

The Science of HBLU™

As a biomedical scientist, Dr. Swack was always interested in the mind/body connection and how it impacts physical and emotional health. She observed that many mind-body healing techniques are “hit or miss” and thought that the nascent field of mind/body healing needed the rigor of scientific research to make it reliable and reproducible.

Beginning in 1981, Dr. Swack began training in, and testing many healing methods and techniques to discover what worked for what problems. Through her research, she mapped patterns and created protocols for rapidly and reproducibly healing illnesses, self-sabotaging behaviors, addictions, and emotional pain.

The result is HBLU™ a unique and comprehensive healing system that integrates original research with tools from biomedical science, psychology, applied kinesiology, Neuro-Linguistic Programming, Energy Psychology, and several spiritual-based healing systems. HBLU™ delivers step by step healing protocols that have been used by hundreds of practitioners who have treated thousands of clients! They report that when they use the HBLU™ protocols, they get the same expected (and often astonishing) results with their clients.

“I’ve made more progress in the most important areas of my life in just a few sessions than I did in 5 years of traditional therapy. This woman is amazing! I’ve already referred 10 clients to her.”

Jane U., Teacher, Boston, MA

“Judith transformed my life. If not for her HBLU™ work, I’d be divorced by now, have no children, be struggling to make money, and be always sick and in pain. I went from being angry at life to being joyful and happy. I want everyone to experience this gift. Thank you, Judith.”

R.M. Educational Sales

Professional Training

Train in HBLU™ methodology and bring exciting new dimensions to your healthcare practice. HBLU Level I provides CEU’s for LMHC’s and Social Workers, and CNE’s for nurses.

Professionals who have benefited from this workshop include:

- Psychologists, Psychotherapists
- Social Workers, Counselors
- Acupuncturists
- Chiropractic Doctors
- Naturopathic Doctors
- Educators / Coaches
- Physicians / Nurses
- Massage therapists / Body workers

What others are saying about HBLU™ Trainings:

“I’ve been using Judith’s techniques in the emergency department and in war zones around the world for over 15 years and find them invaluable for the treatment of the physically and emotionally traumatized patient. Judith is a true pioneer in the field of holistic psychotherapy, integrating science and spirituality in the comprehensive and seamless system of HBLU™. I highly recommend it.”
David Irvine, M.D.

“I have trained in many different therapeutic modalities and HBLU™ pulls together everything I know and works when no other modality does. Eighty percent of the work I do with patients is HBLU™.”

Sierra Levy, N.D.

“I enthusiastically recommend this to all therapists who wish to be at the leading edge in helping their clients heal rapidly and lastingly.”

*George Pratt, Chairman Psychology
Scripps Memorial Hospital
Author of “Instant Emotional Healing”*

“Six weeks after taking the HBLU™ I training, my client load and income doubled without any different marketing effort on my part. I now have a waiting list of people who would like to work with me. Instead of having a handful of ‘breakthrough’ miracle sessions each year, I have that many each day.”

Amy St. Hilaire, LMFT

For more information, contact:
Healing from the Body Level Up, Inc.
(781) 444-6940 or (800) 310-6549
info@hblu.org | www.hblutraining.com



What can HBLU™ do for you?

Are you in pain?

Are you burned out?

Is your relationship falling apart?

Are you unhappy in your job/career?

Do you have a weight problem?

Do you have health problems?

Do you just feel miserable?

When you’ve done your best to solve these problems, but they are still there, you are experiencing unconscious self-sabotage.

Now there’s Healing from the Body Level Up™ (HBLU™) developed by Judith A. Swack, PhD. HBLU™ is a unique, effective, and powerful way to get unstuck and eliminate struggle—even when other therapies have failed—by simultaneously clearing mental, emotional, physical, and spiritual blocks to success.

“This work gave me back my life.”
Susan S., Writer, Boston, MA

Healing from the Body Level Up™
*an integrated mind/body healing methodology
for the 21st century*

Contact us by phone, email or at our website:

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How does HBLU™ work?

We believe that individuals know, at the deepest level of their being, what is holding them back and know the answers for solving these problems.

We teach people how to connect with their deepest wisdom, find the patterns that interfere with their goals, and share with them techniques for healing on the mental, emotional, physical, and spiritual levels simultaneously. This is how HBLU™ consistently produces rapid, powerful, and lasting results.

We form an ongoing relationship with people who are committed to self-actualizing in all dimensions of their life. We begin by dealing with the most pressing problems. Then we address the underlying issues that may be interfering with full health, happiness, prosperity, and success.

HBLU™ helps people rapidly achieve the results they want to live full, happy, healthy, and satisfying lives. Maybe it can help you, too.

The originator of HBLU™



Judith A. Swack, PhD, is a Biochemist/Immunologist, Master NLP Practitioner, Certified Hypnotherapist, Mind/Body Healer, and leader in the field of Energy Psychology. Dr. Swack has presented her dramatic results live on national television and at international

conferences. She has published numerous articles in scientific, professional, and popular journals and authored the chapter “Healing from the Body Level Up” in the industry-defining publication, *Energy Psychology in Psychotherapy: A Comprehensive Source Book*. Dr. Swack is a recipient of the 2015 ACEP award for major contribution to the field of Energy Psychology. She offers trainings both nationally and abroad. Dr. Swack has a private practice in Needham, MA. She and her associates offer individual client sessions in person, by Skype or by telephone.

Private Sessions

HBLU™ IS EFFECTIVE FOR

Healing

Emotional Issues including:

- Traumas, Phobias, Anxiety
- Burnout and Stress
- Depression, Addictions

Healing

Medical Conditions including:

- Chronic Pain, Headaches, Back Pain
- Digestion Problems, Crohn's Disease, Irritable Bowel Syndrome
- Allergies and Asthma
- ADD and Learning Disabilities
- Interstitial Cystitis
- Physical Injury Trauma

Ameliorating

Symptoms & Extending Life Span in:

- Cancer
- Heart Disease and High Blood Pressure
- Diabetes
- Autoimmune Diseases

Creating

- Lasting Weight Loss
- Happy, Healthy Relationships/Marriages
- Career and Financial Success

Generating

- Optimum Sports Performance

Nurturing

Spirituality and Intuition by helping you:

- Feel your personal connection with God
- Define and manifest your soul mission
- Connect to spiritual guidance
- Develop healing talent

“I want you to think of me as someone who can help you flow and grow in all areas of your life.”

Judith A. Swack, PhD

Dr. Swack and her associates work in person, by phone or by Skype. Contact us to schedule a **15-minute free consultation** to find out how HBLU™ can help you.

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Testimonials

“I had just heard that my company had lost a major contract and I was experiencing a loss of confidence in my team...as well as a general “freezing up” of my creative problem-solving abilities. In just 10 minutes, Dr. Swack’s techniques enabled me to...open my mind to insights, restoring my confidence and ability to seek solutions.”

David Wilcox, Marketing & Sales Executive

“My sister-in-law “Mary” was in the hospital with Crohn’s Disease and about to have colostomy surgery the following Monday. On the Friday before, Judith worked with her over the phone and by Saturday morning, “Mary” had stopped bleeding, baffling the nurses and doctors. By Tuesday, she was released from the hospital...and on the road to regaining her strength and health.”

Maggie M. Connor

“It is not a particularly common experience to attend a workshop and to be able to say that it transformed your life. However, Judith Swack is an uncommon healer and her removal of the Deathwish work is equally unusual. It changed my life by freeing me of a terrible burden that was preventing me from fully expressing my life’s purpose. (Afterwards) my thoughts flowed more easily which allowed me to communicate what I wanted to say in a more useful and meaningful way.”

Alan Simbers, PhD, CCS, CADC

“Before we worked together...I was petrified...to fly and skeptical that anyone could help...Now, after just 3 sessions with you, my phobia is completely gone. I flew to New York, and...I was OK the night before, at the airport, walking down the tunnel to board the plane, on the plane and during the landing. I’m looking forward to my trip to Europe—as is my husband.”

C.K., Artist

“It is a pleasure to report the results of the healing intervention on my brain over the period of one year. Since we last met, I have successfully completed a quantitative dissertation...Prior to your work on healing my brain injury I barely had the capacity for simple mathematical equations...I find that I feel neurologically balanced... This is the greatest gift, for it opens channels in my life that were previously unavailable. Your skill is amazing and I cannot thank you enough for this exquisite healing.”

Ruth R. Molin, PhD, LMFT, LMHC