

Peak Performance and You!

Summer is here! Let the games begin: tennis, baseball, basketball, soccer, football, ultimate, golf, MMA and more. Are you competing at your best, regularly in the Zone, free from injury?

When was the last time you noticed you were in the Zone – so focused on your game that your body knew what to do and how to move without your conscious involvement? When was the last time you experienced the plays just falling into place, with you right there at the right moment operating effortlessly? No matter what the caliber of player, this is an athlete's dream. I myself have experienced the beauty of an effortless zone-like game of tennis only to be confronted by a game that was nothing but a struggle. What can be done without spending a fortune on trainers, coaches and sport psychologists?

Reconnective Healing™ brings a new frequency of light, energy and information to you, and targets dis-ease and imbalances found at the physical, mental, emotional, and spiritual levels. This form of healing appears to work at a quantum cellular level, and definitely has astonishing effects. Dr. Konstantin Korotkov conducted an experiment with Russian Olympic Athletes and several hours of exposure to Reconnective Healing frequencies with remarkable results:

- Range of motion was enhanced
- Energy levels were enhanced, on average by 20%
- Communication between the left and right brain was enhanced
- Increased cardio output while under stress (loading) occurred
- Recovery after loading was quicker
- Detoxification in the blood happened more quickly after competing, suggesting an immune system boost.

Dr. Korotkov's conclusions were that athletes exposed to 3 reconnective healing sessions felt better, stronger, more plugged in, and more in the zone. If you would like to try something new and different in your game, reconnect with Robbin Zrudlo.

For more information about how Reconnective Healing can benefit you, please visit www.healandevolve.ca. Results of this experiment were published in *Science Confirms Reconnective Healing*, by Dr. K. Korotkov.