

N
A
C
H



NEWSLETTER

National Association
Of Certified Hypnocounselors 1358 Burnet Ave. Suite 1 Union, New Jersey 07083

HYPNOLINK 2005

Board Members and Contacts

President

Dr. John Gatto,
Office: 908-964-4467
E-mail:
GGattohypno@aol.com
Web:
www.hypnoacademy.com

Board Of Directors

Anthony F. DeMarco, L.L.B. PhD
Lucille Durso, C.S.J.P.A., A.C.H.

Editor

Roxanne Cortese, CHP, A.C.H.
Off: 908-561-1511
Fax: 908-561-7916
E-mail:
cj4yourhealth@comcast.net

Contributing Editor

Ed Hamowy, A.C.H.

Meeting Coordinator

Joyce Rudinski, A.C.H.

Reservations

Chapter Dinner Meetings
Members.....\$20.00
Non-Members.....\$25.00
AT The Door..... \$2.00 Extra

CALL: 908-964-4467
(payment due 5 days prior)
3RD Wednesday of each month

INSIDE THIS ISSUE

- *Weight loss with Chopra*
- *Upcoming workshops*
- *Visualization Script*
- *Stress release strategies*
- *Topic?presenter*

The Weight Loss Wisdom of Deepak Chopra, By e-diets.com Newsletter

Mind-body spirituality exists. A firm believer that Western medicine and natural healing can work in tandem, Chopra has been the figure-head for a movement that's brought together the theories of quantum physics with the wisdom of ancient cultures. Realizing that he was onto something earth-shaking, he founded The Chopra Center for Well Being 10 years ago in California. Today, there are four centers located in New York, Georgia and California. Among the programs and seminars offered are Perfect Health, Soul of Healing, Return to Wholeness, Perfect Weight and much more. Unlike quick-fix weight loss gimmicks that hunger for your money, Chopra's programs focus on a holistic approach that involves both the mind and body. The objectives of his course include learning to manage your weight by using your mind to affect your body, exploring and solving the reasons contributing to unhealthy eating patterns, learning to break the vicious cycle of negative thoughts leading to overeating, and developing a well-balanced nutritional program for mind, body and spirit.

Whether the issue at hand is a war on terror or a war on weight, Chopra says the proper approach is crucial. While many people turn to fad diets and quick fixes to drop weight, the root of the problem goes much deeper than what you're putting in your mouth. When there is a war going on in the mind, the body shows the debris of war, Chopra says. "The more you will yourself against a desire, the stronger the desire gets," he notes. "People will themselves to go to the gym and 15 days later they give up. It's a silly idea to will yourself to do anything. Human beings will always do what's pleasurable and not do what's painful. "We all move from pain to pleasure

That's how we survive. When people overeat, there's a misinterpretation in the mind that overeating is pleasurable. Soon the body starts to have the same interpretation. It's the same thing as when a smoker thinks smoking is pleasurable even though they're hacking away. That's the interpretation that's being made in the subconscious."

He says the only way to really change that interpretation is to give your body and mind an opportunity to look at what is pleasurable and what is not. He recommends his patients learn to eat consciously. Make it the most pleasurable activity you can have. Pay close attention to what you're putting into your mouth. Eliminate any distractions such as music, phone calls or television, instead diverting all of your attention to the meal at hand.

"Most people dump food into their body like it's a garbage can," Chopra says. "I say to people: If you're trying to lose weight or if you have reflux or heartburn, don't put that next bite into your mouth until the previous bite is chewed and into your stomach. Don't eat your next meal until the previous meal is digested. It usually takes three hours for the stomach to empty itself out."

The idea is to create a critical mass of peace-conscious people through seven simple practices, one for each day of the week. Sunday is *being* for peace. Monday is *thinking* for peace. Tuesday is *feeling* for peace. Wednesday is *speaking* for peace. Thursday is *acting* for peace. Friday is *creating* for peace. Saturday is *sharing* for peace. Chopra insists that through simple exercises, such as meditating for five minutes or telling someone how much you appreciate them, you can actually make your mark and change the world.

While providing informal information through the writings in this Newsletter, the views expressed and written do not necessarily represent the thoughts, views and opinions of the National Association of Certified HypnoCounselors, (NACH), nor of its editors or officers.

2005 UPCOMING WORKSHOP CLASSES

HypnoAddictionology

June 4th & 5th, 2005 Study with Dr. Tony De Marco, the originator of the 13 session "HypnoAddictionology " program. Learn the mind-workings of the addict, how to integrate the information from the Confidential Interview form into the step-by-step written program contained in the extensive practice manual (most probably the best in use today), how to "expose the demons to the light" through exciting regression techniques, how to eliminate cravings, how to conduct interactive sessions, give numerous homework assignments, and much more. Tony really "takes you by the hand" so that you can be confident in your office sessions.

Time Line Repair.....April 23, 2005

Past Life Regression.....April 24, 2005

HypnoTapping. EFT and Hypnosis....

April 30th and May 1st.

Advance Hypnotapping..Advance EFT and Hypnosis

May 21st, 22nd.

**ACADEMY OF PROFESSIONAL HYPNOSIS
Winter Session Dates**

Place: Holiday Inn 4701 Stelton Road.
South Plainfield, NJ 07080

Tel: (908) 753-5500.....**Time:** 9:00 am – 6:00 pm

For Brochure & Financing Info:

Dr. John Gatto at (908) 964—4467

UPCOMING MEETING DATES FOR 2005

Clip out and save, or put all dates in your appointment book

May, 18th.....June, 15th.....September, 21st

October, 19th.....November, 16th

Annual Convention for the IACT is set for Parsippany, NJ

May 13-15 at the Sheraton Parsippany Hotel.

The theme is "The Optimistic Practitioner"

It is our 15th anniversary and we have added workshops and speakers to make this our most exciting event ever!

Go to www.iact.org for detailed information and for a registration form. Or phone **239-498-9710** for a full convention brochure.

NGH Convention

August 12th,13th,14th, 2005

Royal Plaza Hotel.....**508-460-0700**

Marlborough, MA

Call NGH to sign up**603-429-9438**

Exercise + Visualization = Increased Weight Loss

By Jillian LaVelle

The Canyon Ranch Health Resort conducted an interesting experiment. Their researchers divided a group of exercisers. One half of the exercisers combined their exercises with a guided imagery tape program. The other half did exactly the same program of exercises as the first group. The group with the benefit of the tape program outperformed the first group with their weight loss numbers. The proof was in the weight scale. Visualization plus exercise gives the results of greater weight loss than simply exercise alone.

This study is no surprise to the many Hypnocounselors, alternative therapists, and Life Coaches who are members of the International Association of Counselors and Therapists. All of us readily acknowledge that visualization is a powerful tool for change.

Here is a thumbnail sketch of the visualization protocol:

- 1) Find a quiet spot, close your eyes, breathe deeply, and relax.
- 2) Visualize every detail of the new you. Use all your senses. Don't only see yourself as slim, picture yourself in your new clothes, how well they will fit. Picture your muscle definition, your energy levels, and how you move.
- 3) Visualize dealing with urges to overeat in future situations. For example, see yourself at a party eating small portions of healthy food choices. Envision yourself having a good time.

This positive outcome-oriented visualization produced great results for the study... and will for your clients, too. Instead of using the session to focus on the past or even their current problems, it is very effective to have clients spend their time visualizing their future. If you are a HypnoCounselor in New Jersey, then feel free to use this technique in your clients.

Jillian LaVelle is in private practice in Bonita Springs, FL. Ashe is a Hypnotherapist and professional consultant, she helps hundreds of people each year to shed thousands of pounds of unwanted weight. She is the co-author of "101 Hypnotic suggestions." You can reach her at www.iact.org I want to share with you an old Russian saying: eat your breakfast by yourself, share your lunch with a friend and give your dinner to your enemy. It's clear that eating a big, heavy meal at night is the worst thing you can do.

"There is nothing great about earth except man, there is nothing great about man except his mind. " Sir William Hamilton .

For those of you who want a really great tool to lose inches and quickly and safely, buy a sports weighted hula hoop. In the first week my waistline, hips and stomach firmed up unbelievably. You can get it on line. Follow the directions. [I Love It](http://www.sportshoop.com)
www.sportshoop.com Roxanne

Helping Ourselves and Others to be Stress Free

Millions of people are looking for a magic supplement and herb combination that will increase their health and vitality. People are ingesting Coenzyme Q, pycnogenol, magnesium, Vitamin C, Ginkgo, Echinacea and thousands of other products and combinations. In many cases, these supplements give a slight energy and health boost. In some cases, the body needs both healthy foods and supplements to help recover from an illness. However, for most people, much of the increased need for nutrients is due in a significant part to a high level of daily physical and/or psychological stress.

Taking steps to relax the body and mind (in addition to getting adequate sleep) can be enormously healing and can help with chronic illnesses or preventing future illnesses. Relaxation techniques can add enormous power to other holistic healing techniques. Take the time to make gradual changes which will allow deep relaxation and the healing and vitality that comes with it to become an increasing part of your life.

Some Common Signs and Symptoms of Excess Stress

- Regularly walking, eating or working in a rushed way.
- Regularly thinking and worrying about the past or future.
- Frequent tension in the body (esp. neck, face, shoulders, back and chest, and stomach) which often goes unnoticed until one slows down, breaths deeply and carefully surveys the body.
- Feeling of the "weight of the world" on your shoulders.
- Emotionally "on edge."
- Regular tiredness during the day.
- Significant need for outside stimulation to feel good (coffee, sweeteners, food, sex, TV, alcohol, money, accomplishments, etc.)

The Goal

Occasional challenges, both physical and psychological, are not unhealthy for most people. Occasional challenging projects, arguments, difficulties with children, difficulties at work/school, etc. are a normal part of life. These types of stresses are normal and can actually be strengthening. The goal is not necessarily to avoid all stressful events, but to develop the ability to relax during day-to-day activities and during challenging occurrence's (such as those mentioned above). Persons who are recovering from an illness should attempt to keep challenging situations to a minimum but not necessarily avoid them totally unless they are extremely weak.

FOR YOUR INFO:

Many of the articles that are written for this newsletter come from wonderful websites I have stumbled upon, shared by other colleagues, sent to me by free hypnosis e-mail lists I am on, newspaper articles etc. or my own information that I am sharing with you. Where there is no name it is just a general information shared by many. You will always see the name of the person if someone submits their own personal information for credit. The WEB has a world of free information on Hypnosis and I have spent years tracking them down. All articles taken for the newsletter gives permission to use this information freely. *Roxanne Cortese, Editor*

Strategies For Stress Relief

As part of the process of helping relieve an illness, promoting health & vitality and preventing illness and premature aging, it is important to gradually move towards a daily life that is less stressful.

Some Strategies to Avoid

- Attempting to make everything in life stress-free.
- Focusing on every event and constantly reminding yourself to relax.
- Regularly avoiding the feeling of emotions (e.g., sadness, anger, joy, fear, negative emotions etc.).
- There are a number of other things which will not work in the long run when used by themselves only -- long vacations, exercise, etc.

The type of strategy which tends to work is the combination of gradually and gently trying to change one's habits plus regular practices or situations which help put the body in a relaxed state. Both types of strategies are important in promoting stress reduction.

Daily Stress Reduction Tips

Note: As mentioned earlier, there will naturally be times when these tips are not used, but work at gradually incorporating them into your life where possible.

Add something beautiful to your life on a daily basis (e.g., flowers).

Do some enjoyable activities whenever possible.

Walk, work, and eat at a relaxed pace.

Take a short break after meals to relax.

If possible, go outside at least once per day and notice the simple things such as the weather, scenery, etc.

During the day, whenever you remember, notice the tension in your body (jaw, neck, diaphragm, shoulders, etc.). Breathe deeply and gently stretch and relax any tense areas.

If you notice your mind racing or worrying about the past or future, take a minute to breathe deeply and gently focus on something in the moment such as your breath, scenery, birds.

Take breaks during the workday to relax.

Wear comfortable and loose clothing when possible. Take off your shoes when you can.

Avoid holding in feelings day after day, but instead, find a safe place to feel, express and embrace them.

Please be gentle with yourself. Some people find themselves falling back into excessively stressful habits from time to time. That is perfectly normal. Simply notice that change in a non-judgemental way and move back to the stress reduction practices and tips that promote a healthy way of life.



N.A.C.H.

National Association of Certified Hypnotherapists
1358 Burnet Ave. Suite 1, Union, NJ 07083

HypnoLink 2004 Newsletter

TO:

FIRST CLASS

• *Weight loss with Chopra / Upcoming workshops / Visualization Script / Stress release strategies / Topic/Presenter*

NEXT
MEETING

Wednesday
April 20th

Networking

7:30 PM

Dinner

8:30 PM

Meeting

Gallop
Hill Inn
Union, NJ

No meetings July/August

TOPIC Therapeutic and Transformational Breathwork
With Jillian LaVelle

If you feel that you have potential happiness, health, success or prosperity that is blocked and you are looking for an easy, gentle and loving way to unblock it, then **Transformational Breathwork is for you.**



- Exercise 1: Breathing Meditation
- Exercise 2: Breathwork for Headaches
- Exercise 3: Breathwork for Anxiety
- Exercise 4: Spiritual Breathwork
- Bring in Your Goals/Releasing Past Pain

Benefits of Breathwork:

- Overcome anxiety in specific situations....(Tests, deadline, interviews)
- Overcome anxiety in your personal relationships(Spouse, parents, children, etc.)
- Overcome hostility, anger, irritability, and resentment
- Release Muscular Tension
- Overcome Fatigue
- Chronic Pain Management
- Job Stress
- Management of sinus and tension headaches

Jillian R. LaVelle is the CEO of the International Association of Counselors and Therapists in Bonita Springs, FL. She was appointed special Ambassador to China by the Citizen's Ambassador Committee in the field of hypnotherapy. She represented the United States along with a twenty-seven member delegation during May of 1994. She has accepted the honor of being a delegation leader in July, 2001. In 1999 she was the recipient of the Outstanding Clinical Contribution award by the National Association of Transpersonal Hypnotherapists. In 2001 she received an Award of Excellence from the International Hypnosis Federation for outstanding contributions in counseling and therapy. Most recently, in October of 2002, she accepted the Member of the Year Award from the International Medical and Dental Hypnotherapy Association. Jillian is the publisher of the "Unlimited Human!"