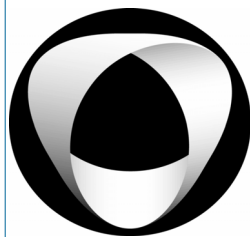


HypnoLink 2007 Newsletter



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

National Association Of Certified Hypnotherapists

1358 Burnet Ave. Suite 1

Union, New Jersey 07083

Number #1 News Year Resolution, Lose Weight, Get Healthier

Weight control, permanent weight control, is never possible through diets or drugs alone. The secret is in conditioning the mind to make your body the way you consciously know it should be.

Dedicating this newsletter to jump start ourselves and clients to a new healthy 2007



We all know that the key to weight control is to ingest only as many calories as your body needs. Or burn all the calories you ingest. Either way you are in stasis, as we used to say down on the farm, and you neither gain nor lose weight. To actually *lose* weight you have to create a deficit on the ingestion side of the equation and a surplus on the burning side; eat less than you burn, or burn more than you eat.

So far we are still in simple city. Everyone knows this. But here is the million dollar question...this is what you REALLY want to know...the REAL question about weight control:

How do I actually make myself eat less and exercise more?
And here is the answer: ***by wanting to!***

If you don't *want* to eat, you won't. If you *want* to exercise, you will. Period.

It all boils down to desire. *Conscious* desire.

Now comes the really tricky part: *You cannot consciously control your conscious desires if there is subconscious resistance!*

That's why willpower only works in some situations or relative to certain things. In issues that pertain to your preservation, protection, or procreation, your subconscious mind may have ideas of its own that are in direct contradiction to your conscious ideas. If that is the case you will not be able to carry through with your conscious ideas, no matter how strongly you wish otherwise.

Walking.....The Best Way to Start

Walking is an excellent way to lose weight. It's simple. You can do it anywhere. Generally it takes less time to do than putting on gym clothes and driving to and from the gym. You can do it in pairs, on your lunch hour at work, in the morning to energize yourself for the day, or in the evening to unwind from your day. Walking's increased popularity has been met with the best products available on

the market to help you get more out of walking, from walkmans to walking shoes. However, please do not let the absence of these handy items prevent you from just getting out there and doing it. Walking is still something we were innately born with the ability to do, without all the fancy gadget's that are available these days. The best approach to beginning a walking routine for weight loss is to simply

start off by measuring your present ability. Walking can be a bit deceiving. You have to work up to walking quickly or for long periods of time, the same way you do with any kind of exercise. You need to focus on burning fat. As a matter of fact, that is a great visualization to use while you're walking. Listen to a positive CD also while you walk or rehearse your affirmations. Ready, Set, Go

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Part 11, THE SECRET.....26-50 of 100 Quotes

- | | | |
|--|---|---|
| 26. It's important to feel good
(((((good)))))) | 30. Universe will re-arrange itself accordingly | towards
what you want faster |
| 27. You can change your emotion immediately .. by thinking of something joyful, or singing a song, or remembering a happy experience | 31. Start by using this sentence for all of your wants: "I'm so happy and grateful now that.... " | 35. The universe likes SPEED. Don't delay, don't second-guess, don't doubt.. |
| 28. When you get the hang of this, before you know it you will KNOW you are the creator | 32. You don't need to know HOW the universe is going to rearrange itself | 36. When the opportunity or impulse is there .. ACT |
| 29. Life can and should be phenomenal .. and it will be when you.....
consciously apply the Law of Attraction | 33. LOA is simply figuring out for yourself what will generate the positive feelings of having it NOW | 37. You will attract everything you require - money, people, connections..PAY ATTENTION to what's being set in front of you |
| | 34. You might get an inspired thought or idea to help you move | 38. You can start with nothing .. and out of nothing or no way - a WAY will be provided. |

continued

- | | | |
|---|--|--|
| 39. HOW LONG??? No rules on time .. the more aligned you are with positive feelings the quicker things happen. | of their thought in response to what they are observing (bills in the mail, being late, having bad luck...etc..) | our lives immediately. |
| 40. Size is nothing to the universe (unlimited abundance if that's what you wish) We make the rules on size and time. | 43. You have to find a different approach to what is through a different vantage point. | 47. What we think about and THANK about is what we bring about |
| 41. No rules according to the universe .. you provide the feelings of having it now and the universe will respond. | 44. "All that we are is a result of what we have thought" - Buddha | 48. What are the things you are grateful for?? Feel the gratitude...focus on what you have right now that you are grateful for |
| 42. Most people offer the majority | 45. What can you do right now to turn your life around?? Gratitude. | 49. Play the picture in your mind - focus on the end result |
| | 46. Gratitude will bring more into | 50. VISUALIZE!!! Rehearse your future |

For The Love Of Our Animals...Uses of Essential Oils

Rosemary (*Rosemarinus officinalis*)

- Circulation stimulant
- Coat conditioner
- Respiratory disorders
- Aids concentration for apathy
- Supports self confidence
- Mental stimulant

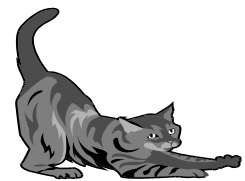
Tea Tree

- Viral, fungal and bacterial infections
- Wounds, thrush, ringworm
- Urinary infections
- Insect bites
- Strengthens will power/mind
- Confidence

Animals do speak to us, but most of the time we're not listening, because they are using their own silent language.

It must be noted that no oils should be used on an animal without their consent. They know what they need and will not benefit from having an oil used on them that they do not like.

**Animals do speak to us.
Listen to their needs.**



THE SECRET

Life can and should be phenomenal .. and it will be when you.....
consciously apply the Law of Attraction

Getting Back To Wellness..... *Seven Quick Fixes To Feel Better*

The signals our bodies use to tell us we need to cleanse ourselves physically, mentally, and emotionally are multifaceted and often mirror symptoms we associate with illness. If we heed these signs, we not only feel better quickly but also stave off poor health before it can start. These quick fixes for common ailments can get you started.

1. Applying pressure to the acupressure point between the thumb

5. Anxiety and fear dissipate quickly when countered with conscious breathing because concentrating on the breath enables you to refocus your attention inward. You can ground yourself and regain your usual calm by taking a series of deep belly breaths as you visualize your feet growing roots that stretch miles down into the earth.

and forefinger can release blockages causing pain, tension, and fatigue. You can relieve a headache naturally by squeezing for 20 seconds and releasing for 10 seconds, without letting go, four times.

2. To breathe freely, irrigate your nasal passages with a small pot and warm salt water. As you clear and soothe the sinuses, congestion associated with allergies or infection will gradually disappear.

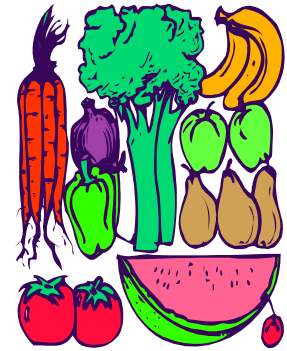
6. Though tuning out can seem counterproductive, a few minutes spent lost in daydreams or listening to soothing music can help you see your circumstances from a new angle when you feel frustrated.

7. If you feel ill health coming on, brew a wellness elixir. Simmer three sliced lemons, one teaspoon freshly grated ginger, one clove

3. Apple cider vinegar is a powerful purifying and detoxifying agent. Soaking for 20 minutes in a warm bath infused with two cups of apple cider vinegar pulls toxins from the body and can clear blocked energy.

4. The foods you eat can have a profound impact on your outlook and mood. Eating a small yet satisfying meal rich in complex carbohydrates can lift your spirit and help you let go of feelings of anger, irritability, and depression.

freshly minced garlic, and one quarter teaspoon cayenne pepper in five cups water until the lemons are soft and pale. Strain a portion into a mug and add honey by tablespoons until you can tolerate the taste. Drinking this potent mixture of antibacterial, antiviral, and antifungal ingredients three times each day can ensure your symptoms never progress into a full-blown illness.



2007 Upcoming Courses

Academy of Professional Hypnosis

HypnoCounselor Certification

Complete Hypnosis Session Procedures from Initial Contact to Conclusion. Invaluable Hands-on Student-to-Student Practice with Multiple Induction Scripts Utilize Unique Individual Hypnotic Scripts/ Techniques of Past Life Regression, Parts Integration, Time Line Repair, Hypno-Analysis, Regression and Progression, Life Enhancement

Basic: Feb. 3-4 & 10-11, 2007
Advanced: Feb. 24-25, March 3-4
Adv. Clinical: Mar 17-18, 24-25

A total of 100 hours for Certification. Tuition \$1,785. Save \$100: Register and pay \$1,685 prior to Jan.15, 2007

Hypnosis Heals Many Issues

Smoking, Weight, Stress, Self-Confidence/Esteem, Allergies, Fears, Frustration, Drugs, Alcohol, Gambling, Relationships, Motivation, Catastrophic Illness Help, Pain Management, Sports & Job Performance, Student Study Skills, Obsessive Behaviors, Victim Desensitization.

Dr. John Gatto
Tony DeMarco, LL.B Ph.D.

Oprah and Hypnosis

December 2006 Oprah Magazine has an excellent article called **Losing Weight: The Mind Game** p.195. This article speaks very highly of hypnosis and the lasting results using hypnosis for weight loss. Unfortunately the article says to contact The American Society of Clinical Hypnosis and the Society for Clinical and Experimental Hypnosis to find someone to work with. Both of these organization require graduate degrees to join. Oprah has done more to raise consciousness in the United

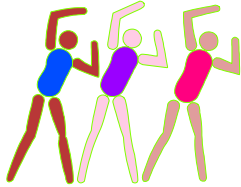
States than almost any other person. Wouldn't it be great if she knew that hypnotists, hypnotherapists and hypnocounselors are the ones with the real knowledge about how to use hypnosis! Read the article..it is great support, then write Oprah and let her know about the hypnosis organization you belong to and the excellent training that is being done in vocational schools around the country. I am writing her today. Educating and informing the public will help to bring greater success

to our profession. I wish you an abundant year.

We visited the Oprah web site and there are several email boxes that may be used by members to write to Oprah if they desire.

<http://www.oprah.com/email/reach/>
[email_reach_fromu.jhtml](http://www.oprah.com/email/reach/email_reach_fromu.jhtml)

The earlier in your life that you start to make changes, the better -- but it is never too late.



Changing Your Lifestyle.....Information for Life

Everyone knows that a healthful lifestyle -- eating right, exercising, not smoking, etc. -- is the key to disease prevention. What people may not realize is that each healthful change can add years to your life. By making several changes, you may be able to add 20 years or more. People don't have to completely turn their lives around to get significant benefits. Example: Someone who exercises for 30 minutes six times a week can gain 2.4 years of life, even if he/she remains overweight or doesn't adequately

control his blood pressure. Making multiple changes can give exponential (rather than just additive) gains. Studies have shown that if you eat nuts regularly, you add 2.5 years to your life, and if you reduce high blood pressure, you gain 3.7 years. Add that to the 2.4 years you gain from exercising, and the total is 8.6 years -- but the increase in life span can be even greater. Not smoking is probably the most important change. Men who smoke a pack a day lose an average of 13 years of life, while

women lose 14 years. **The earlier in your life that you start to make changes, the better -- but it is never too late. Important steps...**

NUTS
Studies show that eating one-quarter cup of nuts five times a week can add years to your life. Tree nuts and peanuts (though technically a legume) are high in beneficial fats, antioxidants and other protective phytochemicals.

continued

People who eat as little as two servings of fiber-rich whole grains daily can reduce their risk of stroke by 36%. Fiber-rich foods also reduce colon cancer risk.

One study found that women who ate peanut butter five or more times a week had a 21% reduction in diabetes risk. A nut-rich diet can lower LDL cholesterol by about one-third -- the same amount achieved with some statin drugs. Eat a variety -- walnuts, pecans, almonds, etc. -- to get a greater number of protective chemical compounds. Lengthens life by... 2.5 years.

FRUITS AND VEGETABLES
People who increase their consumption of fruits and vegetables

from two to five servings a day can reduce by half their risk of many cancers -- including pancreatic, colorectal and endometrial cancers. Produce also greatly reduces the risk of heart disease, diabetes, hypertension and Alzheimer's disease. The fiber in produce binds to potential carcinogens in the intestine and prevents them from entering the bloodstream. Fruits and vegetables are the best sources of antioxidants and other phytochemicals that inhibit oxidation and inflam-

mation -- triggers that cause normal cells to become cancerous. Have a serving of fruit with breakfast every day... snack on a handful of dried fruit... eat carrot sticks at lunch... and have a vegetable salad with dinner. Lengthens life by... 2 to 4 years.

FIBER
For every 10 grams (g) of fiber you consume per day, your risk of heart attack goes down by 14% and risk of death from heart disease drops by 27%.

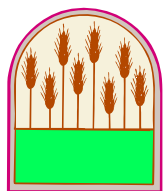
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People who eat as little as two servings of fiber-rich whole grains daily can reduce their risk of stroke by 36%. Fiber-rich foods also reduce colon cancer risk. Fiber speeds digested food through the intestine and reduces the time that the colon is exposed to carcinogens. It also binds to excess estrogen and promotes its excretion in stool -- this is important for preventing estrogen-

dependent breast cancers. Fiber causes a drop in LDL cholesterol and reduces the risk of atherosclerosis, blockages in the arteries that promote heart disease. Get at least 25 g to 30 g fiber daily. Whole grains are good sources. Example: Two slices of whole-grain bread plus one cup of whole-grain cereal, such as Cheerios, can provide up to 10 g of fiber. Lengthens life by... 2 to 4 years.

"GOOD" FATS
People who increase their intake of mono- and polyunsaturated fats and cut back on saturated fat can achieve drops in cholesterol that are comparable to those achieved by taking statin drugs. Improvements in cholesterol translate into a 12% to 44% reduction in the risk of heart disease and stroke. Mono- and polyunsaturated fats

Continued page 5



Nuts...Fiber...Good Fats

Continued from page 4

Excess weight greatly increases the risk of cancer, diabetes and hypertension.



along with the omega-3 fatty acids in cold-water fish such as salmon appear to reduce blood vessel inflammation that causes clots, the cause of most heart attacks. Get 20% of total daily calories from healthful fats (in olive oil, nuts, fish, etc.). Limit saturated fat (from butter, red meat, whole milk, etc.) to 10% or less. Important: Eliminate trans fats (often called "partially hydrogenated" and found in many margarines and commercially baked goods). Americans get an average of 3% of total calories from trans fats. If we cut that percentage to 1%, the risk of heart disease would be reduced by half -- and there would be 347,000 fewer deaths each year. Lengthens life by... 3 to 5 years.....**WEIGHT LOSS**

Excess weight greatly increases the risk of cancer, diabetes and hypertension. A person who is 20 pounds over his/her ideal weight is 50% more likely to develop heart disease -- and the risk increases as weight increases. In addition to regular exercise... Eat most meals at home. Restaurant food tends to be higher in calories. Drink water instead of soda. The sugar in soft drinks is a main contributor to weight gain -- and artificial sweeteners have not been proven safe. Don't eat in front of the TV. Studies show that people who engage in "mindless" eating take in far more calories. Weigh yourself weekly to track

your progress -- or identify backsliding. Lengthens life by... 11 years. (This is the difference in life span between obese and normal-weight adults.)

EXERCISE

Vigorous exercise is ideal, but it's not realistic for many of the 78% of Americans who describe themselves as sedentary. People who engage in moderate exercise at least three to five times a week can reduce their blood pressure by an average of 10 points and dramatically lower their risk of diabetes. Studies show that even mild exercise, such as walking for 30 minutes a day, can increase life span by two to five years. Any kind of exercise, even working in the yard, is beneficial. Lengthens life by... 2 to 5 years.

- Affirmations
- Organization
- Setting Goals
- Be Passionate
- Buy Healthy
- Self Hypnosis
- Do It For You

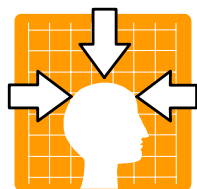
Affirmations for Health, By Victoria Wizell

I'm ready to be thin again. It feels so good to have toned arms and legs. I create an abundance of energy when I work out. Exercise gives me a good feeling about myself. I will soon see results and that motivates me to get up every morning. My health is extremely important to me. Taking care of my body gives me great confidence. I am willing and committed to doing what it takes. I deserve healthy food and a healthy body. I will succeed at creating the body I've always wanted. I can see myself fitting into my smallest size clothes again. It will feel so nice to

show off my sexy body again. My body is to be kept beautiful, healthy, and sexy. I have fun and enjoy life when I am in good shape. Water feels so refreshing and satisfying. Water satisfies my food cravings. I feel so good when I eat healthy. I enjoy wearing skinny clothes that show off my incredible body. Every time I exercise I enjoy it more. Every day I notice positive changes in my mind and my body. I prefer to have a positive attitude. It's time to be happy. I am grateful for the ability to be active. I nurture myself by living a healthy lifestyle. My sleeping hab-

its are improving. Quality sleep is important to my overall health. My body looks better when it's lean, firm, and strong. As I strengthen my body, I strengthen my confidence and self-esteem. Getting in shape makes life so much easier. I can be an inspiration to others. Getting in great shape is a worthy goal. The success I achieve in my health will rub off on the rest of my life. I am getting my whole life into balance. I'm serious about my fitness routine and goals.

My body is my best friend.



To Change The Body Start Wit The Mind

Step 1 To Change

Discovering what underlying issues are causing your weight gain. Reeducating your subconscious mind about ideas that may have been learned about eating at

a young age. Changing negative ideas about food to positive thoughts for letting go and releasing the weight. Retraining your imagination to visualize a future more

perfect image of self; living the improved behavior patterns. Improved awareness of eating and exercise habits.

UPCOMING WORKSHOPS

Hypno-Addictionology

Study with Tony De Marco, the originator of the 13 session "Hypno-Addictionology " 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 course book (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 session. [April 14th and 15th 2007](#)

Past Life Regression

Presently, nearly 100 million Americans believe in reincarnation and the number is rapidly growing. Most healing begins with a conscious belief that the therapy is able to heal and an expectation that healing will occur. However, the subconscious mind has a depth and complexity of which we can only surmise and opine once we have exhausted the research created within our frames of references, that which the subconscious mind has permitted us to discover. Accordingly, when a concept, an approach, a therapy is pursued "as if" it were true, unexplained wonders begin to happen. Such is the case with Past Life Exploration and Therapy. It is not limited to those who believe; it is also open and available to all who desire to learn and utilize the therapy to heal themselves, their loved ones, and their clients. It is a must to add Past Life Regression to your therapeutic armory. Everyone walks away with the know-how to immediately guide a client or self through a Past Life Regression. In view of the upsurge in belief in reincarnation, and demand for professionals to conduct the regressions, you can't afford to miss this one. Add this excellent technique to your practice. Register now . Seating is limited. [April 21 & 22, 2007](#)

Amazing Healing with Hypno-Tapping Energy Therapy EFT + Hypnosis Two Day Workshop

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. [April 28 & 29 , 2007](#)

Amazing Healing PLUS with Hypno-Tapping Energy Therapy Advanced EFT + Hypnosis **NEW Two Day Workshop**

Dr. John Gatto and Dr. Tony De Marco have added many new techniques and shortcuts to the basic HypnoTapping course such as their own personal renditions of Borrowing Benefits, the Mental Movie Technique, Parts Tapping, Future Tapping, and newly developed set-up phrases along with client homework assignments to be done to facilitate sessions and to move deeply into the issues and subsets. You shall be amazed as the case histories that shall be shared. Witness their different approaches in exciting demonstrations Practice with other students under their supervision. This workshop brings your healing repertoire to another level. [May 19 & 20 , 2007](#)

COMPLETION OF BASIC HYPNOTAPPING IS REQUIRED

TOPIC: No Meeting This Month

We are interested in your opinions and would like to know what topics you would be interested in for the up coming year.

Please contact John, Tony or Roxanne with your requests.

Also, please forward to Roxanne any interesting article that you receive, read, or find to put into the newsletter. We will be glad to give you credit for the information.

If anyone is interested in writing monthly articles, please let us know.

Your very important to us. Feedback is also welcomed on the

newsletter. Tell us what articles you may be looking for that will help you in your practice.

I have been a member of NACH since the beginning, I have been a Hypno-Counselor since 1987. I still learn new things from workshops and meetings. And by getting involved as the Editor of the Newsletter, has helped me to continue to learn and continue to believe that what we do is so beneficial to people looking for help.

The meetings are so important. They continue to keep us on track and keep the passion going. See you in February.

Presenter: UHM?Maybe YOU

2007 Meeting Dates

February..... 21st

March..... 21st

April18th

May..... 16th

June..... 20th

July & August

No meetings

September....19th

October..... 17th

November.... 21st

December and January

No Meetings

Mark Your Appointment Book



Next 2007 Meeting

Wednesday: February 21st.

Networking: 7:00 PM

Dinner: 7:30 PM

Meeting Place: Galloping Hill Inn

Union, NJ