

# HYPNOLINK 2003

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National Association  
Of Certified Hypnotherapists

1358 Burnet Ave. Suite 1 Union, New Jersey 07083

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## NEWSLETTER

### November 20th Great American Smoke Out

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##### Reservations

Chapter Dinner Meetings  
Members.....\$20.00  
Non-Members.....\$25.00  
CALL: 908-964-4467

**(check due 5 days prior)**

Office: 908-964-4467

E-mail: [www.hypnoacademy.com](http://www.hypnoacademy.com)

#### **INSIDE THIS ISSUE**

- Great American Smoke Out
- Free Cell/Mobile Antenna
- Upcoming Workshops
- The Truth About Coke
- Pre OP—Suggestion
- 12 Signs of Inner Peace

Its that time of year again. Advertise it, send letters to Doctors about it, give a reduction in fee for it, give a free talk about it, **DO SOMETHING ABOUT IT!**

#### **Women and Smoking, its an Epidemic**

In March 2001, the Office of the US Surgeon General released a long-awaited, detailed report entitled *Women and Smoking*, along with the following statement:

"When calling attention to public health problems, we must not misuse the word 'epidemic.' But there is no better word to describe the 600-percent increase since 1950 in women's death rates for lung cancer, a disease primarily caused by cigarette smoking. Clearly, smoking-related disease among women is a full-blown epidemic."

More than 22 million adult women and at least 1.5 million adolescent girls in the United States currently smoke cigarettes.

#### **Lung Function**

About 90% of deaths due to chronic obstructive pulmonary disease (COPD) are caused by smoking. The risk increases both with the number of cigarettes smoked each day and with the length of time a woman has been smoking. Women who smoke heavily are nearly 3 times as likely to develop bronchitis or emphysema, and nearly 75% more likely to have chronic sinus infections.

#### **Your Reproductive Health**

Tobacco use can damage your reproductive health. Smoking is associated with complications of pregnancy, early menopause, and reduced fertility.

#### **Tobacco Use During Pregnancy**

About 13% of pregnant women smoke throughout their pregnancies. According to the Office of the Surgeon General, smoking is probably the most important preventable cause of poor pregnancy outcomes among women in the United States. Smoking is associated with an increased risk of miscarriage, stillbirth, pre-term delivery, and infant death, and is a cause of low birth weight in infants. As many as 10% of all infant deaths could be prevented if pregnant women did not smoke.

#### **Sudden Infant Death Syndrome (SIDS):**

Research also suggests that infants of mothers who smoke during and after pregnancy are more likely to die from Sudden Infant Death Syndrome (SIDS), compared to infants whose mothers do not smoke. The risk is somewhat less for infants whose mothers stop smoking during pregnancy and resume smoking after delivery. But infants of nonsmoking mothers have the lowest risk of SIDS.



## FREE GIVEAWAY

To all persons attending NACH November Meeting

Cell / Mobile Phone Antenna Booster

This Internal Antenna Booster will improve your cell / mobile phone reception, helps eliminate static and dropped calls. This Antenna Booster, **AS SEEN ON TV sold for \$19.99!** You will receive it for FREE just for attending the NACH meeting on Nov. 19, 2003. Tony will be presenting Relationships and Your Inner Lover.

1. Huge impact - like having a **four foot antenna** on your cell phone.
2. Improves reception, reduces static in elevators, tunnels, highways etc.
3. Universal - works on any cell phone.
4. Easy to install, simply peel and stick to the inside of your battery compartment.
5. The Antenna Booster is a passive device designed to capture stray radiation in the body of the phone and to re-radiate the signal to improve the phone's performance.

### Pre-op Suggestion:

Verbal instructions before major operations can influence recovery and cut hospital stays.

During abdominal surgery, the stomach and intestines usually go on strike. Gut movement and digestion are halted. Nothing can be eaten or drunk for days. Anybody who had undergone this ordeal will know that all-important signal that the gut is working again: passing gas. This means the food can be consumed and going home is probably not far away. A recent study indicates that giving patients specific verbal suggestions before major operations can influence physiological recovery. In a study of 40 patients undergoing abdominal surgery, one group was given a 5-minute presentation of general instructions and reassurance while patients in the experimental group received 5 minutes of specific instructions about restoring bowel function.

As predicted, patients receiving specific suggestions reported passing first gas after only 2.6 days compared to 4.2 days for the control group of patients. Length of time until first meal, another measure of return of bowel function, also favored the preoperative suggestion group. Though not statistically significant, the experimental group also was discharged from their hospital in 6.5 days on average - 1.5 days earlier than the control group of patients.

If these trend results are found significant with a larger group of patients, the projected savings from these brief verbal instructions would be \$1,200 per patient assuming minimum room rate of \$800.00 per day.

### Preoperative Instructions:

"Because you need to eat food to bring nutrients to your body, it is important that your stomach and intestines begin to move as soon as possible after your operation. Abdominal operations cause your stomach and intestines to stop moving for a short time. In your case, this will be kept to a minimum because you will be very relaxed and comfortable. Your stomach will pump and gurgle, and you will become very hungry soon after the operation. Therefore, your stomach and intestines will begin to move and churn so that you can eat your favorite food (name) soon after the operation."

### The Twelve Signs of Inner Peace

- Loss of interest in conflict.
- Frequent attacks of smiling
- Frequent overwhelming attacks of appreciation
- Loss of desire to judge in judging others
- Unmistakable ability to enjoy each moment
- Tendency to think and act spontaneously rather than from fear based on past experience
- Loss of interest in interpreting the actions of others
- Loss of the ability to worry (a serious symptom)
- Contented feelings of connectedness to others and nature
- Increasing susceptibility to love extended by others as well as an uncontrollable urge to extend it

## Water or Coke? *From Ed Hamowy*

### WATER

1. 75% of Americans are chronically dehydrated.
2. In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
3. Even MILD dehydration will slow down one's metabolism as much as 3%.
4. One glass of water will shut down midnight hunger pangs for almost 100% Of the dieters studied in a University of Washington study.
5. Lack of water, the #1 trigger of daytime fatigue.
6. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for 80% of sufferers.
7. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on the printed page.
8. Drinking 5 glasses of water daily decreases the risk of colon cancer by 79%, and one is 50% less likely to develop bladder cancer.

### And now for the properties of COKE

1. In many states (in the USA) the highway patrol carries two gallons of Coke in the truck to remove blood from the highway after a car accident.
2. You can put a T-bone steak in a bowl of Coke and it will be gone in two days.
3. To clean a toilet: Pour a can of Coca Cola into the toilet bowl and let the "real thing" sit for one hour, then flush clean. The citric acid in Coke removes stains from vitreous china.
4. To remove rust spots from chrome car bumpers: Rub the bumper with a crumpled- up piece of Reynolds Wrap aluminum foil dipped in Coca Cola.
5. To clean corrosion from car battery terminals: Pour a can of Coca Cola over the terminals to bubble away the corrosion.
6. To loosen a rusted bolt: Apply a cloth soaked in Coca Cola to the rusted bolt for several minutes.
7. To bake a moist ham: Empty a can of Coca Cola into the baking pan, wrap the ham in aluminum foil, and bake. Thirty minutes before the ham is finished, remove the foil, allowing the drippings to mix with the Coke for sumptuous brown gravy.
8. To remove grease from clothes: Empty a can of Coke into a load of greasy clothes, add detergent, and run through a regular cycle. The Coca Cola will help loosen grease stains. It will also clean road haze from your windshield.

### For your info:

1. The active ingredient in Coke is Phosphoric acid. Its Ph is 2.8. It will dissolve a nail in about 4 days. Phosphoric acid also leaches calcium from bones and is a major contributor to the rising increase in osteoporosis.
2. To carry Coca Cola syrup (the concentrate), the commercial truck must use the hazardous material place cards reserved for highly corrosive materials.
3. The distributors of Coke have been using it to clean the engines of their trucks for about 20 years.

**NGH Convention**  
August 13,14,15, 2004  
Nashua, NH.

To Register:  
(603) 429-9438

Hotel Reservation:  
(603)888-9970 @  
Sheraton Hotel

**Master Hypnotist Certification**  
Two (2) day workshop  
**Nov 15 & 16th. 2003, Members \$275**  
Contact: Dr. John Gatto, (908) 964-4467

### **2004 Meeting Dates**

February 18th  
March, 17th  
April, 21st  
May, 19th  
June, 16th  
September, 15th  
October, 20th  
November, 17th



N.A.C.H.

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TO:

FIRST CLASS

## HypnoLink 2003 Newsletter

*Great American Smoke Out / Upcoming Workshops / Truth About Coke / Pre-OP Suggestions / 12 Signs Inner Peace*

### TOPIC

**RELATIONSHIPS AND YOUR INNER LOVER  
With Anthony DeMarco, LL.B., Ph.D.**

### Next Meeting

**Wednesday  
Nov. 19th.**

**7:00 PM  
Networking**

**7:30 PM  
Dinner**

**8:30 PM  
Meeting**

Galloping  
Hill Inn  
Union, NJ

This is a romance and sexuality presentation offering insight into past and present relationships. Our reality is created through our fictions. The truths of our experiences sometimes lose their significance as they surrender to feelings, emotions, and external influences, coupled with the passage of time, trauma, or passion. At that point, a fiction is created by which we feel "sick at heart", just plain sick, or physically sick. We must fight fire with fire. You shall have the opportunity to complete a printed test to score and ascertain your sensuality. Thereafter, Mr. De Marco shall bring you through a "Relationship Meditation With Your Inner Lover".

Tony is in his 6th year of Presidency of the Council of Hypnosis Organizations of the USA, inducted into the International Hypnosis Hall of Fame in 1996, Co-Founder of the Academy of Professional Hypnosis, author of the present Psychological Board regulation exemption in New Jersey under which we practice, and with many other hypnosis affiliations and memberships. He is a presenter of workshops and seminars throughout the USA, and a major influence in the national and international hypnosis community.

#### **Don't forget to pick up your absolutely free**

Cell / Mobile Phone Antenna Booster when you check in for the meeting while they last. No gimmicks whatsoever—nothing to buy!

Don't forget there are no meetings in the month of December and January. We will resume in February. Mark your appointment books and calendars in advance for the year.

#### **IT IS THE 3RD WEDNESDAY OF EACH MONTH**

**Don't forget to pay your dues.....Don't forget to sign up early for the NGH Convention in August.....Don't forget to tell us if you have a new e-mail address, telephone number and address.....**