

Testimonials

“The smoking cessation process was easy, enjoyable, relaxing, and empowering. I am now a non-smoker and ready to get my health back in order. I expressed my concern about weight gain and Jules told me she had that covered during the hypnosis portion of the process. I haven't gained weight since stopping smoking and I've also noticed my back pain has gone away.” ~N.B. (Gilbert, AZ)

“I couldn't get my surgery until I quit smoking, so when my doctor recommended Jules, I made an appointment right away. It's the best decision I have ever made. I am finally healing from chronic injury, breathing better, and enjoying life once again.” ~L.P. (Queen Creek, AZ)

“When a dental oncologist told me I had mouth cancer, I knew I had to stop smoking immediately and start treatment. Jules fit me in right away and reassured me I could become a non-smoker in just one session, and she was right.”

~K.R. (Scottsdale, AZ)

“I am blown away that Jules helped me quit smoking in just one session. I have been trying for years on my own and this was so easy. My wife and I are forever grateful to Jules.” ~R.G. (Phoenix, AZ)

“I came to see Jules to stop smoking after 27 years of smoking. She was able to help me do so in just 1 session. I had such a good experience with her that I decided to keep coming back to deal with sleep and food issues. It's the best gift I've ever given myself.” ~M.D.R. (Paradise Valley, AZ)

“I feel very grateful to Jules. My chronic back pain is GONE and I am exercising again.”

~A.F. (Flagstaff, AZ)

“Absolutely amazing! I wasn't sure what to expect, but Jules made me feel at ease and explained the process. I highly recommend her for both smoking cessation and stress management.”

~C.L.D. (Phoenix, AZ)

“During a session with Jules, I came in without expectations. I was happy to just relax and be at peace for a little while. The healing began during the initial conversation in which Jules helped me narrow down a goal related to my health. She guided me with questions, knowing that what I needed lay within me. She was easy to talk to and addressed any concerns I had in order to put me at ease. I had a nagging headache I was ignoring and a chronic physical condition that had me aching all over. Jules' soothing voice got me total relaxed, and using beautiful imagery and positive language we were able to make my goals a reality. When I came out of trance, my headache was gone, and as I got up from the chair, I was amazed to feel my body moving with more ease and comfort. Thank you, Jules, for creating a safe space for me to heal!”

~S.B. (Tempe, AZ)