

HypnoLink 2007 Newsletter



N.A.C.H. and The Greater NJ NGH Chapter

National Association Of Certified HypnoCounselors

1358 Burnet Ave. Suite 1

Union, New Jersey 07083

November IS The Great American Smoke Out

Breathing exercises too can prove to be useful in controlling the urge to smoke. It is common knowledge that the human body takes in a lot of toxic substances, both through the air and through food and drink. Apart from this, various toxins are also released in the body as a result of the various processes that are going on. These toxins have to be released on a continuous basis or else they will accumulate in the body with serious results.

One of the best ways of releasing these toxins is by means of exhaling while breathing. One funny fact is that most of do not breathe properly. Just take a look at the picture like this. With each breath that we take, we take in oxygen. This oxygen is carried by the blood to every cell of the body and every cell must indeed get enough oxygen not just to survive but to remain healthy as well.

So it is imperative that we make an honest attempt to breathe properly. But first of course we have to make sure that we are breathing in unpolluted air. The time best for breathing exercises is early in the morning when the air is comparatively unpolluted. Now what you have to do is this. Again, sit comfortably so that there is no strain to any part of your body. It is not imperative that you close your eyes, but I have always noticed that the exercise works better when the eyes are closed. When you are ready, what you have to do is to breathe in deeply and slowly, and feel the fresh air filling up your lungs until it just can't take any more. Conjure up images of the air encircling throughout your body and reaching every cell, literally bathing it with oxygen. Of course it doesn't happen that way but the image helps a lot. Then hold your breath for a few seconds and then very slowly exhale letting out all that foul air.

Again conjure up an image of all the toxins being

released from your body. Every cell has become free of the burden it was carrying. Now pause for a second or two and again breathe in deeply, slowly letting your lungs fill up with all that good, clean, rejuvenating air. Repeat this exercise at least ten times and take your time for it taking care not to rush through.

When you have done that part of the exercise it is time for the second part. Again sit with your eyes closed, but this time, keep one nostril closed with the help of your index finger. It is best to close the right nostril first and that too with your right index finger. Now breathe in deeply and slowly through your left nostril keeping the right nostril closed. When you have held air for a second or two, release your right nostril and breathe out through it. While you are breathing out conjure up an image of all the toxins being released from your head and the brain especially. And as you breathe in conjure up images of the clean air circulating throughout your brain freeing it of all the worries and trouble and lightening it.

Repeat this exercise with the other nostril closed and in this way alternate between the nostrils at least ten times. The entire breathing exercise need not take more than ten minutes. But you will be surprised at how light hearted and free you will feel after the exercise. Once you have practiced it for three or four mornings, you will be in a position to do the exercise each time you get the urge to smoke. The breathing exercise can easily become a substitute for the urge to take in that hourly dose of nicotine.

NEXT MEETING

WEDNESDAY... OCTOBER 17TH

Making Your Own CD's.....See Back Page

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Tobacco Use and Reproductive Outcomes



- Women smokers, like men smokers, are at increased risk of cancer, cardiovascular disease, and pulmonary disease, but women smokers also experience unique risks related to menstrual and reproductive function.

- Women who smoke have increased risk conception delay and for primary and secondary infertility.

- Women who smoke may have a modest increase in risks for ectopic pregnancy and spontaneous abortion.

- Smoking during pregnancy is associated with increased risk for premature rupture of membranes, abruption placenta (placenta separation from the uterus), and placenta previa (abnormal location of the placenta, which can cause massive hemorrhaging during delivery; smoking is also associated with a modest increase in risk for preterm delivery.

- Infants born to women who smoke during pregnancy have a lower average birth weight and are more likely to be small for gestational age than infants born to women who do not smoke. Low birth weight is associated with increased risk for neonatal, perinatal, and infant morbidity

and mortality. The longer the mother smokes during pregnancy, the greater the effect on the infant's birth weight.

- The risk for perinatal mortality, both stillbirths and neonatal deaths, and the risk for sudden infant death syndrome (SIDS) are higher for the offspring of women who smoke during pregnancy.

- Women who smoke are less likely to breast-feed their infants than are women who do not.

- Infants born to women who are exposed to environmental tobacco smoke (ETS) during pregnancy may have a small decrement in birth weight and a slightly increased risk for intrauterine growth retardation than infants born to women who are not exposed to ETS.

- Despite increased knowledge of the adverse health effects of smoking during pregnancy, estimates of women smoking during pregnancy range from 12% (based on birth certificate data) up to 22% (based on survey data). However, smoking during pregnancy appears to have decreased from 1989 through 1998.

- Eliminating maternal smoking may lead to a 10% reduction in all infant deaths and a 12% reduction in deaths

from perinatal conditions.

- Women who quit smoking before or during pregnancy reduce the risk for adverse reproductive outcomes, including difficulties in becoming pregnant, infertility, premature rupture of membranes, preterm delivery, and low birth weight.

- Most relevant studies suggest that infants of women who stop smoking by the first trimester have weight and body measurements comparable with those of nonsmokers' infants. Studies also suggest that smoking in the third trimester is particularly detrimental.

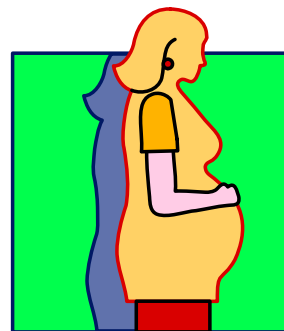
- Women are more likely to stop smoking during pregnancy, both spontaneously and with assistance, than at other times in their lives. Using pregnancy-specific programs can increase smoking cessation rates, which benefits infant health and is cost effective. However, only one-third of women who stop smoking during pregnancy are still abstinent 1 year after the delivery.

Programs that encourage women to stop smoking before, during, and after pregnancy—and not to take up smoking ever again—deserve high priority for two reasons: during pregnancy women are highly motivated to stop smoking, and they still have many remaining years of potential life.

Surgeon General's Report— Women and Smoking

- Women who smoke may have a modest increase in risks for ectopic pregnancy and spontaneous abortion.

- the risk for sudden infant death syndrome (SIDS) are higher for the offspring of women who smoke during pregnancy.



Women need to kick the habit before they even think about getting pregnant.

AD/HD Understanding the True Meaning of Living With It.....Part 9 of 10 Series

By Roxanne Cortese

Eight Ways to Handle Impulsivity

1. If you are overly excited or angry try giving yourself time to cool off before making any decisions.
2. Before you start anything, determine your goal. If you don't know where you are going, how will you get there?
3. To avoid impulsive purchases at the grocery store, plan your meals out before you make up your shopping list. This will also save time because you will know exactly what you need to buy.
4. Instead of an impulsive "yes" to every request people make of you, learn to say no nicely but firmly. If you can't muster up the wherewithal to say no at the time of the request, say "Let me think about that and get back to you." Wait a day and then give your answer. This will give you the time you need to figure out if you can realistically commit to the request or not.
5. For the impulsive shopper. Try writing down the following questions and carry them with you. Pull these out and read them whenever you are see something you want to buy: a) Do I really need this? b) Will I use it within the next month? c) How many more of these do I already have at home? d) Will the high that I feel from purchasing this item last? e) Can I really afford this?

6. Before starting a new project do your thinking on paper. You will make quicker and better decisions if you write down the pros and cons of a line of action. This doesn't take time, it saves time.

7. Try turning your answering machine on 15 minutes before you need to leave the house to avoid answering the phone at the last minute, making yourself late to work or appointment.

8. If you are an impulsive spender, try taking a limited amount of money with you when you go out. If you see something you want to purchase, by the time you go back home for more money you are likely to realize that you do not want the item after all.

Tips For Transition

For some AD/HD individuals, transitioning from work to home can be a problem, as the stresses from a hard day at work are often taken home at night. Try to take at least 10 to 15 minutes at the end of each workday (even if you have to stay after work for a few minutes) to wrap up on any odds and ends and clean off your desk. Check your calendar/schedule to see if anything important is due the following day, placing these folders and supporting materials neatly on the middle of your desk for the morning. This is

closure for the workday.

Once that is done take a few minutes to look at your calendar/schedule for anything that needs to be done that evening at home. For instance, review what you will be making for dinner and/or if you will need to stop by the store on the way home. Do you have an evening appointment or does Johnny have a piano lesson tonight? What chores need to be done? This process brings your mind from focusing on work issues to focusing on home issues. As you drive home continue to review in your mind what needs to be done when you get home. That evening lay out your clothes for work the next day, pack your lunch if needed, and place all items that need to go with you in the morning by the door you will be leaving from.

Later in the evening (or first thing in the morning), review your calendar/schedule checking off items that have been completed or writing in things that need to be done at home the next evening and then see what needs to be done when first arriving at work the following day. This provides closure at home and starts you thinking about work. On the drive to work, continue to review in your mind what needs to be done at work. When you arrive your important "to dos" for the day will be waiting for you on your desk.



*Celebrate
National AD/HD
Awareness Day
September 19, 2007*

September 19, 2007 ADDA is celebrating National Attention Deficit/Hyperactivity Disorder Awareness Week by offering resources and programs on AD/HD to educate the public about this disorder that affects approximately 9 million American adults.

This is the fourth consecutive year National AD/HD Awareness day is being celebrated, thanks to the hard work of U.S. Senator Maria Cantwell (D-Wash.) who issued Senate Resolution 295 designating September 19, 2007 as "National Attention Deficit/Hyperactivity Disorder Awareness Day."

ADDA is the lead organization again this year in ensuring Awareness Day is celebrated nationwide



**When my parents smoke,
its as if I am also smoking.**

HEALTH PAGE

FOR

MIND

BODY

AND

SOUL



A Natural Way

Lavender

Sweet Marjoram

Palmaroso

Frankincense

Rose Geranium

Cedarwood

Vetiver

Helichrysum

US Surgeon General and AAP President call on all pediatricians to help eliminate children's exposure to tobacco smoke

The US Surgeon General and AAP President call on all pediatricians to help eliminate children's exposure to tobacco smoke.

On September 18, 2007, American Academy of Pediatrics president Jay E. Berkelhamer, MD, and Acting Surgeon General Rear Admiral Kenneth P. Moritsugu, MD, MPH called on all clinicians to take steps in their practices to make the counseling of parents on how to protect their children from secondhand smoke a regular part of their care. The AAP is committed to making sure that every pediatrician has the tools they need to help families eliminate tobacco and secondhand smoke from children's lives.

Dr. Jay Berkelhamer and Acting Surgeon General Kenneth P. Moritsugu jointly call on all pediatricians to help protect their children from secondhand smoke. There is no safe level of exposure to smoke. Pediatricians should recommend strict no smoking rules at home, in the car, and wherever children spend time, and can refer parents to resources to help them quit as a regular part of pediatric care.

What can clinicians do:

routinely screen children to identify household members who smoke.... advise parents to take steps to eliminate children's smoke exposure....provide information to help parents quit smoking.

Resources for clinicians.....The facts:

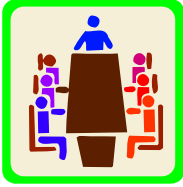
- There is no absolutely safe way to smoke around children....Pediatricians can help by helping parents quit and by encouraging strict no-smoking rules in all places where children spend time.....If a parent is too dependent on nicotine to quit immediately, The AAP urges parents to adopt strict no smoking policies everywhere a child might be exposed – at home and at school, at sitters and daycares, and in cars at all times while parents advance toward quitting.

Essential Oils to Help Reduce Stress and Urges When You Quit Smoking

Aromatherapy can play an important role in helping you quit smoking and say good bye to the nicotine habit forever. Eight essential oils that may provide relief from some of the symptoms of nicotine withdrawal. Some of the most common symptoms of nicotine withdrawal are irritability, anger, anxiety, stress, nervousness, fatigue, restlessness and panic. . Each morning after bathing apply a few drops of the smoking cessation blend to one of the following areas of your body: the soles of your feet, the back of your hands, the insides of your ankles, in back of your knees, inside your elbows, inside your wrists, temples or in back of your neck. As you move through your day doing routine things like commuting to work, driving, talking on the phone, taking a break and you get that craving for a cigarette, pull out your Smoking Cessation Oil instead. Add a few drops of the smoking cessation oil to a cotton handkerchief, tissue or cotton ball and stick it in your pocket or purse. Whenever a craving hits take a whiff of your blend. If you have more time apply a few drops of the smoking cessation oil to the palms of your hands and rub together briskly. Breathe in through your nose and out through your mouth slowly and deeply. May relieve symptoms of nicotine withdrawal such as irritability, anger, anxiety, stress, nervousness, fatigue, restlessness and panic.

Take 4-5 drops each and mix together with 1 ounce jojoba oil, or extra virgin olive oil in a 1 oz. unbreakable plastic bottle with dropper

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SEE PAGE 7

It's the truth! Follow along and be amazed! \$\$\$\$\$\$\$\$\$\$

A smoker may smoke one pack of cigarettes per day. Let's assume that the trip to the store (gas, etc.), the purchasing of a brand name package of cigarettes, as well as the applicable sales tax make this little excursion cost **\$5**.

Let's assume that the smoker will not increase her or his habit, but instead remain steady at one pack-age of cigarettes per day for an entire year. There-fore, let's multiply \$5 by 365 days. The result is a staggering \$1,825 per year. If you were to average this over a 12-month period, you will have a savings of about **\$152.00 per month**.

If you were to invest this money in an investment savings account with a six percent annual return, and if you were to continue annually adding to this account **\$1,825**, in thirty years your investment could total **\$66,621!**

Still not convinced? Imagine the savings of a heavy smoker with a two pack a day habit. **\$10** per day for **365 days** adds up to an amazing **\$3,650**. Invest this amount annually for thirty years in an interest bearing investment account with a six percent yield, and in thirty years you will have saved a staggering **\$133,241!** Now there is a little nest egg we'd all like to enjoy! What would you do with an extra **\$66,621** or **\$133,241?** You may be able to pay off your home, buy that sports car you always wanted, take an incredible cruise in the lap of luxury, or spend a year just bumming around the country or Europe, taking in the sights and sounds

of states or countries you have never seen in person. Of course, these figures do nothing to speak of the enrichment you receive from better health, a longer life, and all the social and psychological factors that improve when you decide to **q u i t s m o k i n g**.

If you are still not convinced, consider some of the costs of smoking that go beyond the **\$5** you spend on a pack of cigarettes. For example, if you will purchase life insurance, as a smoker you will have to pay about **\$1,000 per year** more than a non-smoker. If you purchase your own health insurance as a smoker, you will quite possibly pay about **\$350 per year** more on the premiums than a non-smoker in a similar state of health as **y o u a r e**.

Our heavy smoker with the **\$3,650 a year** habit can accumulate an amazing **\$186,538**. Who says that quitting smoking won't make you rich? Of course, all of these calculations have not even begun to factor in the savings of healthcare co-payments and medication expenses that are not being incurred simply because you have quit smoking. Similarly, you will not lose time at work due to smoking related illness, which also will not mean lost wages and lost social security payments that will later on affect your retirement benefits. All things considered, quitting smoking is a fiscally sound decision all the way around.

Helpful Education Information for Clients

Why do you like cigarettes?

It's not a question that you've probably asked yourself that often, but why do you like cigarettes? For some people it's because they believe that they can't live without the effects of smoking, such as relieving stress and giving pleasure. For others it's because smoking is associated with fun and social activities, such as a break from work or meeting with friends in the pub. If you do smoke, it is likely that you have a powerful relationship with your cigarettes. And, just like trying to end any relationship, when you try to quit the sense of loss can be overpowering. The best remedy is to understand your relationship with smoking so that you can replace it with something else that will give you the same pleasure and sense of reward.

Key Points

Cigarettes often fulfill physical, emotional and psychological needs, even if we don't realize it

Cigarettes often give a sense of pleasure. This pleasure comes from the relief of nicotine cravings.

Cigarettes can be used as a crutch in difficult times or situations.

Cigarettes can offer a way to form and maintain friendships in social settings.

Cigarettes can be used as a distraction in difficult situations - by giving your hands something to do.

Understanding why you like cigarettes can offer an insight into the issues you will need to address if you want to give up.

Keeping a diary of your smoking habits for a week or two will give you a clear picture of your relationship with cigarettes.

Why do you like smoking?

Everyone has different reasons for smoking and tobacco is used to fill many needs. Some of the key reasons are the physical, emotional and psychological effects that cigarettes have; they can also be used as a tool when socializing. According to a spokesperson for the British Psychological Society understanding your relationship with smoking will help you to be better prepared when you give up.

My relationship with smoking:

I enjoy itIt helps me to relax.....It calms my nerves when I'm feeling stressed.....I like to smoke to unwind after a long busy day

I find having a cigarette gives me something to do.....Having a cigarette helps me to think.....I like to reward myself with a cigarette

break after I've done something I didn't want to do.....Smoking helps me to bond with my friends

Action Points

Take time to think about why you like cigarettes - and be honest.....Fill in a smoking diary for one week.....If pleasure is your key reason for smoking, consider that the pleasure comes from satisfying your nicotine craving....Consider ways that you could achieve the same results as smoking that don't involve cigarettes. For example by using relaxation techniques or developing a hobby.

Keep A Smoking Diary

At the end of the week, you will be able to see if there are any trends or patterns to your smoking and how you felt before and after having each cigarette. This will offer an invaluable insight into your relationship with cigarettes and may reveal habits that you weren't aware of.

HYPNOSIS HEALS... FALL Session, 2007 (Classes begin on September 15th , 2007)

To: All Persons Interested in Hypnosis Certification

From: The Academy of Professional Hypnosis (908) 964-4467..... www.hypnoacademy.com / to print registration form

Schedule **Advanced:** (October 13-14, & 20-21 2007)

Advanced Clinical : (October 28 and November 3-4, & 11 2007)

This Academy is the first school of hypnosis to be approved by the New Jersey Department of Education as a post-secondary vocational school. (1991) You will be able to practice on a part time basis as many do, or on a full time basis, at your discretion. We have found that many students learn hypnosis not only for career purposes, but for personal growth. All of the many demonstrations and student one-on-one practice sessions are directed towards resolution of real issues and problems, so that you are ready to practice upon graduation. A Diploma is awarded upon the completion of 100 hours of in-class study which is comprised of 3 courses, Basic, Advanced and Advanced Clinical. The title designation on the Diploma is "Certified Hypno-Counselor". Hypnosis is extremely exciting, both the study and practice of it. Feel free to contact us to discuss this, and make arrangements to register for the FALL session where excitement awaits you.

When Smokers Quit – What Are the Benefits Over Time?

20 minutes after quitting: Your heart rate and blood pressure drops.

12 hours after quitting: The carbon monoxide level in your blood drops to normal.

2 weeks to 3 months after quitting: Your circulation improves and your lung function increases.

1 to 9 months after quitting: Coughing and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.

1 year after quitting: The excess risk of coronary heart disease is half that of a smoker's.

5 years after quitting: Your stroke risk is reduced to that of a nonsmoker 5 to 15 years after quitting.

10 years after quitting: The lung cancer death rate is about half that of a continuing smoker's. The risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decrease.

15 years after quitting: The risk of coronary heart disease is that of a nonsmoker's.

Quitting helps stop the damaging effects of tobacco on your appearance including:

- ✦ Premature wrinkling of the skin
- ✦ Bad breath
- ✦ Stained teeth
- ✦ Gum disease
- ✦ Bad smelling clothes and hair

Yellow fingernails

Kicking the tobacco habit offers benefits that you'll notice immediately and some that will develop gradually over time. These rewards can improve your day-to-day life immensely.

- ✦ Food tastes better.
- ✦ Your sense of smell returns to normal

Ordinary activities no longer leave you out of breath (for example, climbing stairs or light housework)



Give them all the
answers

This newsletter dedicated to the
Great American Smoke out

Mark Your Appointment Book

2007 Meeting Dates

October, 17th.....November, 14th

No meetings

December and January



Every 3rd. Wednesday

Next 2007 Meeting

Wednesday: October 17th. 2007

Networking: 7:00 PM

Dinner: 7:30 PM

Meeting Place: Galloping Hill Inn

Union, NJ

TOPIC: RECORD YOUR OWN CDS FOR FUN AND (mostly) PROFIT **PRESENTER:** Pat Crilly, RN, CACH

Join us for a fun and informative evening. Become the author, producer and recording artist of your own Hypnosis/Self-help CDs. Pat Crilly will show you how easy it is for even the most computer phobic and technologically challenged among you to begin recording with confidence and skill.

You will learn:

- how to record your own program in your own voice
- how to edit out your goofs
- how to mix in background music
- how to use some basic special effects

* It would be very helpful if any one with a laptop would bring it to the meeting and share with your tablemates. The program being used is WavePad and can be downloaded for free. Go to <http://www.nch.com.au/wavepad/masters.html>. You will be asked to check off any or all of 4 programs. Do not check RECORD PAD.

A Mic/Headphone set with a USB port is best. A Logitech 350 with USB is very good. It is about \$30-\$50 and you can get it online or at Circuit City or Best Buy.

Please let us know if you will be bringing your laptop. The more the merrier. Contact Pat at NurseCrilly@msn.com if you have questions about the program, and if you are bringing a laptop.

BIO

Patricia French Crilly has been a Registered Nurse for more than 30 years. She has integrated complementary and alternative modalities with nursing to bring a unique skill set to her current practice as a Personal Success Coach. Nurse Crilly is a Certified Advanced Clinical Hypnotherapist, a Certified Stress Management Consultant and an Approved EFT Practitioner and Teacher.

In addition to coaching, Nurse Crilly is the author of *Tap It and Zap It! A Grownup's Guide to EFT for Kids* and hosted of her own radio show, *B-Positive with Nurse Crilly*. She has recently produced a Dental Phobia and Smoking Cessation Kits which include Hypnosis and EFT CDs.

She designs and conducts informative and motivational workshops and seminars on a variety of holistic and self help topics. A dynamic speaker, Nurse Crilly brings equal doses of humor and compassion to her audience. Nurse Crilly is good for what ails you.

Reserve Early, Limited Seating

DIRECTIONS

PARKWAY: get off at exit 138 (Galloping Hill Road). Travel 1/4 mile on Galloping hill Road towards Union.(908) 686-2683.
ROUTE 22: Get off at Union exit on Morris Avenue (Kean University). Proceed towards Elizabeth on Morris Avenue for 1/4 mile. Make right on Salem Road and go to the end. **STATEN ISLAND OR LONG ISLAND:** Take the bridges to Route 1, Elizabeth. Go to Elizabeth Center. Take Morris Avenue heading towards Union for approx. 2 miles, make a left turn on Salem Road and go to the end.