

Pain Management



Peppertree Hypnotherapy with ECBT

Break Free from Pain— Without More Pills

Tired of Endless Pain?

You're not alone. 80% of people battle persistent pain—but relief is possible.

Our **Enhanced Cognitive Behavioral Therapy (eCBT)** rewires your brain's pain response using cutting-edge techniques. Safe, effective, and drug-free.

Conditions We Succeed In:

- ✓ Headaches (daily stress to migraines)
- ✓ Back/Neck Pain (lifelong stiffness)
- ✓ Nerve Pain (common in aging)
- ✓ Fibromyalgia & IBS
- ✓ Post-Accident/Surgery/Cancer Pain
- ✓ Emotional Pain (grief, anxiety, loneliness)

How eCBT with Hypnosis Works:

1 Brain Reset

Pain signals are *interpreted* by your brain—we help rewrite that story.

2 Personalized Audio Tools

During 3 to 6 sessions, receive custom recordings to retrain your brain's pain pathways at home. Consistent use restructures pain management.

3 Lasting Freedom

80%+ achieve significant, long-term relief (NIH clinical trials).

Your Benefits:

- ✨ Ditch Extra Meds
- ✨ Sleep Better, Stress Less
- ✨ Control Thoughts & Pain
- ✨ Feel Empowered

Take control. Pain shouldn't rule your life.

Evidence: NIH Study

(<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2752362/>)

. 5+ years of trials confirm efficacy.

Science Simplified:

"Pain lives in the brain—not just your body."

eCBT teaches your brain to dial down pain signals using proven mind-body techniques.

Start Today:

- 🌿 No drugs | 🌿 Non-invasive |
- 🌿 Works with acupuncture/chiropractic care

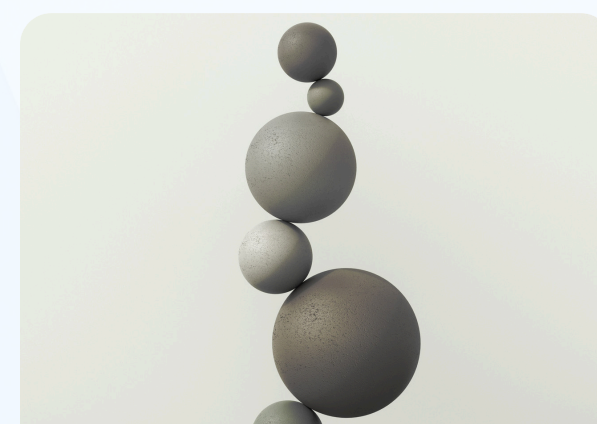
Visit:

www.peppertreehypno.com

No obligation — Begin your pain-free journey

Free 15-Minute Consultation

📞 Call/Text: Ray: **0499 643 125**



Pepper Tree



Pepper Tree Hypno—the...

Using the mind to heal your body. Hypnosis, EMDR,...

👋 Welcome to Gamma!

We're your AI design partner for effortless creation

Gamma is the best way to...

Create and share
beautiful
presentations

Build and publish
**sites and landing
pages**

Design and post
your next **social
media content**

Craft **docs** your
team will actually
read

And that's just the start.

Let's get started!

But first, here are some tunes to get you in the mood 🎧 🎵 🎧



Gamma Grooves

Playlist · Gamma · 8 items



💡 Team pro tip #1

You can embed music and videos in any of your gammas!

Click on this one to see how it works.



Jessica

Team pro tip #2

You can use the filmstrip on the side of your screen to navigate this guide.

Click on one of the dark blue cards to jump directly to that section.



Ali

← 👁 Look there to find the filmstrip!



Need to undo something?

Type **Command + Z** (Mac) or **Control + Z** (Windows).



How to create





Paste in text

Create from notes, an outline, or existing content



Generate

Create from a one-line prompt in a few seconds

⚡ POPULAR



Import file or URL

Enhance existing docs, presentations, or webpages

👤 How to create

Create with AI

Say goodbye to the blank page problem — Gamma offers three ways to help you get started.

Whether you just want to see what's possible or you're ready to move your existing work into Gamma, we've got you covered.



Generate

Start with your idea and let Gamma do the rest — enter a one-line prompt and get a beautiful gamma in seconds

[Go to Generate](#)



Paste in text

Turn your existing text into visual content — paste in your outline and Gamma will add stunning images and layouts.

[Go to Paste in text](#)



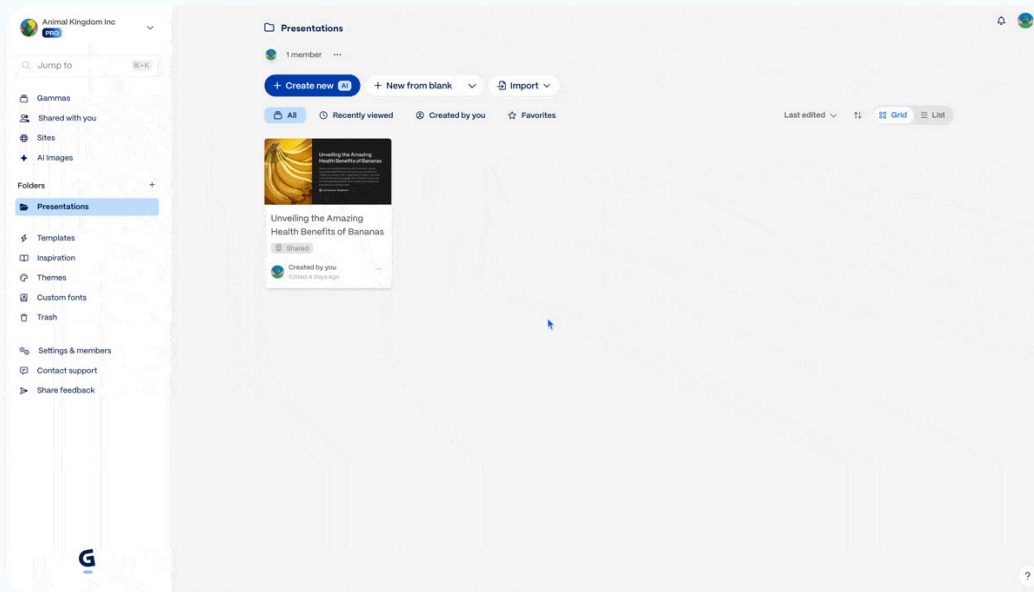
Import a file or URL

Transform existing content — import PowerPoints, PDFs, or web pages and let Gamma enhance them.

[Go to Import](#)

 How to create

Start from blank



Need a little more room to think?

Start with a blank canvas and build from scratch. Pull in elements from your other projects or use Edit with AI to enhance your work as you go.

Team pro tip #3

Try typing **gamma.new** in your URL bar to create a blank gamma instantly!



Nik

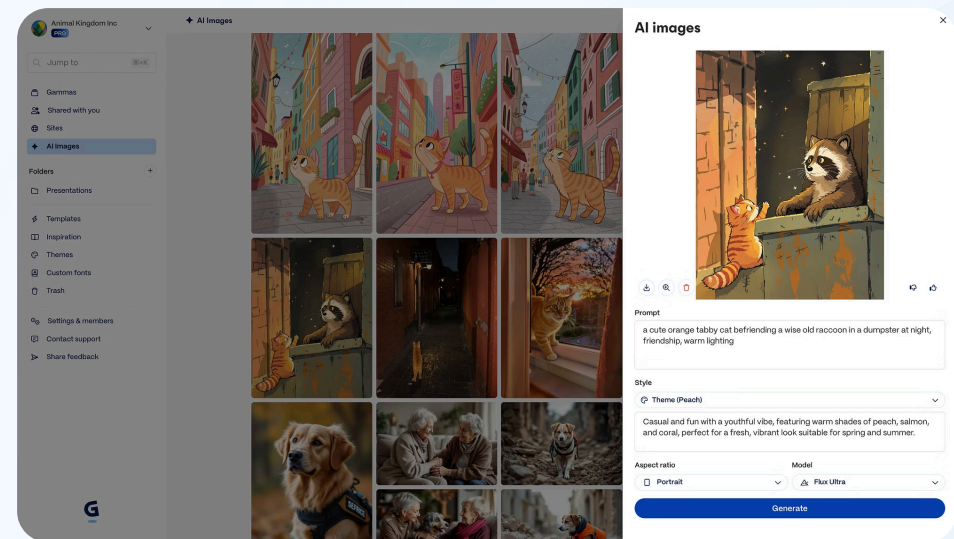
 How to create

Generate images

Just want to make some images?

Head to the dashboard to create images using any of the models we partner with. You can also view all of the images you've made.

[Go to AI image dashboard](#) 



Team pro tip #4

Want all of your images to have the same look and feel? Try adding some custom style¹ instructions!



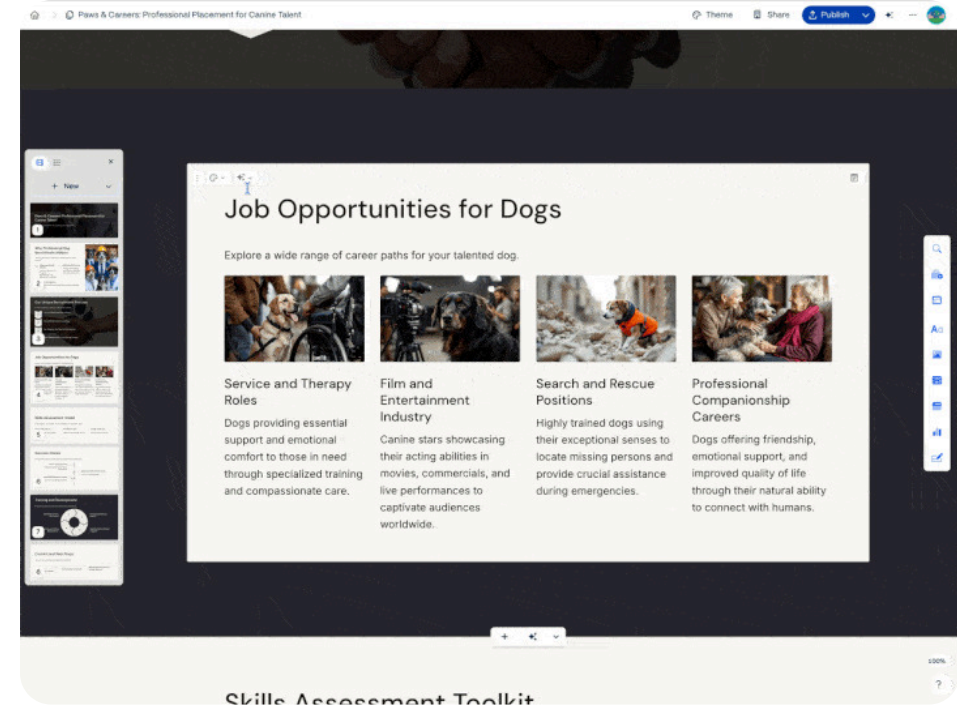
Alison

How to edit

How to edit

Edit with AI

You can ask AI to edit a single card or your entire gamma. We'll suggest some common actions, but you can also type your own instructions in any language.



Try asking AI to...



**Translate your
content**



**Update the
images**



Refine the copy



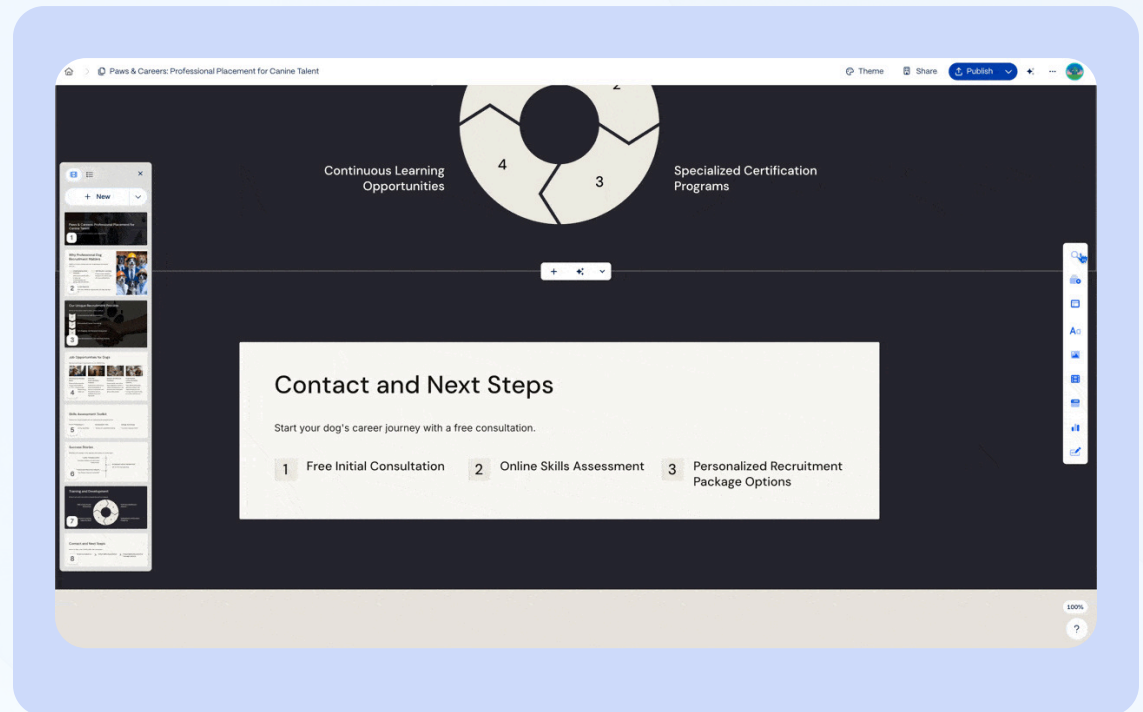
**Change the
layout**

 How to edit

Drag blocks from the insert bar

You can search and browse through all of the blocks, embeds, and integrations in Gamma using **the insert bar**.

We've got lots of options to help you build out visual, information rich layouts in record time 🕒

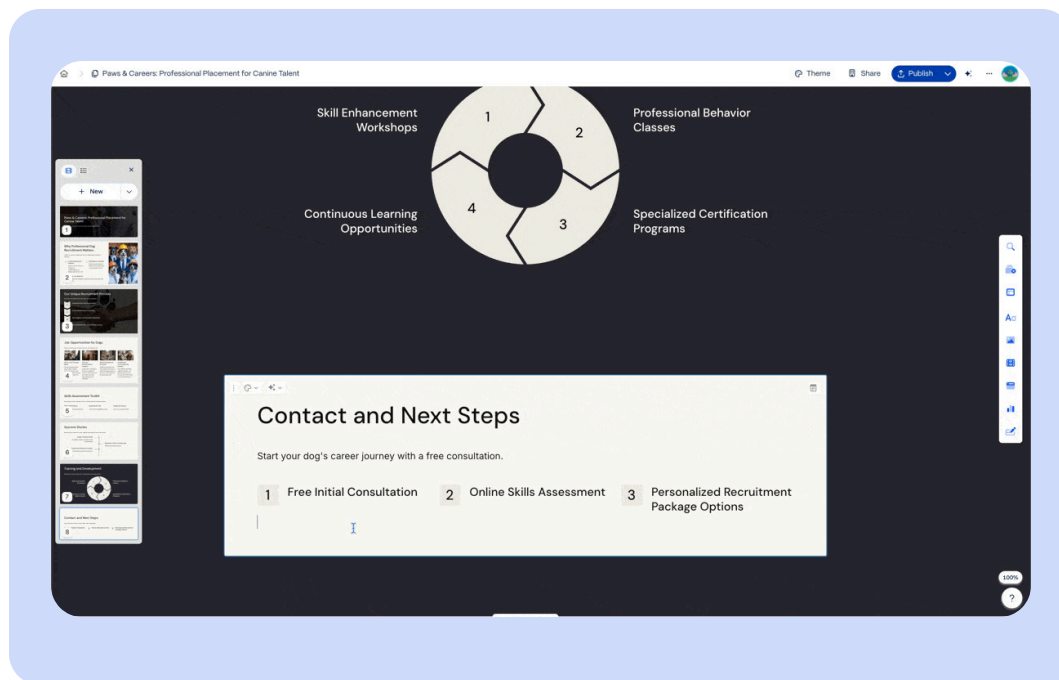


 **It's your turn!**

Try dragging a block from the insert bar here 

 How to edit

Go faster with the / menu



Ready to level up your Gamma workflow? **Try typing / to search for and add blocks anywhere.**

The / menu shows you all the same blocks as the insert bar in a fraction of the time.

 **It's your turn!**

Try typing / to add a block here 

✍️ How to edit

Changing card layouts

Swapping layouts in Gamma is simple — just click through the layout options and watch your content magically adjust.

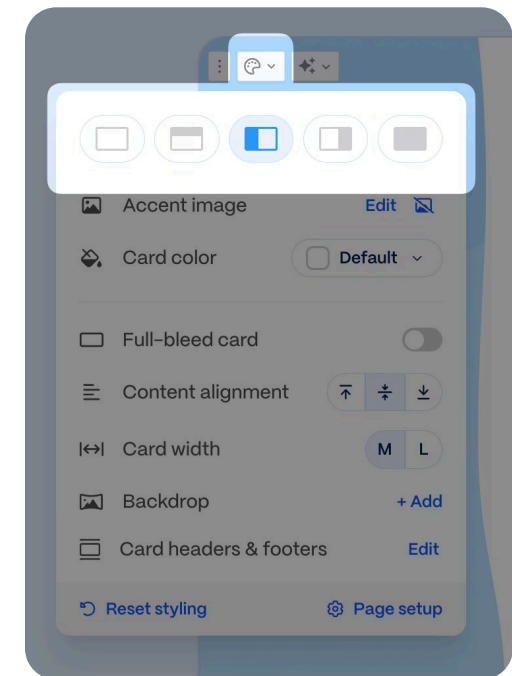
Try it out on this card!

💡 Team pro tip #5

You can drag to change the width and height of your image.



Julie





Make it beautiful

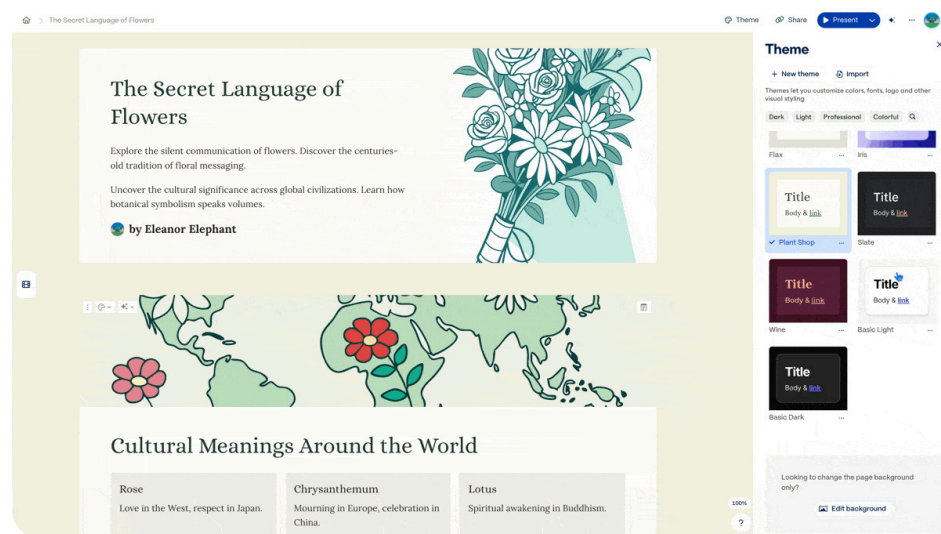


 **Make it beautiful**

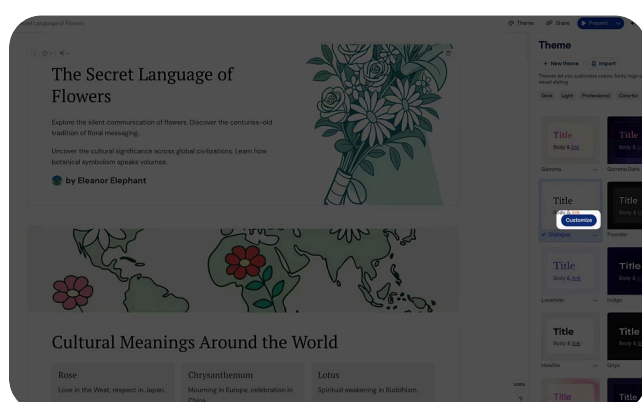
Instantly restyle your work

Themes make it easy to change the look and feel in just a couple clicks.

You can use one of our standard themes or customize your own and add your own brand, logos, colors, and fonts.

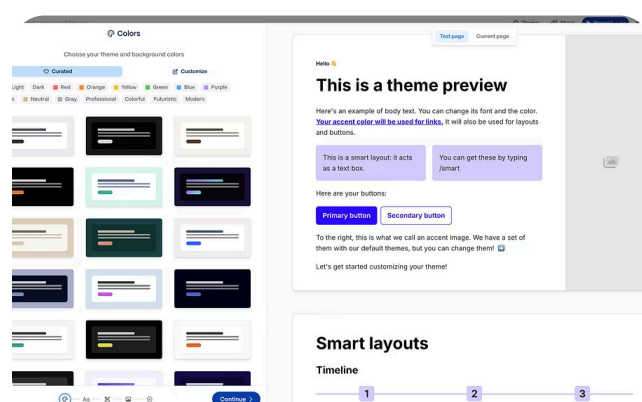


How to make a custom theme



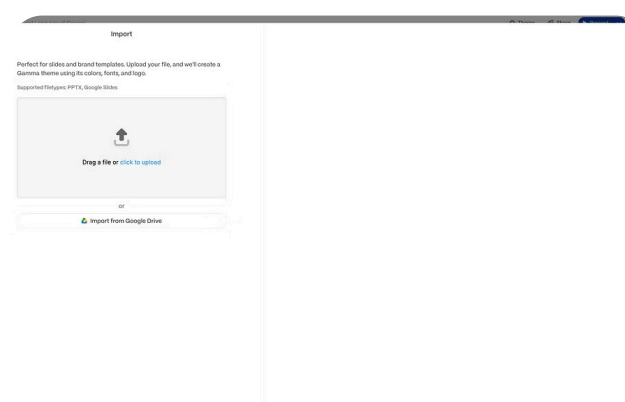
Customize a theme

Choose any standard or custom theme in your workspace and tweak the settings until it's ready to go.



Build a theme

Our step-by-step theme builder has curated font, color, and design palettes to make theme creation even easier.

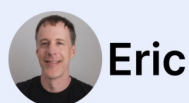


Import a file

Upload an existing presentation and we'll transform it into a custom theme that you can use with all your gammas.

Team pro tip #6

Gamma comes with a curated set of Google Fonts, but you can upload your brand font on the dashboard.



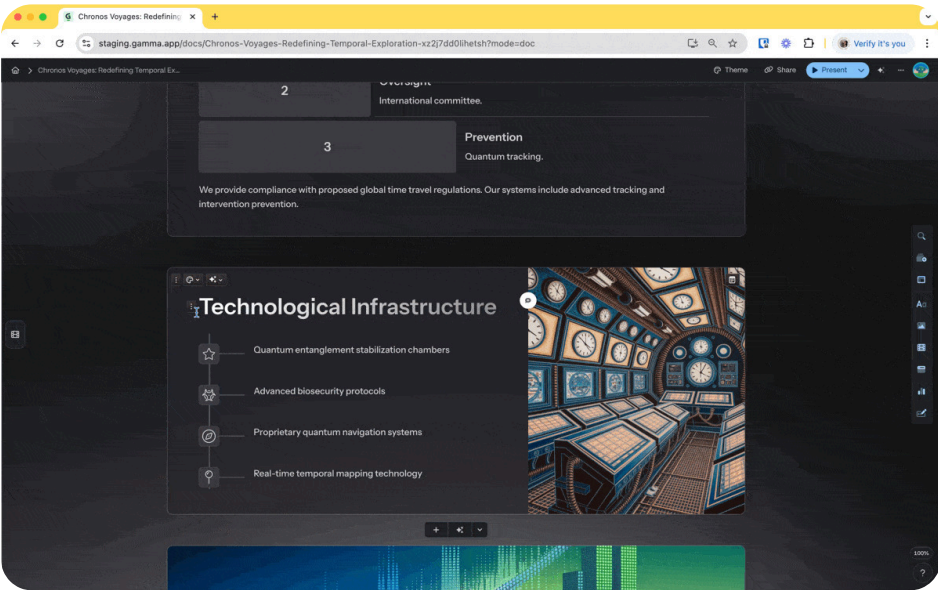
Eric

 Make it beautiful

Adaptable layouts

Smart layouts adapt to your content (instead of you having to change your content to squeeze it into your layout).

You can swap between them and see your content change, customize the colors, and add icons.



Try it changing the layout of this one:



Vision

Lorem ipsum dolor sit
amet, consectetur
adipiscing elit, sed do
eiusmod tempor



Mission

Excepteur sint
occaecat cupidatat non
proident, sunt in culpa
qui officia deserunt
mollit anim



Goal

Sed ut perspiciatis
unde omnis iste natus
error sit volupta tem
accusa ntium eius modi
tempora

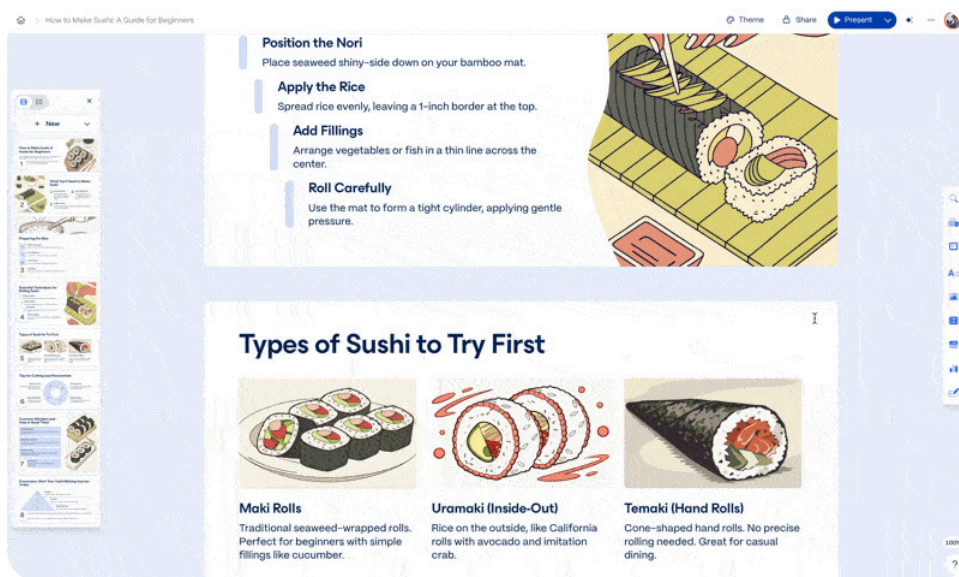


Strategy

Foste natus error sit
volupta tem accusa
ntium eius modi
tempora

Advanced layouts

Page setup

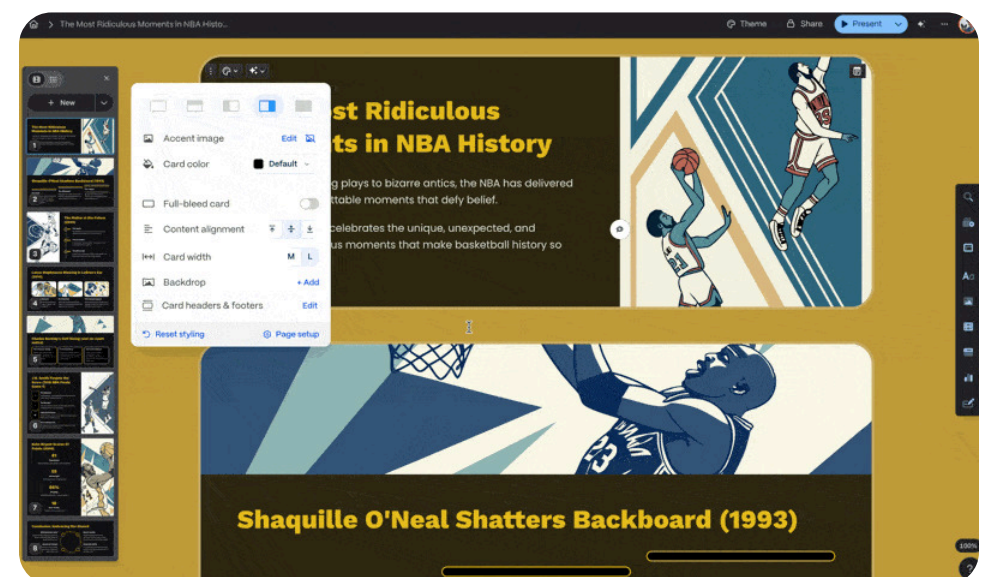


You can change the page background, set a minimum height of your cards, and access more advanced controls in the **Page setup** panel.

For more detail, check out: [How to control card sizes and use other page setup options in Gamma](#).

Card headers and footers

Adding page numbers and your logo is about to be easier than ever. This is one of our most requested features and we're excited to share it with you!





Share and present

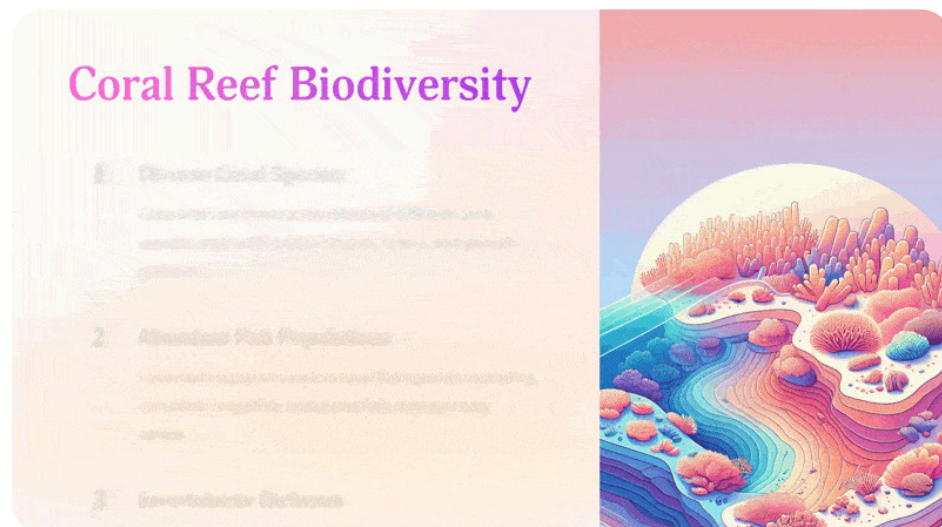


✉ Share and present

Present like a pro

If you're on desktop, you can present your gamma just like a traditional slide deck.

You can navigate back and forward using your arrow keys and easily interact with links, embeds, and videos.



💡 Team pro tip #7

Need a hint of what's next? Scroll down just a little to see a sneak peek of your next card



Michelle

Presenter view and speaker notes

Ditch the sticky notes and notecards!

Add notes to help you remember all your key points, then head to Presenter view to deliver them with all the same features as normal Present mode.

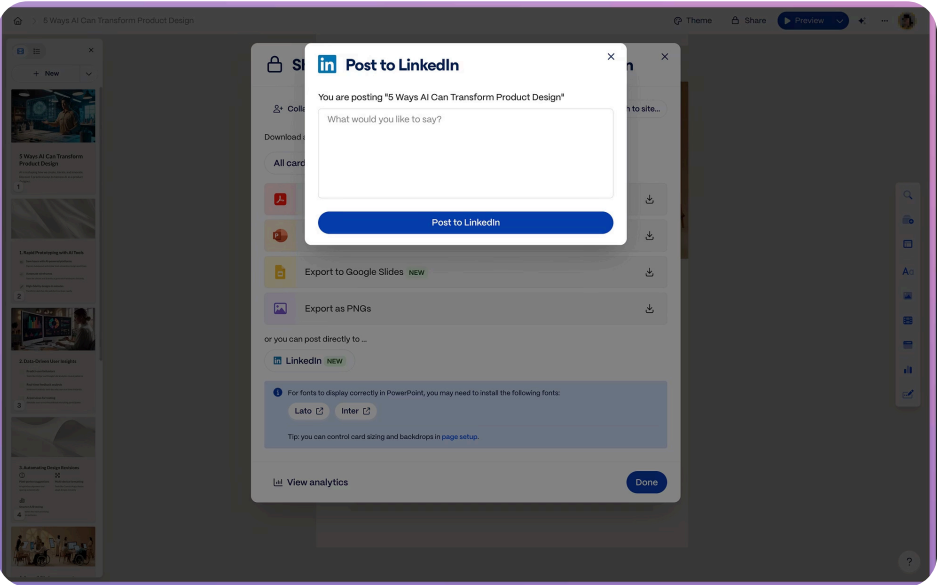
[Learn more →](#)

✉ **Share and present**

Export and post

Gamma looks great as PDFs, PPTX, Google Slides, and PNGs.

Click on **Share » Export**, choose your format, and get your file in seconds.



Share History of the Beatles

Collaborate Share **Export** </> Embed Publish to site...

Download a static copy of your gamma to share with others.

All cards

- Export to PDF
- Export to PowerPoint
- Export to Google Slides **NEW**
- Export as PNGs

New!

Post to LinkedIn

We've just launched a feature that lets you skip the export and reach your audience even faster. Connect your account, add your thoughts, then publish your gamma directly to LinkedIn.

✉ **Share and present**

Publish your site

You can generate landing pages or turn any gamma into a site from the share modal.

Then, when you're ready to go live you can publish using the free, Gamma-branded domain or add one that you own¹.

 The fun stuff 

Our favorite features

The features our team and power users love the most 🥰



Nested cards

Nested cards are a great way to organize your thoughts and ideas. When you want to **group related ideas**, or **hide supporting detail**¹, you can put fully featured cards inside of other cards.



Cards that live inside other cards

Each card can be expanded or collapsed, and you can even hide card previews to add an element of surprise!

▼ What if I don't like nested cards?

If you don't want to use a nested card, feel free to use a **toggle** instead. You can insert a toggle by typing `"/toggle"`.

Toggles are great for FAQs and live Q&As.



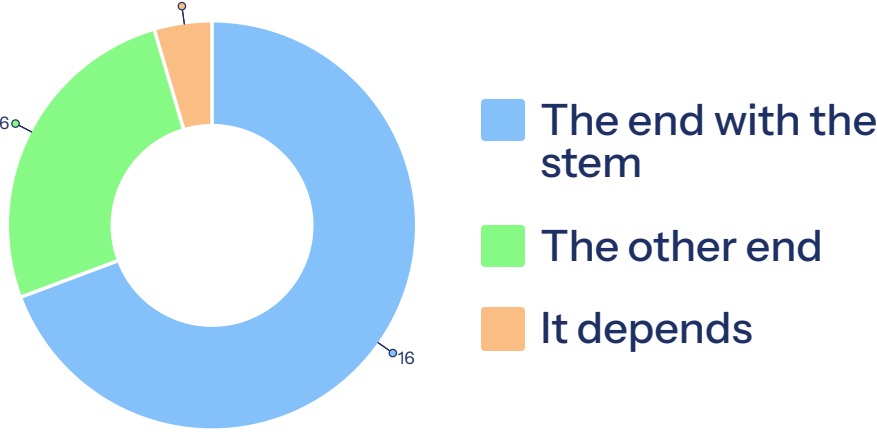
Charts and diagrams

Add a chart, paste in your data, and let us handle the styling. Your charts will automatically scale and adjust to fit the space.

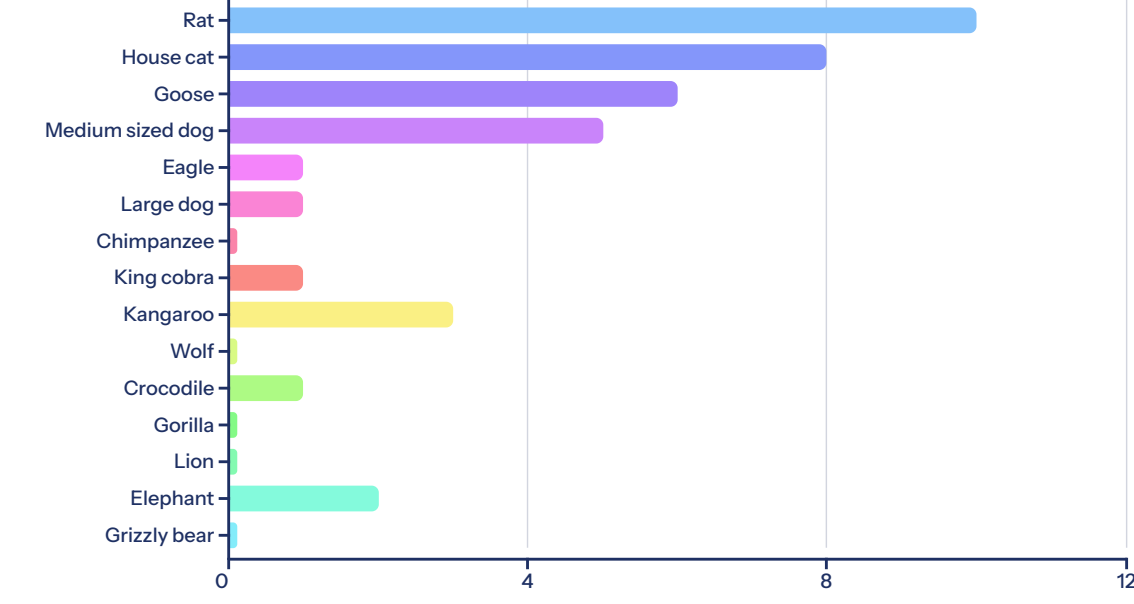
You can create:

- Pie charts
- Donut charts
- Line charts
- Bar charts
- Column charts

According to the Gamma team, the right way to open a banana is from...



The Gamma team thinks they can beat these animals in a fight:



Click on the chart and then try...

- Changing the color scheme
- Swapping the chart type
- Moving the legend to the left

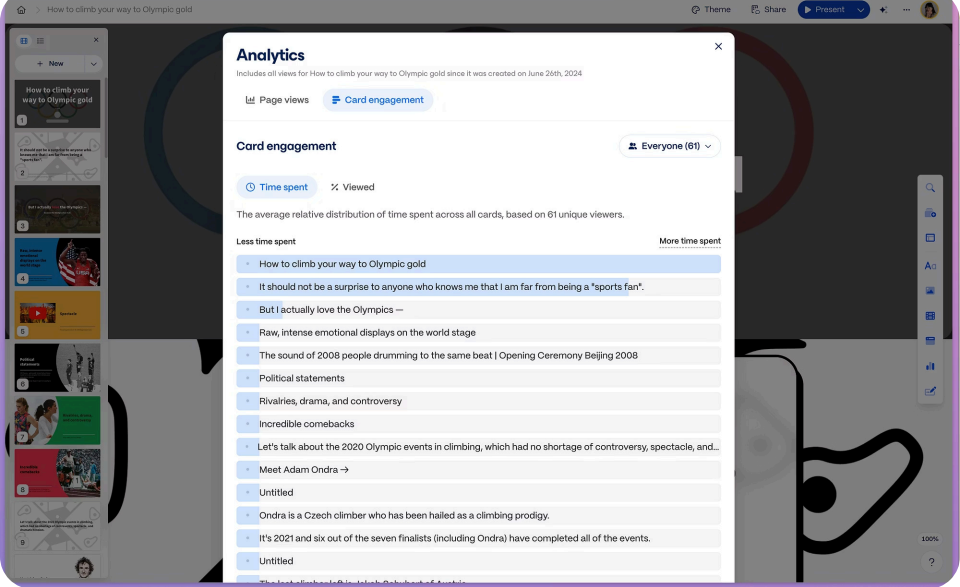
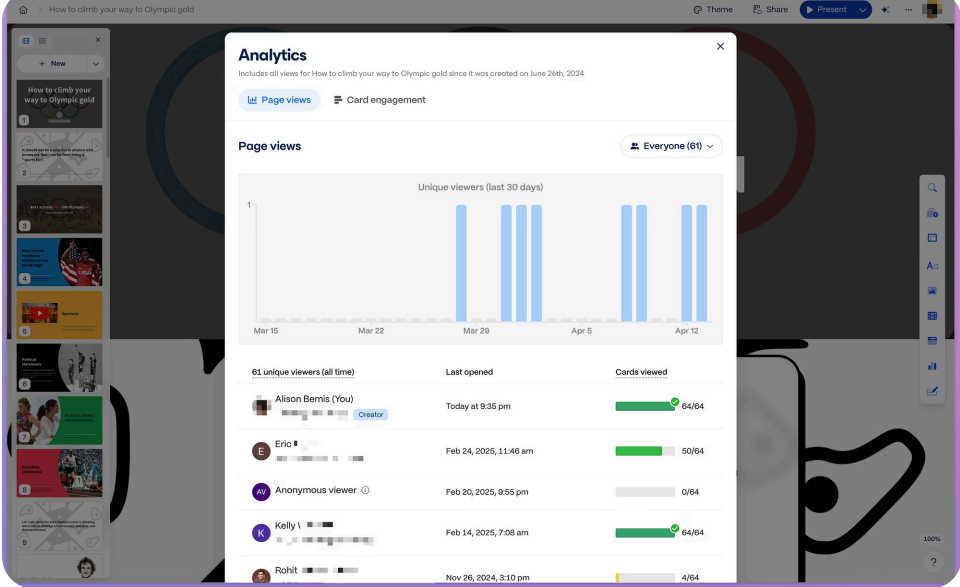
Diagrams

If you need a little more flexibility, try using our diagram feature. You can create Venn diagrams, Gantt charts, matrices, and more!



Built-in analytics

Keep track of who opened your gamma, what they spent time on, and how much time they spent on it.

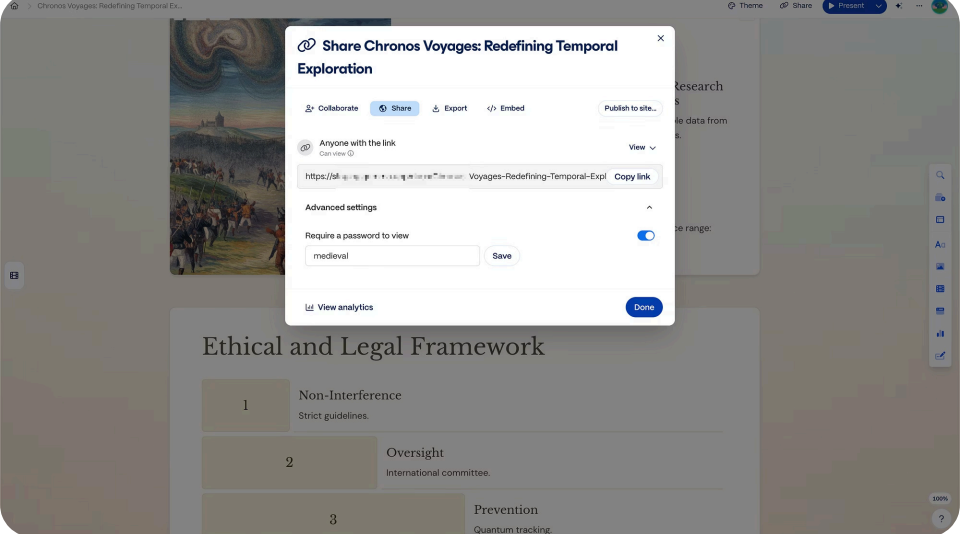


Password protection

If you need a little more security, you can add a password to your gamma from the share modal.

Coming soon!

Right now, you can only add passwords to regular gammas but password protection for sites and site pages is on the way!





Get inspired

Interior Design

Design Studios Team Plan Proposal

 Interior Design Plan

Project Proposal

Innovating with Inspiration and Vision

 Project Proposal

Quarter 1 Sales Report

 Quarter 1 Sales Report

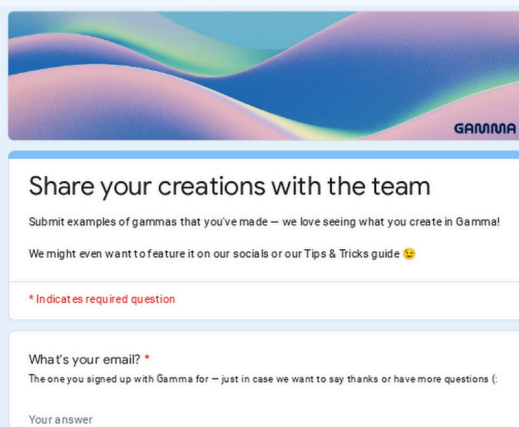
The Wonders of Science

Welcome to the world of science! We'll explore amazing discoveries, exciting experiments, and the mysteries of the universe.

 The Wonders of Science
2 Contributors

Want to be featured here?

We love to see what you're making! If you made something great, share it with us — we might even add it to a future version of this guide or post it on our socials.



Share your creations with the team

Submit examples of gammas that you've made — we love seeing what you create in Gamma!

We might even want to feature it on our socials or our Tips & Tricks guide 🥳

* Indicates required question

What's your email? *

The one you signed up with Gamma for — just in case we want to say thanks or have more questions (:

Your answer

 Google Docs



Share your creations with the team

Submit examples of gammas that you've made — we love seeing what you create in Gamma! We might even want to feature it on ou...

Team Pro Tip #8

You can embed a form (and most websites!) into any gamma. Type `/embed` and paste in a link!



Mel

PS: change the Link display to Embed for a more interactive experience.



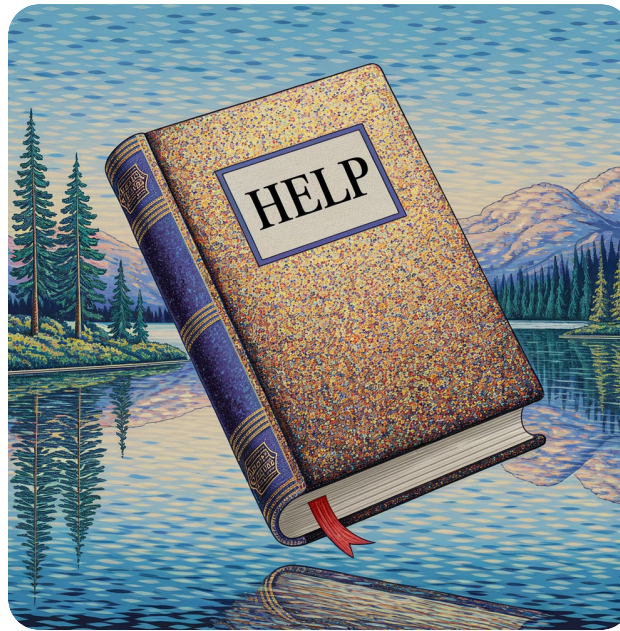
How to get help



Share feedback

Want to share some love or tell us about a feature you want? Let us know what you think!

[Go to Ideas board](#)



Help center

We've got plenty of articles to help answer your questions about Gamma.

[Go to Help center](#)



Contact support

Couldn't find what you were looking for? Our support team is happy to help!

[Contact us](#)



From all of us at Gamma —

Thank you 🎉

We're excited to see what you make!

**Want to help us imagine how great ideas
get into the universe?**

[Meet the team](#)

[View open roles](#)

 LinkedIn

 Instagram

 TikTok

 X