore is in understanding the situation that leads up to the blame factor being present. When this has been correctly

identified and accepted as the legitimate cause of the blame, then only can the process of letting go begin. Making mental and physical choices to let go is the first step to seek in this exercise.

Learning to master the art of totaling letting go, would require the strengths and skills of the individual to “teach “ the mind to refocus and concentrate on positive elements such as acceptance, amnesty, absolution and any other positive mindset that force the individual to look at the situation with a renewed and fresh thought process.

Choosing to consciously release all resentment and focus instead on the exercise of looking for the positive points in the situation would also be something worth cultivating in the quest to avoid the blame game. There are no positive results that can be seen through keeping resentment and in fact it has been proven that the element of resentment within the human body eventually leads to medical problems too.

Instead of looking to blame someone, a more productive exercise would be to look for solutions to the problem. This will engage the mind and body actively and thus eventually cause the individual to forget to blame anyone and anything for the circumstances.

### **Forgiveness:**

The Bible way:

- a. Matthew 18:21-35 mentioned in the bible the path of forgiveness: 70 times 7 then burn it. David W. Sohn in his book *Escaping the Labyrinth* teaches this simple exercise based on the Bible:
- b. I, Stéphane, Completely Forgives *NAME*

Gregg Braden has written and spoken about Compassion for many years now. The common factor to live more than 120 years old is COMPASSION.

A simple exercise is to put yourself into someone else's shoes for one day. It's best to accept things as they

happen, to accept people as they enter or exit from your life, not attaching a negative meaning to the incident and live your life to its fullest, treating each experience as an element of surprise.

It goes like this:

You write with a pen and a paper without lines:

I, YOUR NAME, Completely Forgive X

I, Stéphane, completely forgive myself

70 times per day for 7 days OR 490 at once

Then you burn it... since the forgiveness is DONE!

Forgive:

Yourself, mom, dad, boyfriend, girlfriend, work, boss, family members, student, etc...

# Chapter 7

## *Maintain A Positive Mindset*

Keeping a positive mindset is something that will help the individual through trying situations. These situations usually require the individual to be extra cautious and mentally and physically energized, and sometimes this can only be achieved through the positive mindset practice.

The following are some ways that can be adopted to ensure the positive mindset is clearly evident and can be called upon at any given time:

### **Gratitude**

The word gratitude is derived from the Latin root gratia, meaning grace, graciousness, or gratefulness.

In a 1998 Gallop survey of American teens and adults,

over 90% of respondents indicated that expressing gratitude helped them to feel “extremely happy” or “somewhat happy.”

Beginning a gratitude practice can be a powerful tool towards increasing happiness and wellness.

A 2003 study compared participants who kept a weekly list of things they were grateful for to a group who kept a list of irritating or neutral things. The research showed that “a conscious focus on blessings may have emotional and interpersonal benefits.”

Positive emotions such as gratitude, joy, appreciation, and happiness activate the parasympathetic nervous system in your body. This relaxation response helps decrease cortisol, lowers stress, and strengthens your immune system.

There are many studies that show that people who practice gratitude sleep better, report fewer health problems, and even lower your blood pressure.

# Journaling

Therapeutic journaling is a great way to bring more clarity and positivity into your life. It assists you in being proactive in your healing journey.

Journaling sometimes seems like it can be a lot of work, but you don't have to do it very long, or even every day, in order to benefit. In fact, some studies suggest that three times per week is even more beneficial than every day.

- a. Neuroscientists are strongly opposed to the decline in teaching penmanship, or cursive writing, in public schools, "When we write, a unique neural circuit is automatically activated," said Stanislas Dehaene, a psychologist at the College de France in Paris. "There is a core recognition of the gesture in the written word, a sort of recognition by mental simulation in your brain. And it seems

that this circuit is contributing in unique ways we didn't realize. Learning is made easier."

- b. According to British novelist Jon McGregor, "Pen and paper is always [at] hand. Writing on the page stays on the page, with its scribbles and rewrites and long arrows suggesting a sentence or paragraph be moved and can be looked over and reconsidered. Writing on the screen is far more ephemeral. A sentence deleted can't be reconsidered." [v] For decades, my own journals have been incubators for creative projects. Each time I start a new book, workshop or business expansion I use my journal to work out questions, obstacles, details, procedural notes and deadline management. I also benefit from the safe container for my own self-doubts, uncertainties, frustrations and other feelings that are part of the creative process.

Here are some journaling techniques to help get you started.

- **Gratitude journal!** A gratitude practice is vital to your health and happiness, and there are many ways to do it. Here are a few of my favorites:
  - Write down three things that you are grateful for. Choose three different things every day!
  - Keep an ongoing gratitude journal about your partner or spouse. You can keep it all year and it makes a great birthday gift for them.
  - Focus on a positive event during the past 24 hours and write about it for 7 minutes.
  - If you're stuck, just go on Google or Pinterest for plenty of gratitude prompts.
- **The unsent letter.** The unsent letter is a wonderful technique for expressing feelings to someone who you cannot communicate with. You can use the unsent letter for sharing feelings with loved ones who have passed on from this life, or for sharing your feelings with someone who is difficult for you to communicate with.

- **Freestyle.** Just write whatever you like! I enjoy doing this and doodling as well.
- **One Year from Today.** A fun technique is to imagine that it's one year from today and you are looking back at the best year of your life. What events have made this the best year of your life? Write it all out, in vivid detail.

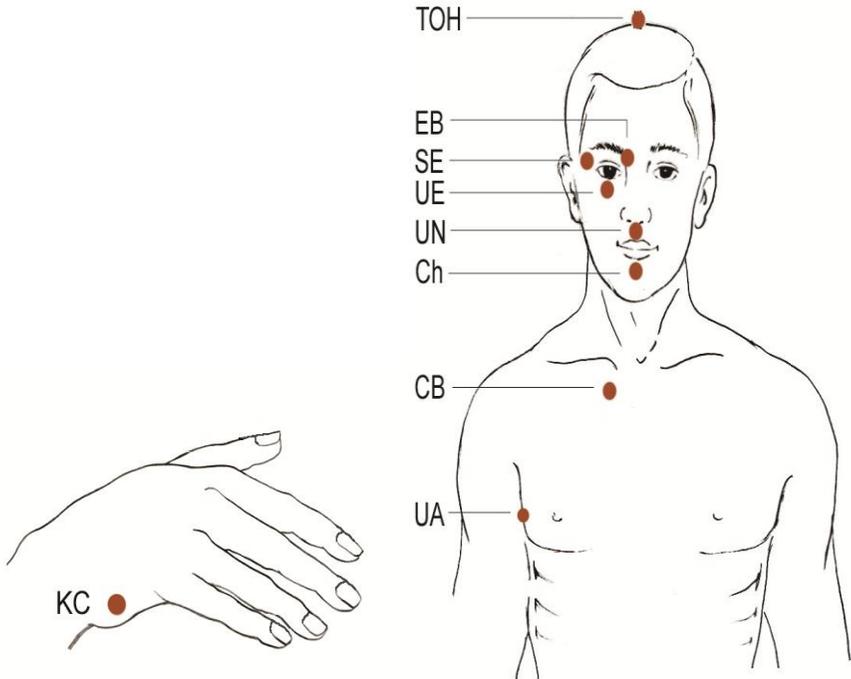
# Chapter 8

## *Remove Negative Associations*

Trying to remove any negative associations is always a good thing and doing so with some tools that are touted as being effective is even better as it already has previous proven result statistics. One of the ways that an individual can explore for removing negative association would be Emotional Freedom Technique.

Emotional Freedom Technique, commonly known as EFT tapping, is a form of energy psychology. Many people refer to EFT as an emotional form of acupuncture, without the needles! While focusing on a particular issue, memory, or belief, you tap on certain points on the body. Although this sounds strange to someone unfamiliar with the technique, EFT is wonderful for breaking up old subconscious programming.

The “basic recipe” of EFT uses the following points:



(photo credit: Gray Craig, <https://www.emofree.com/>)

While focused on the situation that has made you angry, you rate your anger on a scale of 1-10, ten being the angriest you’ve ever felt, and 0 being that you feel great. The rating of your issue is a very important aspect of EFT, as it allows you to track your progress. While focused on the situation you tap on the point (approximately 10 times per point). See the script below for an example:

**KC** (karate chop, side of the hand): Even though I'm so angry right now, I love and accept myself. Even though I'm so angry right now, I love and forgive myself. Even though I'm so angry right now, I deeply and completely love, honor, and accept myself.

**EB** (eyebrow point): All this anger

**SE** (side of the eye): All this anger

**UE** (under the eye): I'm so angry right now

**UN** (under the nose): I'm tired of dealing with this issue

**CH** (under the mouth): I've been holding onto this for too long

**CB** (collarbone): And I'm choosing to let it go

**UA** (under the arm): I'm choosing to forgive others

**TH** (top of the head): I choose to forgive myself above all else.

**KC** (side of the hand): And I deeply and completely love and accept myself.

Take a nice deep breath, and let it go. It's recommended that you go through all the points at least twice. Check your 1-10 number again. A nice goal is to continue tapping until you get to the number 2.

# Conclusion

Life is a journey. Life is about getting a little bit better every day. When things happen, you need to listen to your inner barometer. You are being guided with your emotional and mental body. When you feel negative emotions, something from the past is being triggered. If you begin to observe these negative emotions, you can begin to explore why you had this reaction.

You can be a success and achieve positive results. Just keep some of these tips in mind and you are sure to reach your goals. Hopefully this book has given you the tools to be on your way to success with being anger free.

# About Dr. Stéphane



**STÉPHANE PROVENCHER PhD, DC, IMD, DNM, PScD  
FIM, FICS, FAM, FHH, BCAMP, BCHHP, CHC, CLPHC**  
Author, Speaker, Researcher, Instructor, Transformational Coach and  
Whole-Listic and Integrative Physician, Holistic Chiropractic Physician

"Tell your heart that the fear of suffering is worse than the suffering itself . . . And that no heart has ever suffered when it goes in search of its dreams, because every second of the search is a second's encounter with God and with eternity." – *The Alchemist*

## STÉPHANE PROVENCHER aka Dr. Awesome

PhD, DC, IMD, DNM, PScD, FIM, FICS, FAM, FHH, BCAMP, BCHHP, CHC,  
CLPHC

For many years, Stéphane Provencher's earliest memories resounded with cries of pain and discomfort. Massively obese and bullied throughout childhood, he knew only one thing for certain: He was not normal. "By the time my parents divorced, it was clear that any personal roadmap I might have developed had been shattered, my apparent destiny no more than a vague memory wrapped in the solitude of despair. It was not until years later, after leaving school and traveling through Europe, that I read *The Alchemist* and discovered that my limiting beliefs were no more than illusion and began to ask *Who am I? Why am I here?*

Now able to see his past cast in the colors of a rainbow rather than the prior swathe of black, Stéphane recalled how his gift for intuiting where people held pain had enabled him to look deep inside their souls, feel their feelings, and help them heal their wounds. This awareness guided him in his dedicated studies and career in chiropractic, through which he began to truly understand the intertwined relationship among the body, mind, and spirit. For Stéphane, learning that emotions – not physical ailments – actually cause 90% of all pain, all dis-ease, was not as much revelatory as confirmatory.

It was the staggering realization that emitting or sending frequencies of love can restore proper balance, however, that forever changed Stéphane Provencher's life and the lives of those he serves. "I am 100% clear that I am only a vehicle. My commitment and passion is to guide as many as possible to wellness through self-love and knowledge, and I invite all of you to join me on this extraordinary journey of the soul."

From a young age, Dr. Provencher's dream was to unite a multi-faceted model of health care in one place. With the building of the Whole-Listic Children's Hospital underway, this dream is now coming to fruition.

[www.ghhcenter.com](http://www.ghhcenter.com);

[www.billionaireparenting.com](http://www.billionaireparenting.com);

[www.all4ourkids.org](http://www.all4ourkids.org);

[www.drstephane.com](http://www.drstephane.com)

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## **Dr. Stéphane Biography**

Stéphane Provencher PhD, DC, IMD, DNM, PScD, FIM, FICS, FAM, FHH, BCAMP, BCHHP, CHC, CLPHC was born in Québec, Canada and received his B.S. Degree in Medical Biology from the University of Québec at Trois-Rivières. Dr. Stéphane went on to attend Logan College of Chiropractic, where he earned his Doctor of Chiropractic (DC) degree with honors in 2007. Diplomate in Craniopathy in 2015 (DICS), Fellowship in Integrative Medicine in 2017 (FIM) and Board Certified and Fellow in Holistic Health Practitioner (BCHHP and FHH) by AADP and Board Certified and Fellow in Alternative Medicine (BCAMP, FAM) by the AAMA. Dr. Stéphane received his Doctor and PhD in Integrative Medicine, Doctor in Natural Medicine in 2019. He is fluent in French and English.

While at Logan College, Dr. Provencher's numerous honors included the Dean's List, the Health Center Achievement Award, the Clinical Assistant Award and Who's Who among students in American Universities and Colleges. He has studied extensively at the postgraduate level earning Whiplash Certification, Craniopathy Certification, Pediatric Certification and Kinesiotaping Certification.

Dr. Stéphane is an avid researcher, having completed more than 11 senior research projects at Logan College, including research on

Sacro Occipital Technic® (SOT® Methods), which he currently uses in his practice. He has published an article in the JVSR in 2009. In collaboration with Dr. Joseph F. Unger, Jr., he developed information on ADHD and Autism for use by chiropractors and their patients wishing to learn more about the disease and the multiple treatment modalities available through chiropractic and related natural therapies.

Dr. Stéphane is also the chairman of research for SORSI. Dr. Stéphane was named Researcher of the Year 2009 by SORSI, America's Chiropractors of the Year 2009, 2011, 2012, 2015 and 2016 by the Consumer Research Council of America and Presidential Appreciation award by SORSI in 2010. Dr Provencher is the co-founder and primary developer of the SORSI-EBRN (Evidence Based Research Network) and automatic online case reporting system to improve Chiropractic research. Dr Stéphane was awarded Talk of the Town of Virginia in 2013, 2014, 2015, 2016, 2017, 2018 and 2019. Dr Stéphane was nominated Best Holistic and Integrative Medicine Practitioner in 2016, 2017, 2018 and 2019 by the Gainesville award program.

Dr. Stéphane wrote a book called Billionaire Parenting – Give your Kids the World in 2014 ([www.billionaireparenting.com](http://www.billionaireparenting.com)). His passion is the bridge western, eastern, alternative and holistic medicine under one roof and build a Whole-Listic Children's

Hospital, Academy and Spa resort.

Dr. Stéphane was featured among Dr. Wayne Dyer, Louise Hay, Maya Angelou, Jack Canfield (Chicken Soup), Brian Tracy, Tom Hopkins, Bob Proctor, Jack Nicklaus and many other in the Leaders & Legends - One life, success, health, wealth and happiness book from the America's Legacy Library released September 2015.

Best Seller Co-author a book called "Beyond the Back: The Chiropractic Alternative For Conditions Beyond Back Pain: 9 Top Chiropractors Share How They Help Patients Avoid Drugs and Surgery Naturally". Released December 2016.

Dr. Stéphane is featured among Dr. Deepak Chopra MD, Dr John Demartini, Joe Vitale in the America's STAR Entrepreneurs - the Power of Purpose. Released November 2017

Dr. Stéphane is an instructor at Lifestyle Prescriptions® University Faculty.

# About Rose



**Rose Buono**  
**C.Ht., EFT**

Author, Speaker, Instructor, Hypnotherapist, EFT Practitioner and mother of eleven

*"It takes courage to grow up and become who you really are" - e.e. cummings*

## **Rose Buono**

### **C.Ht., EFT**

Rose grew up in Northern Virginia, the middle child of a family of three. She married her first husband at age 21 and had 4 kids in 8 years. This unhappy marriage resulted in Rose being a single mom with four kids under the age of eight. Eventually Rose found love (and even more kids!) and remarried in 2015. Rose and her husband currently have seven of their eleven children at home - most of whom are in high school. She has seen firsthand how EFT and hypnosis can have a positive effect on kids, teens, and family dynamics.

Rose has always had a passion for helping people and an interest in how the mind works. When she first discovered hypnotherapy, she found something that incorporated everything she loved in one modality.

Rose firmly believes that it's never too late to create the life that you desire. Stress is the primary cause of all ailments and healing the emotional body is critical to bringing the physical body to a state of optimal well-being. Rose loves supporting people in their journey to their best self.

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## **Rose Biography**

Rose Buono is a Certified Hypnotherapist and a proud graduate of HMI College of Hypnotherapy, a nationally accredited college of hypnotherapy. Rose is also an EFT (Emotional Freedom Techniques) practitioner, and a Reiki master.

Rose holds specialty certifications in Handwriting Analysis, Hypnosis and Childbirth, Hypnosis and Sports Performance, and Pre/Post Surgery Hypnosis.

She is a member of Hypnotherapist Local Union 472.

# Other Books by Dr. Stéphane

## Provencher

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### **Billionaire Parenting: Give your Kids the World**



*“Great book full of insights, inspiration and solid information. We owe this to the next generations. The authors speak from a depth of experience that is rare and dedication that is exemplary. Countless hours of research and experience are distilled onto these few hundred pages. Give your kids this gift!”*

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### **Beyond the Back: The Chiropractic Alternative For Conditions Beyond Back Pain: 9 Top Chiropractors Share How They Help Patients Avoid Drugs and Surgery Naturally**

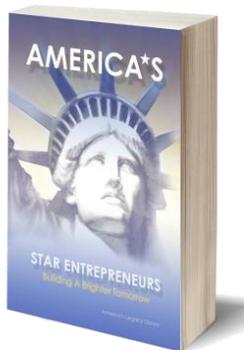


**– Amazon BEST SELLER**

*“A great read. If you are not familiar with Chiropractic, you should read it. If you are familiar with Chiropractic, you should read it. I enjoyed all of the chapters and all of the contributions to the book !”*

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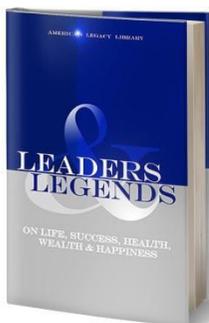
## America's STAR Entrepreneurs: Building Brighter Tomorrows



YOU will love this book! If you open your mind and heart to receive it, it will give you priceless hours of inspiration and knowledge and hope. These rich deposits of experience have new and vital significance for a time when millions of people are in need of courage and peace of mind to maintain an abiding belief in the future. We can think of no time in history more important for people of like-mind to connect and communicate.

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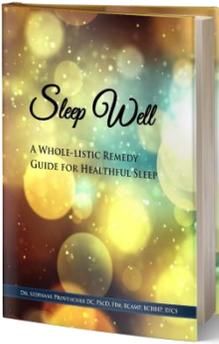
## Leaders and Legends of America



The Leaders and Legends featured within these pages: business leaders, artists, self-help legends, spiritual leaders, health and wellness professional etc. Dr. Stéphane is featured among Dr. Wayne Dyers, Louise Hay, Jack Canfield, Bob Proctor, Dr. John Demartini and others.

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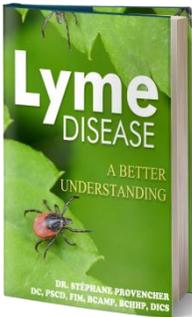
## Sleep Well: A Whole-istic remedy Guide for Healthful Sleep



When following the tips in this book, you will have all of the tools needed to stop tossing and turning at night and start enjoying a full night's sleep, naturally. You will wake up feeling rejuvenated and attentive, instead of exhausted and restless. Prepare yourself drift off to dreamland naturally!

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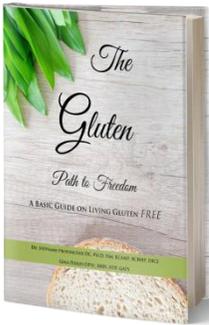
## Lyme Disease – A Better Understanding



In this guide you will learn the essentials about Lyme disease, what it is, how to treat it, and above all, how to prevent it. Let's get started with what Lyme Disease (LD) is and where it comes from.

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## The Gluten Path to Freedom – A Basic Guide on Living Gluten FREE



Gluten is actually a protein that's found in some grains. You'll find this protein in wheat, rye, and barley. It's not found in oats, but some oats get exposed to other grains during processing so it's possible to be exposed to it from eating them. This eBook answer most questions and give you a list of Gluten Free FOOD

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## 5 Day to Better Health - FREE

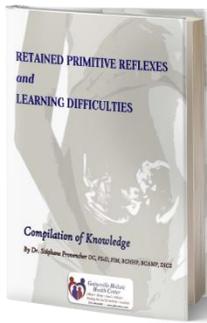


This is a layered program, which means that each day there is a new task for you to try out. Make sure you are continuing everything you've learned each day, and continue into the next day to form positive changes that will turn into healthy habits without you even realizing

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## Retained Primitive Reflexes and Learning Disabilities: A Compilation of knowledge

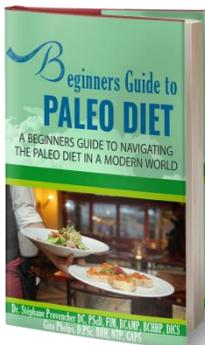
Primitive (brainstem-level) Reflexes are repetitive, automatic



movements that are essential for development of the body's control, muscle tone, sensory integration and development. As newborns we are pretty vulnerable. Most of our brain hasn't turned on yet and, even if it had, we don't have the dataset to recognize what's safe and what's not.

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## Beginners Guide to Paleo Diet



Chances are you've heard the term Paleo before and likely used in close association with Cross Fit. Paleo, short for Paleolithic, is a term that refers to a specific type of diet or eating style. The Paleolithic era, also known as the Stone Age, was a time in which primitive people (cave men) lived as hunters and gatherers. Their diets consisted of whatever animals they could kill or food they could gather. So this essentially means any foods that are in their rawest or truest form and available in nature.

## SPECIAL OFFER



Rose Buono C. Ht, EFT, is offering a 20%  
discount for any NEW patient to the  
Gainesville Holistic Health Center valid  
until March 31st, 2020.

Mention: **LOVE20** during scheduling  
your appointment at 571-248-0695 or  
[info@ghcenter.com](mailto:info@ghcenter.com).

Cannot be combined with any other offers.  
Discount only valid until March 31<sup>st</sup>, 2020  
and must be used prior to the above date.