



A CLEANSING AND DETOXIFYING  
CENTER FOR A HEALTHIER YOU

# Real people, real stories.



*At Your Health Success, we know you may have questions about the effectiveness of our holistic wellness plans.*

*For many facing chronic pain, fatigue, or weight issues, our mission, approach, and techniques sound like the magic cure they've been searching for—but how can you know if these holistic wellness therapies actually work?*

*Well, we have proof from people just like you: men, women, and teens who struggled with painful challenges for years before finding healing and relief in holistic health.*

*Read their stories in their own words. Hear their voices. And find out how holistic wellness worked for them. Who knows? You may be the one writing our next success story.*

## Lymphatic Drainage Pressotherapy Massage

"The results? Amazing! While I definitely felt like my clothes were a bit looser than normal after my first two sessions, a friend I hadn't seen in a few weeks said I looked like I had lost a lot of weight (without knowing I had been doing anything different), and some co-workers remarked that my skin was glowing. After one treatment, I lost 0.75 of an inch from my arms and lost an inch from my body. At the end of my trial period, I lost a total of 7.75 inches: 2.5 inches around my waist; 2.25 inches around from my arms and 3 inches from everywhere else!"

**T. F.**

"I've had two treatments so far and have noticed that gone is that sluggish, bloated, yucky feeling I had beforehand. My legs and feet feel lighter, too. I would recommend this treatment to anyone who's prone to water retention or bloating—especially if you have an important event to attend the next day."

**Leah Gross**

## Holistic Coaching

"I was suffering from a chronic condition for many years. After finding YHS, I have a new lease on life. My pain and inflammation is way down thanks to the services they provide. I can get out of bed and live again now where before every day was a challenge. I sincerely thank the staff and facility."

**Mr. G. Silberman**

## Hocatt OZONE Steam Sauna

"I love Hocatt. Since I tried it, I didn't want to stop. After a treatment in the Hocatt, my energy increases so much. I feel lighter and I can do things I haven't been able to do for a long time. My skin absorbs so much ozone which helps my body kill all the stuff that shouldn't be there. At the same time, it cleans up all the bad things and takes them out of the body through sweat. It really is an amazing experience and it helps me more than double my progress to full health."

**H. L.**

"The HOCATT – WOW! I've had numerous HOCATT treatments and have seen many benefits! It has helped increase circulation (which my legs really need due to Poliomyelitis). I feel an increase in my energy levels, and I've also lost weight. I like the way the seat is adjustable to my height and the seat is very comfortable for the 30-minute session. I also appreciate the staff that consistently monitors the temperature, time and blood pressure and makes sure I am well hydrated! Thank you!"

**Suri W.**  
Williamsburg, NY

"I love it!! From the first time I was in it, I knew it was for me. I immediately felt rejuvenated and heightened energy with overall relaxation. The steam with the hint of ozonated air allowed me to breathe deeply into my lungs. My skin was so soft and cleansed. During the series of treatments, I began noticing more inner strength and vitality, and I realized this is a great way to gently detox my whole body. This treatment plan caused an increased improvement each week that I have never seen before. Even my tumors were healing! I have had my own personal ozonated hot tub and sauna in the past and prefer The Hocatt due to its gentleness on my body. I highly recommend this treatment to everyone."

**Mother of five children**

"I had no energy – even to open emails. I did the Hocatt plus other treatments and last night I walked on the beach for over an hour! Before that – I had to actually go to bed just to gather enough energy to do my daily activities."

**M. T.**  
Staten Island, NY

For more information, or to learn more about our services, give us a call to schedule a consultation at **718.808.9696**.



If you'd like to see more of our services and read valuable information about your health and wellness, find us online at [yourhealthsuccess.com](http://yourhealthsuccess.com)