

THE BRESLER CENTER



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Everyone Can Benefit from EMDR Therapy

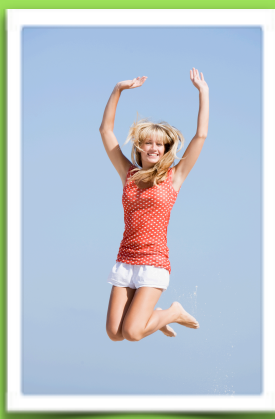


All living organisms respond to trauma in one of three ways: fight, flight, or freeze. Unlike lower animals, most humans do not freeze physically when traumatized; we freeze emotionally. When we recall that trauma, we fully re-experience the emotions it evoked because it's stuck, frozen, and still going on in our feeling brain, even though our knowing brain understands that we survived it.

One of the most common traumas is being humiliated. In the Talmud, humiliation is considered "murder of the soul," a very serious offense in the mid-eastern culture. Another is abandonment and what child hasn't gotten temporarily lost. Thus, nearly everyone has experienced early childhood trauma at one time or another and it may be having enduring consequences on their relationships, work, and self-esteem.

EMDR (Eye Movement Desensitization and Reprocessing) is one of the best therapies to help people rapidly heal from traumatic life experiences. Dr. Bresler was trained and certified by the EMDR Institute in 1992 and he has used it to successfully treat patients in pain, those with anxiety, depression, and/or low self-esteem, and severely traumatized patients including combat veterans diagnosed with PTSD. For more information about EMDR Therapy, contact us at (310) 474-2777.

New Advances in Relieving Chronic Pain



Patients who have not responded to prior pain control treatments are now reporting significant relief thanks to a small portable transcranial stimulator. This unit is now FDA approved for post-operative pain, insomnia, and depression, and gently attaches to each ear lobe using small electrode clips. It generates a tiny but effective 5 μ amp signal using two AA batteries. Patients report that they are getting four to six hours of pain relief after a twenty minute stimulation session.

Another electronic device we use is called an Interferential Neurostimulator which was notoriously used by Russian weight lifting athletes to build larger and more powerful muscles. "Russian Muscle Stimulation" is now being used not only for elite athletes but for patients with myasthenia gravis, multiple sclerosis, and other muscular degenerating conditions. This unit is also highly effective for alleviating muscle pain and spasms.

Another advance in treating neck, back, joint, and muscle pain is the topical application of natural anti-inflammatory herbs using therapeutic ultrasound (phonophoresis) which pushes their beneficial components deeply into joints and muscle tissues. Pain relief is immediate and this technique is particularly effective when combined with acupuncture and therapeutic massage. To find out more, call us at (310) 474-2777 to

schedule an appointment.

The Opioid Epidemic and Alternatives for Pain Relief



The Bresler Center is engaged in a new campaign to transition chronic pain patients off of all opioids. Fortunately, using our proprietary protocol, we are having great success in helping our patients to significantly reduce or completely stop their narcotic medications in favor of the alternatives we've recommended.

Our nation is in the midst of an unprecedented opioid epidemic which public health officials are calling the worst drug crisis in American history. Opiates killed more than 33,000 people in 2015 which is nearly equal to the number of deaths from car crashes and surpasses gun homicides.

At The Bresler Center, our complementary and alternative approaches including acupuncture, massage and physical therapy, transcranial and interferential neurostimulation, intermittent hypoxic training, nutritional and herbal supplements, medical hypnotherapy, biofeedback training, EMDR, and Interactive Guided ImagerySM, among others. Contact The Bresler Center at (310) 474-2777 for more information.

What's Your Current Stress Level?



Stress is an unfortunate companion of 21st Century living, for it is known to be related to many serious illnesses and to greatly accelerate the aging process. Here's something that might help you to manage it more effectively.

When we become overly stressed, the body can be pushed beyond its ability to re-establish homeostasis (balance), and its recuperative abilities can become exhausted. That's why learning to relax is a basic survival skill for maintaining health in the complex and stressful world in which we now live.

According to the scientific method, you cannot reliably change anything that you can't measure. So to measure your stress, we recommend that you complete our Daily Stress Check List at the end of each day. You can download by visiting goo.gl/S2gVUX. If you are consistently checking more than 12 boxes, contact us at (310) 474-2777 for a stress management program that will work for you.

Emotional Housecleaning: Letting Go of Old Baggage



Nearly everyone has experience emotional trauma at some time in their life. If you've even been seriously humiliated, the Talmud calls it "murder of the soul", a very serious offense in many cultures.

Like every other species on the planet, we respond to serious trauma by fight, flight, or freeze. Unlike lower animals that tend to freeze physically, we tend to freeze emotionally, and even though we know we survived it, it feels like it's still going on.

If thinking about a past trauma causes no emotional reaction or discomfort, it's been processed, completed, and not broken, so don't attempt to fix it. However, if those thoughts cause your throat to tighten, your heart to speed up, your stomach to churn, and strong feelings to surge through your body, it's not finished and probably still affecting your life in many ways. Fortunately, with the help of EMDR (Eye Movement Desensitization and Reprocessing) and IGI (Interactive Guided Imagery), we have had great success in rapidly helping patients to overcome major trauma such as the death of a loved family member or pet, motor vehicle accidents, home invasion robberies, sudden job or economic losses, and the diagnosis of a life-threatening illness.

Dr. Bresler has continued to research and develop this combination approach for more than 25 years and reports that in as little as five or six visits, many patients have been able to completely process and overcome traumatic recollections and thoughts that have plagued them most of their adult life. While years of prior therapy with analysis, CBT, DBT, or other approaches did little to help, they report that treatment at the Bresler Center has enabled them to recall the prior trauma with little or no discomfort whatsoever. If you've experienced trauma that is continuing to cause emotional or physical discomfort, this combination can probably help help you, too. Call us at (310) 474-2777 so you can give it a try.

Is Yeast the Cause of your Anxiety?



Next to pain, depression, and insomnia, the most common complaints we hear from our patients are related to anxiety and fatigue. These problems can have many causes, including hormone imbalances, sleep disorders, poor nutrition, chronic stress, and even various kinds of infections, including systemic yeast infections (SYI's).

SYI's can result from stress, poor diet, and the overuse of broad spectrum antibiotics and other medications that destroy both friendly and unfriendly organisms that colonize in the GI tract. In addition to robbing your body of glucose (yeast eats sugar), yeast metabolism releases toxic by-products including acetaldehyde that dry your skin, cause hair loss, and make you feel very sick and toxic.

In addition to anxiety, fatigue, and dry skin, patients with SYI's also report chronic headaches, allergies, odor sensitivity, GI problems, panic attacks, "brain fog", gas and bloating, a white coated tongue (thrush), dry skin or rashes, other yeast infections, fibromyalgia, chronic fatigue syndrome, and a host of other complaints.

Fortunately, we have discovered a treatment protocol that can completely cure this problem once it is properly diagnosed. To download a questionnaire that may help determine if you have a SYI, go to www.breslercenter.com/yeast.

Surprising Ways to Overcome Grief and Depression



Dealing with a serious loss is a horrible experience for anyone to under go. Profound grief which is characterized by feelings of helpless and hopelessness can often progress to depression which gives an extra goody: worthlessness – it was your fault.

Because antidepressant pharmaceutical medications are often no more effective than placebos and carry significant sexual and other side effects, we have continued to research various alternatives for helping our patients overcome grief and depression.

We have found that a personalized combination of acupuncture, therapeutic massage, EMDR, and nutritional supplements helps grieving patients more than anything else. We also use the same electronic transcranial stimulator that relieves chronic pain, for it can significantly elevate mood and is approved by the FDA for depression. This combination has been profoundly helpful to getting people quickly unstuck from depression and free of its emotional pain.

For more information and help, call us at (310) 474-2777 to set up an appointment with Dr. Bresler.

The Amazing Benefits of High Altitude Health



Many of the elite athletes we treat are greatly benefitting from Intermittent Hypoxic Exposure (IHE) which involves breathing air with reduced oxygen content for short periods of time which makes your body respond as if you were at a much higher elevation even though your still in LA near sea level.

This is accomplished by breathing into a face mask attached to a specialized electronic machine while resting prone and receiving acupuncture, therapeutic massage, or just while relaxing for a short period of time. A pulse oximeter is used to check the amount of hypoxia achieved and to maintain safety during the procedure.

The health benefits appear to be amazing, including greatly improved athletic performance (as demonstrated for many years by the Russians), greater resistance to free radicals, a shift from burning protein to fat as an energy source, and recent research studies are reporting improvement in patients with asthma, COPD, Parkinson's disease, Alzheimer's disease, and cancer. The only contra-indications appear to be for patients with epilepsy or other seizure disorders.

While the use of IHE is relatively new to the Western world, scientists in the Soviet Union have been researching and employing it since the 1930's. Their research has involved how IHE can enhance sports performance, and also the treatment of chronic lung diseases, bronchial asthma, hypertension diabetes mellitus, Parkinson's disease, emotional disorders, and even radiation toxicity. If you'd like to personally experience IHE at the Bresler Center, please give us a call at (310) 474-2777 to find out more.

Free Gifts from The Bresler Center



Periodically, The Bresler Center offers free gifts to patients who personally stop by our West Los Angeles office to say hello and update their status.

Until August 31, 2017, any current or former patients who stop by will receive a **free** copy of Dr. Bresler's acclaimed self-help book: *Free Yourself From Pain* and a **free** copy of Dr. Bresler's guided imagery CD: *Restful Sleep*.

To pick up your free gifts, simply give us a call at (310) 474-2777 to schedule a time to visit and catch up. If you want to find out what we'll be offering next, subscribe to our email list by visiting <https://goo.gl/Zea3sk>.

A Follow-Up Visit with Dr. David Bresler is Greatly Encouraged



We love to hear updates from our former patients! Many of the exciting new advances being pioneered at The Bresler Center grew from tips from former patients, their families, and friends.

Dr. Bresler has been studying, researching, and practicing complementary medicine since the early 1970's. He feels that the advanced techniques he has developed to control pain and emotional disorders are more effective than ever.

If you are a former patient and would like to re-visit Dr. Bresler to catch him up on your status and to find out the newest approaches he recommends, please call us at (310) 474-2777 to schedule an update.

How to Reach Us



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