

- » Cognitive Behavioral Therapy
- » Daily interactive presentations
- » Aerobic/Fitness Training
- » Positive Psychology Interventions
- » Personalized Medical/Health Consultation with Dr. Nedley

- » Comprehensive laboratory analysis
- » Therapeutic counseling sessions
- » Hydrotherapy
- » Massage/music therapy
- » Delicious healthy meals



NEDLEY™ RESIDENTIAL
DEPRESSION & ANXIETY
RECOVERY PROGRAM

IT'S YOUR LIFE. MAKE IT COUNT!

MENTAL HEALTH AND LONGEVITY

Serious mental illnesses reduce life expectancy by 10 to 20 years, an analysis by Oxford University psychiatrists has shown – a loss of years that’s equivalent to or worse than that for heavy smoking.

RELATIONSHIPS

Learn how you can have nourishing—and flourishing—social relationships because this is vitally connected with your physical and mental/emotional health.



FINANCES

A person suffering from depression loses on average over \$10,000 a year in earned income. If they stay in depression, they and their family will be down a lifetime average amount of \$300,000 (total of lost income and increased expenses) in comparison with the financial flourishing that would have occurred had their depression and anxiety been promptly reversed.

SUCCESS

The importance of emotional intelligence in determining future success is supported by an ever growing body of scientific research.

“ Before the program, I used to feel shame and guilt, fatigue, no energy... ...I’m doing amazingly well! No more crying..., I can focus again. I wake up with energy to face the day, and I started back to work full time last week. The program was exciting and fun, but it also taught me how to live successfully in so many ways! It gave me the help I needed to get back on my feet. Thank you!”

– Jennifer P.

ABOUT THE PROGRAM

This program is the most comprehensive treatment program for Depression and Anxiety available in the U.S.

During the 10-day program, Dr. Nedley and his staff help participants develop an insightful and in-depth comprehension of their body’s physical, mental, social, and spiritual functions, and provides a host of new tools to aid you on the road to recovery.

The program provides mental health education in a comprehensive way that deals with core issues that cause and are associated with depression and anxiety.

Genetics, emotional development (including previous trauma), lifestyle (including physical exercise and light exposure-therapy), circadian rhythm, substance and non-substance addiction, multiple

nutritional factors, toxins, social and cognitive causes, contributing medical conditions, and frontal lobe suppression causes and factors are all dealt with in this program, both educationally and therapeutically. Individualized cognitive behavioral therapy, personalized nutritional therapy, tailored exercise plan, light therapy, massage, contrast hydrotherapy treatments, group therapy focusing on the issues mentioned above, and spiritual congruence therapy, which assists in the development of self-control are utilized.

Don’t delay. It’s time for your life to be enhanced in EVERY way.

It’s your life. Make it really count. Call today!



All services are private pay. Payment in full is required prior to start of program.