

Rapid Change Training (**RCT™**), is based on Clinical Hypnosis and class-A hypnotherapy.

And is your #1 choice to solve your problems definitively, according to top (neuro) scientists of Stanford University.

Do you know what our 3 most asked questions are?

Every day our caring counselors get a lot of messages asking for help. From depression to relationships to sales performance and everything in between. The most asked are;

1. I've had problems for so long. How do I fix it definitely and quickly?
2. Why is clinical hypnosis is absolutely the #1 choice for creating a the definitive solution for my problems?
3. Why is **Rapid** Change Training (**RCT™**) as a special form of hypnosis called deep direct delta hypnosis, so successful?

Dr. Andrew D. Huberman ([neuroscientist and professor in the Department of Neurobiology at the Stanford University School of Medicine*](#))

Andrew gladly explains why hypnosis is the absolute #1 choice to solve your problems definitively.

He uses I.P from

David Spiegel, M.D. [Associate Chair at Stanford University.](#)

He is "one of the most respected experts in the clinical uses of hypnosis in the world"

Clinical hypnosis is all about

1. Unlearning and relearning your brain, your subconscious.
2. Triggering neuroplasticity for rewiring the neural pathways in your mind.

Neuroplasticity is the brain's ability to change in response to experience. This is very effectively triggered by clinical hypnosis like **Rapid** Change Training (**RCT™**). This special form of hypnosis called deep direct delta hypnosis.



How do you make definitive changes?

To really make a change in your life, you have to change your destructive programming into constructive ones.

This is done by reprogramming, by rewiring your brain.

To do that, you need neuroplasticity.

To trigger neuroplasticity you need 2 things;

1. high attentional state which consists of 2 components
 - a. narrow focus, to generate acetylcholine (neurotransmitter)
 - b. an absolute sense of urgency to generate norepinephrine (neurotransmitter)
2. relaxed nervous system

Only 1 and 2 together trigger neuroplasticity and mark specific synapses in the brain for a change. This makes your (relaxed!) nervous system ready for heightened accelerated learning.

And the more (sense of) urgency, the faster your learning.

The actual change and the rewiring, the reprogramming is done in the synapsis, since they are the connections to the neurons.

The rewiring and reprogramming is done during theta/ delta brainwaves that occur in;

1. deep sleep and
2. deep rest, deep sleep-like state of relaxation where you're neither asleep nor awake. That's why delta brain waves are used in deep direct delta hypnosis as used in **Rapid Change Training (RCT™)**.

Hypnosis uniquely captures two things at the same time

The high attentional state and the deep sleep like (delta brainwave) state of relaxation.

Research of the [Department of Neurobiology at the Stanford University School of Medicines](#) shows that exactly this unique combination leads to rapid changes in behavior and produces definitive solutions.

That's because hypnosis is literally rewiring you during the session! Right there, new neural pathways and new synaptic connections are created. And they're getting reinforced afterward 24/7.

Is there any reason to choose other treatment forms?

All other treatment forms are separating out

1. the trigger event/ your problem and
2. the deep state of relaxation, crucial for rewiring the brain.

That's why they are far less effective.

Thus no reason for you to invest your time and money there.





The reason for Alexaa's success

The reason why your Alexaa is able to rewire the brain so quickly is that he guides you to simultaneously

1. focus on the trigger event/ your problem
2. and getting that deep state of relaxation.

And rewire your brain simultaneously

This is exactly why **Rapid** Change Training (**RCT™**)

is extremely successful in solving your problems definitively and quickly.

Rewiring your mind and solving your problems definitively.

So you can live a better and happier life, full of freedom and fulfillment, every day.

Now you know why

1. you have your problems so long
2. and why Alexaa is extremely successful in solving them

So wanna fix your problems fast and definitively? Contact Alexaa today!

****Dr. Andrew D. Huberman** [is a neuroscientist and tenured professor in the Department of Neurobiology at the Stanford University School of Medicine.](#)*

He is currently or has served on as an elected member of [The National Institutes of Health Grants Advisory Panel "Sensory, Perceptual, and Cognitive Processes"](#), and the Editorial Boards for [Current Biology](#).^[1] [The Journal of Neuroscience](#), [The Journal of Comparative Neurology](#), [Current Opinion in Neurobiology](#), [Cell Reports](#), [Neural Development](#) and is a member of [Faculty 1000](#).

***David Spiegel, M.D.**, [is Associate Chair of Psychiatry at Stanford University. He is "one of the most respected experts in the clinical uses of hypnosis in the world"](#).*

Your Alexaa team.

