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NEWSLETTER

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

HYPNOLINK 2005

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Reservations

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

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

Can hypnosis help to make you pregnant?

Some complementary therapists claim they can aid conception

Excerpts from an article by Suzy Greaves

One in seven women seeks medical help to aid conception. Inevitably, given this demand and the low success rates of conventional treatments for infertility alternative practitioners have not been slow to offer therapies that they claim will increase fertility. Dr Elizabeth Muir, a clinical psychologist who has specialized in treating infertility for seven years, uses hypnotherapy to help couples for whom there is no apparent medical reason why they should not have a child. Muir believes that the psychological issues surrounding pregnancy are not sufficiently well addressed for many women with fertility problems, and she claims a success rate of 45 per cent for her clients. "Hypnotherapy works on the premise that the conscious and subconscious minds may be at odds with each other," she says. "I believe that while a woman might consciously want a baby, her subconscious may be stopping her from getting pregnant. Most women I see have psychosomatic infertility related to conflicts or unresolved issues about having a baby. A combination of counseling and hypnotherapy can remove these problems." Muir explains that hypnosis affects the hypothalamus, the neural center at the base of the brain linked to the pituitary gland and controls the flow of hormones in the body. The hypothalamus is sensitive to stress and acts as a bridge between the emotional and physical, turning emotional messages into physical responses that affect hormone levels. A study by John Gruzelier, Professor of Psychology at Imperial College School of Medicine, revealed that self-hypnosis could strengthen the immune system by 48 per cent in six weeks. Muir's theory is also supported in studies by Dr Beth Domar, director of the Beth Israel Deaconess Behavioral Medicine Program for Infertility in Boston, who examined the relationship between stress and infertility. Her studies documented the success of her mind/body fertility program, which taught people how to relax and reduce tension. In the first study, published in 1999 in the *Journal of the American Medical Women's Association*, 42 per cent of the 132 infertile women in the program conceived within six months of completing it. In the second study, published in 2000 in the journal *Fertility and Sterility*, 55 per cent of the previously infertile women who met regularly in a mind-body program conceived, compared with 20 per cent of the control group, who used no mind-body techniques and did not attend meetings. Niravi Payne, a psychotherapist and pioneer of mind-body fertility therapy in America, believes that stress is only one of the factors that can prevent conception. "Our endocrine, immune and nervous systems are all intimately connected and influenced by every thought we think and every emotion we feel," she says. "When something significant happens in our lives, the emotionally charged experience gets stored in our brain. Memories and experiences are also simultaneously stored bio-chemically and electro-magnetically in various organ systems. Negative emotional experiences can throw off the finely tuned hormonal balance necessary for ovulation and sperm production" After four years of infertility, the actress Alex Kingston had a child after having IVF treatment. During the treatment, Kingston also worked with Payne. "One of my sisters is physically and mentally handicapped and I realized that I was holding on to a lot of fear about that," says Kingston. "With Niravi, I was able to release a huge amount of stuff I'd been holding on to without realizing it." **I have been receiving many workshop flyers from many Hypnotherapists starting to specialize in this area. Something to think about. Roxanne**

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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

HypnoTapping

March 12th & 13th, 2005 Dr. John Gatto completely and effectively shares his experience and expertise in Energy Force Therapy in the workshop. Now, you can combine the power of Acupoint meridian tapping with the permanency of hypnosis. Learn how to eliminate phobias and fears, overcome guilt, shame, anger, increase energy levels, control cravings and urges, work with weight loss and management, smoking cessation, sports performance. You will be amazed at the results when you use it personally. Extend and enhance your skills.

HypnoAddctionology

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.

**ACADEMY OF PROFESSIONAL HYPNOSIS
Spring Session Dates**

- Basic Hypnosis Course.....** (2 weekends)
April 2 / 3 & 9/ 10, 2005
- Advanced Hypnosis Course.....** (2 weekends)
April 23 / 24 & 30 and May 1, 2005
- Advanced Clinical Hypnosis.....** (2 weekends)
- HypnoCounselor Certification**
May 14/15 & May 21/22, 2005

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

- | | |
|-----------------|---------------------------------|
| March, 16th | |
| April, 20th | |
| May, 18th | |
| June, 15th | NGH Convention |
| September, 21st | August 12th, 13th & 14th |
| October, 19th | |
| November, 16th | (CUT AND PAST TO YOUR CALENDAR) |

Jillian LaVelle will be our presenter in April speaking on Therapeutic and Transformational Breathwork. Always has a full house.

Automatic Writing While in Hypnosis

Another useful tool for uncovering what is hidden in the subconscious mind. . .

Automatic writing works in a similar way to ideomotor signaling (IS) except that IS is usually limited to yes, no and don't know responses, whereas any amount of wording or sentences can be written automatically. The subject is usually seated with a pencil and paper nearby, and while in hypnosis may be given suggestions that he or she will write down a certain word or words, either at that time, in response to a given signal, or sometime in the near future. The action is then carried out without conscious awareness. Subjects may put away the piece of paper on which they had written until a later date. Upon inspection it is sometimes found that they have written a prediction or a solution to the **p r o b l e m b o t h e r i n g t h e m** . In a book entitled 'My Voice will go with you' by Sidney Rosen, Milton Erickson tells of an experiment in automatic writing with a young lady who was engaged to be married. He told her in trance that she would write 'It's a beautiful day in June'. Instead she wrote the name of a man, (not her fiancé) whom she later married. At the time of the automatic writing she was very happy in her relationship with her fiancé and had no inkling that their relationship would not last, however, her unconscious mind had already recognized that she would not marry him. It is not unknown for writers and artists to claim that their hands had been 'taken over' by past masters, and for them to write or paint in a language style totally alien to them. You can use automatic writing in your own regression work or with your clients. If you're using it on yourself with self-hypnosis you could simply give yourself the suggestion that information relating to your previous lifetime will be written by you in the unconscious state. You could record the following script onto a cassette and play it back to yourself, while sitting comfortably at a table, with a pen or pencil in your non-dominant hand, over a sheet of paper. I am going to hypnotize myself for the next thirty minutes. During this time, if any urgent situations arise that need my attention, I will come out of hypnosis by counting from one to five, and I will deal with the situation promptly and efficiently. I am now ready to begin. I am sitting comfortably on a chair. Both my feet are resting on the floor and I am aware of a very slight tingling sensation in the soles of my feet. Each of my toes relaxes and my feet are feeling heavy. This heavy feeling is comfortable and is beginning to flow up over my ankles, into my legs, my thighs, my pelvis, my hips and my stomach. My tummy muscles are relaxing more and more, as my chest relaxes, my breathing becomes easier and more regular, easier and more regular. Becoming more relaxed and comfortable with each breath that I take. My shoulders are relaxing, sagging, letting go of all tension and I am becoming more and more comfortable with each moment that passes and each breath that I take. **Continued**

This will be taught by Bob Desch in a future meeting at NACH. Look for the date .

My back is relaxing, especially my spine and those big muscles on either side of my spine. And my arms - from the top of the shoulders - all the way down, through the muscles of the arms, are relaxing more and more. My elbows relax, as do my lower arms, which are resting lightly on the table, my wrists feel loose and flexible, my hands are so relaxed - and even though I can feel the surface of the pen/pencil in my right/left hand, I am feeling more comfortable and peaceful than I have felt for a long, long, time. My fingers are lightly holding the pen/pencil and I am aware of a very slight movement in my fingers. My neck and throat are comfortable and relaxed - as are all of my body parts. As my eyelids close gently I am aware of a slight fluttering of the lids, this is a sign that I am relaxing even more deeply, even more comfortably, than I have previously done, in a long, long time. I am now going to count slowly down from ten to zero. With each and every descending number, I sink deeper and deeper into comfort and relaxation. When I reach zero, I will be in a comfortable state of relaxation. I will remain in this comfortable state for twenty minutes (or specified time). If at any time during this twenty minutes, my unconscious mind wishes to review a specific memory from a previous life time, it may leave impressions on the paper upon which my hand rests. At the end of this specified time I will gradually return to full awakening consciousness, I will count to five and my eyes will open. I will feel wonderful. Don't be disappointed if you need to repeat this exercise two or three times in order to condition yourself to writing whilst in hypnosis. With a bit of practice you will learn to hypnotize yourself almost instantly, by simply counting down from ten to one. You may find yourself writing off the edge of the paper so it's a good idea to have some bigger than expected, or use it landscape. You can strengthen the suggestions if you wish, or adapt them for use with a client. You don't even necessarily NEED to be in hypnosis for this to work - a nice deep state of relaxation will

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 give permission to use this information freely. *Roxanne Cortese, Editor*

Articles for your female smoking clients/family and friends

The effect of smoking on sexual health is felt across the life span, from poor infant health to early menopause. However, women's own health is sometimes given too little emphasis, both in research and health promotion messages.

Pelvic inflammatory disease (PID) is more common among smokers, increasing chances of ectopic pregnancy, and long-term infertility. Recent studies show that more male smokers have erectile problems, and that their fertility is lower. Worry over 'performance' or failure to conceive may obviously damage sexual intimacy and pleasure.

Smoking reduces fertility by around a third, but women smokers are three times as likely to try for a year or more.. Those who try for in vitro fertilization (IVF) also take longer to succeed. There are many causes of lower fertility. Fewer oocytes are produced, or ripen properly (oocyte maturation), with weaker ovulation response. Fertilization and implantation are less likely, and miscarriage more common. There is also concern that smoking limits the number of eggs available (ovarian reserve). More research is needed on combined effect of low body mass and smoking in some women.

Women smokers have double the risk of ectopic pregnancy, which causes infertility and may endanger life. More babies also miscarry, possibly because of malformation. The effects of tobacco toxins impair placental growth and function. The placenta is also more likely to cover the cervix, with greater risk of hemorrhage.

Fetal growth is reduced as the placenta is smaller, and toxins including nicotine, heavy metals and cyanide easily cross the placenta. New research suggests that the fetus is also exposed to the tobacco carcinogen NNAL. This carcinogen is found in the amniotic fluid of half of pregnant smokers (52%), but less than a tenth of non-smokers (7%), possibly increasing future cancer risk. Tobacco carcinogens are also found in the urine of smokers' babies at birth.

Around a quarter of risk of sudden infant death (SID) is attributed to smoking in pregnancy. Some evidence also suggests links with birth defects, and lower bone mass in infancy. New research also shows worse lung function, with airflow reduced by 3-6%, separate from effects of later smoking. We know relatively little about smoking and sexual health in mid-life. However, smokers reach menopause around 1-4 years earlier, and may suffer more symptoms, such as hot flushes.

Women smokers generally have weaker bones, since nicotine reduces the level of active estrogen needed by bone-forming cells. Blood supply is also impaired. Deficits in bone mass are already apparent in teen smokers. However around menopause active estrogen falls further. Risk of osteoporosis rises steeply, leading to painful disabilities and higher incidence of fracture. Risk of hip fracture from menopause to age 85 is up by half among women smokers (19-12%).



N.A.C.H.

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

HypnoLink 2005 Newsletter

TO:

FIRST CLASS

NEXT
MEETING

Wednesday
March 16th

Networking

7:30 PM

Dinner

8:30 PM

Meeting

Galloping
Hill Inn

Union, NJ

No meetings July/August

TOPIC

Integrative Medicine: Planning the Preventative Lifestyle for Weight Management, Functional Health, and Longevity.

By Drs. Ernest A. Ehrhardt & Daryn De Rose

Dr. Ehrhardt is now completing his doctoral degree at the Capitol University of Integrative Medicine, Ernest received his initial training in health education, nutrition, and psychology in the academic enrichment program at Kean University, where he also worked as a teacher's assistant. He then undertook graduate study in nutrition and food science at the Cook College of Rutgers University. Ernest is an inveterate advocate of alternative health strategies and nutrition. He has researched gerontology and aging for the magazine, "Holistic Living", lectured on work force stress management for the National Starch and Chemical Company, acted as the nutrition moderator for the WDJM radio show "House Calls", and taught the use of herbs to four marketing divisions of Novartis Pharmaceuticals.

Ernest is currently working with clients who suffer from problems with weight management. Upon referral from licensed physicians, he offers useful nutritional strategies to clients who suffer from weight related diabetes and heart disease, and he has devised adjuvant treatments for clients suffering from cancer and numerous metabolic disorders. He deeply believes that the patient is the most important part of any healthcare team. Ernest's long time friend and associate, Daryn DeRose B.A., M.A., Ph.D., is the recipient of a doctoral degree in psychological and educational statistics and measurement from New York University. He is also a lifelong practitioner of judo and of jujitsu, and he has been an instructor of both disciplines. His work in the design and analysis of research experiments in a variety of fields led him to serious, skeptical, but open minded studies of nutrition and hypnosis.

Daryn is a member of the NACH, and an admirer of its founders. He is still an open minded skeptic, but he believes that hypnosis can be an extremely effective therapeutic technique. He is a working hypnotherapist, and feels that hypnotherapists should be a true, independent profession.