

**When health is absent,
Wisdom cannot reveal itself,
Art cannot become manifest,
Strength cannot be exerted.**

**Wealth is useless,
Reason is powerless.**

- Herophiles, 300B.C.



Achieve Health Center, Inc

2302 Martin, Suite 400

Irvine, CA 92612

949-706-2300

www.achievehealthcenter.com

service@achievehealthcenter.com



Katherine Agranovich is the founder of ACHIEVE HEALTH CENTER INC. She is a Doctor of Natural Health Studies, a Board Certified Hypnotherapist and a PhD ©. She was originally trained as a R.N. and worked in medical settings. Through a family member illness, she had a turning point in her career, choosing the path of discovery and awareness of holistic health concepts. She has completed programs in Professional Hypnosis, Alchemical Hypnotherapy and the Psychology of Hypnotherapy, which qualifies her to work on a variety of issues. Katherine is constantly reaching for new knowledge in Holistic Health to help her clients ACHIEVE. Katherine is accredited by the Coalition for Natural Health Association, International Medical and Dental Hypnotherapy Association, American Alternative Medical Association, and the American Board of Hypnotherapy.



**ACHIEVE HEALTH
CENTER**

Helping you ACHIEVE:

**Reduce stress by relaxing
mind-body**

Learn self-help techniques

Appetite and Weight Control

Change negative habits / attitudes

Stop Smoking, Addictions

**Improve business/social /
marital life**

Sports / fitness improvement

Help with sexual dysfunctions

**Improve your self-esteem and
confidence**

**Improve immune system
functioning**

**Combat worries, anxieties and
phobias**

**Improve your study habits,
concentration**

Medical, chronic conditions

Personalized Wellness Plans

Natural health and Hypnotherapy are very powerful approaches to healing of any kind, where mind-body connection is the core philosophy.

Natural medicine is an educational, preventative, and supportive approach, where basic principles of nature, health, and balance are practiced. The basic tenet of Natural Medicine is that human life is created by the same self-regulating sources that care for all living things.

Natural health practitioners believe and respect everyone's uniqueness and individuality, and based on this philosophy, recommendations and healing programs are created. The program may consist of diet/super food therapy, herb/supplement therapy, lifestyle support therapy, and reflexology body work.

The natural health practitioner views the person as a whole, understanding their complex interaction of physical, mental, emotional, spiritual, and social factors.

It is a gentle, natural, and non invasive healing process, where the body is given an opportunity to restore its health when placed in a supportive environment with a corresponding mind-set.

The goal is to educate, empower, motivate, and support a person on their healing journey, so that in the process a person can assume more personal responsibility for their own wellness by adapting to a healthy mental attitude and life-style.

Studies show that our immune system is a reflection of our mental state and thoughts.

Integrating hypnotherapy into natural health practice is an empowering combination.

The brain controls and runs each and every cell throughout the whole body.

In Hypnosis, utilizing the proper suggestion and communicating with the brain, all body functions can be altered, modified, increased, decreased, or inhibited. The changes depend upon the needs and desires of the individual and applied to a specific health problem or concern.

By changing our mind, we can change our life!



We operate on two levels of consciousness: intellect (logical thinking, analyzing, judging, criticizing, voluntary body functions) and the subconscious (holding our inner perceptions, attitudes, realities, and involuntary body functions), while triggering a cycle of thought-emotion-physical reactions.

Most physical illnesses or mental distresses have an emotional root or predisposition to them.

In hypnosis we have an opportunity to gain insight and to let go of emotionally charged unresolved conflicts, old programming and perhaps re-program and heal our subconscious mind. The physical body will then respond accordingly and unleash its inner healing potentials.

Through numerous personalized hypnotic techniques and natural health programs we can learn to live in peace and balance with our past, present, and future.