



# QUANTUM CHANGE PROCESS™ (Q.C.P.)

## What is it?

The Quantum Change Process™ is a highly effective technique for accessing unresolved issues and old core belief systems that are buried in the unconscious, and resolving or letting go of the emotions linked to them.

Your current reality is a reflection of everything you have learned to believe from life-long programming. Everything you think, feel, say and do is based on your beliefs. Your perception of yourself, the world around you, and how you interact and respond to it is based on your beliefs. We may achieve goals based on our beliefs and we may equally sabotage every hope and dream based on our beliefs.

We all want to believe that our conscious mind is running our life but in reality, it is our unconscious mind that influences and dictates our choices, our decisions, how we perceive our circumstances, and what we attract into our life.

Therefore, it is essential to understand and clear old, limiting beliefs from your unconscious mind and replace them with positive, life affirming beliefs in order to live the life you consciously choose and desire.



**Restores balance and  
vitality to the body –  
mind – spirit connection**

**Resolves your issue or  
problem**

**Restores choice and  
freedom**

**Renews confidence, self-  
worth, self-esteem, and  
self-trust**

**Puts you in touch with  
your true power**

**Releases patterns and  
beliefs that no longer  
serve you**

## **JOY IN HEALTH & NUTRITION INC.**

**2-5511-50<sup>th</sup> Ave.  
Red Deer, AB  
403-343-2599**

**Monday-Wednesday &  
Friday 9:30 am -4:30 pm  
Thursday 9:30 am – 6:00 pm**