



NACH and The Greater NJ NGH Chapter

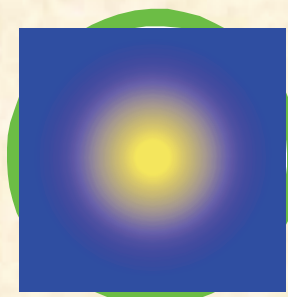
National Association of Certified Hypno-Counselors

1358 Burnet Ave. Suite 1 Union, NJ 07080



NEWSLETTER

10 Tips for Losing Weight Over the Holidays by Wayne Perkins



Do you find you want to wait until after the holidays before you start your weight loss plan?

If you wait until next year to lose your weight, you may never begin to achieve the weight control you have always wanted.

The following are my ten top tips to get you into tip top shape as you navigate through the holidays.

1. Always remember this. "You are on your own." Do not wait your friends to join you in a weight reduction group. Weight control is an individual sport. The best time to begin is today.

2. Physical stress builds over the holidays. Get more exercise. When you go shopping, park your car far away from the stores. Walk 25% faster than you normally do. You need to increase your physical activity in order to reduce stress.

3. Change your television viewing time into stress reduction time. Every time commercials appear on your television, use the mute button on your remote and practice deep breathing exercises. Use the 17 or 20 minutes of commercial time each viewing hour to focus on reducing stress and focusing on your goal weight.

4. Start a new holiday tradition of going hiking, ice skating, swimming in an indoor pool, working out in a gym, or taking an exercise class at an adult education facility. Chop wood and shovel snow to help the elderly keep warm and stay safe over the holidays.

5. Avoid any "pot luck" dinners. People love to create fatty and sugary concoctions over the holidays. There are reasons government health inspectors cite

restaurants for unhealthy food preparation conditions. You have no assurance of the sanitary conditions of your pot luck contributors. If you did not make the food, consider it unsafe.

6. Avoid all you can eat and buffet restaurants. You will always take more than what you can eat and feel pressured into eating everything on your plate.

7. Avoid consuming alcohol as much as possible. People get physically depressed over the holidays. Consuming alcohol will enhance rather than reduce the depression. You will gain more weight as alcoholic beverages also contain sugar and fat. In addition it is difficult to keep from eating more food when you are consuming alcoholic beverages.

8. Drink more water than you think you need. In the winter time in the Northern Hemisphere, where I live, people do not drink much water because of the cold winter climate. Your body needs water to survive. Also, by drinking water you will reduce your cravings for food. If you are not craving food then you may not feel you need to eat food.

9. Do not expect your friends and relatives to support you in your quest for a healthy life. Look around you. Are your associates healthy and in good physical shape? If not, do not expect them to support your quest for good health. Go out and get healthy and then you will be a positive role model and mentor to your friends. Get healthy and save a life or two.

10. Take Action Now! Do not wait to lose your weight, tomorrow, next week or next month. Procrastination involves stress. You will reduce stress and reduce your weight by taking action now!

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Hypnosis and Breast Surgery Patients

by Shirley Archer, JD, MA

Breast surgery patients who received hypnosis before surgery needed less pain medication and experienced fewer side effects than patients who did not receive hypnosis before the same surgery, according to a study published in the *Journal of the National Cancer Institute* (2007; 99 [17], 1304-12). Since breast cancer surgery patients make up the largest number of female cancer patients receiving surgery, medical professionals are motivated to find methods to reduce the need for drugs and to lessen the impact of common

side effects, such as pain, nausea and fatigue.

Researchers from academic medical centers in New York, Pennsylvania, Florida and Romania conducted a randomized clinical trial involving 200 women scheduled for breast cancer surgery. Subjects were assigned to either a 15-minute presurgery hypnosis session or to a nondirected "listening" session with a psychologist. The scientists recorded levels of medication used during and after surgery, as well as patient-

reported pain and side effects after surgery.

Patients in the hypnosis group required less medication and experienced fewer and less severe side effects than patients in the listening group. As a result, the financial cost for women who were hypnotized was \$772.71 less per person than it was for the control group. (The surgery generally cost \$8,561 per person.) The study authors recommended that hypnosis be used on patients before breast cancer surgery.

These 2 articles were Submitted By Carol Griffin Graduate of the Academy of Professional Hypnosis, Member of the NACH and NGH

Relaxation Therapy Minimizes Hot Flashes

With an estimated 85% of women experiencing hot flashes as they approach menopause, finding effective non-medication treatment is vitally important. A new Baylor University study shows hypnotic relaxation therapy can decrease the frequency and severity of hot flashes in menopausal women. Interference from hot flashes, like loss of sleep and social interaction difficulties, also significantly decreased in the majority of women who received hypnosis. The research was published online this week in *The Journal of Clinical Oncology*. "This study validates that this type of treatment is effective in decreasing hot flashes," said Gary Elkins, PhD, professor of psychology and neuroscience at Baylor and a lead investigator on the project. "There is a real need to study emerging mind-body interactions to treating these ailments because many times medications are not an option." In the study, 26 women who are breast cancer survivors received hypnotic relaxation ther-

apy and were compared to 25 other breast cancer survivors who did not receive treatment. The women who received hypnosis reported a 68% decrease in hot flashes. Anxiety, depression and insomnia also decreased. Breast cancer survivors were chosen because the medications that are given to these women to help prevent the reoccurrence of breast cancer often times cause them to go into menopause in a matter of days. Furthermore, hormone replacement therapy is not an option because of an increased risk of breast cancer recurrence associated with hormone therapy, thus creating a need for alternative mind-body treatments. Based on the results of this study, Elkins has received a \$2.6 million grant from the National Institutes of Health for a much broader study that will significantly increase the scope and number of patients participating. The grant is the largest ever awarded by NIH for this type of research. The new study

will enlist 180 postmenopausal women who entered menopause naturally and are experiencing hot flashes. Half of the patients will receive hypnotic treatment while the other half will receive another mind-body intervention. Those who receive hypnotic relaxation therapy will get five 45-minute therapy sessions and will also learn self-hypnosis techniques. The study will measure whether the frequency and severity of hot flashes decrease and whether there is an actual physiological response to the therapy. Researchers also will look at other physiologic markers, like stress hormone levels, to see if they decrease. "It will be a large, randomized, clinical trial that will further evaluate the effectiveness and help us understand how it is working," Elkins said. "We will also know who this treatment works best for." The study will take about five years to complete.

Mind Body Spirit Review Nov. 2008

Monthly Horoscope with Judy Lewis

Aries - Astral energy to the 12th house of your solar chart advises caution with relationships. This house rules the subconscious mind as well as hidden enemies. Demanding honesty in all dealings, the Ram, may have felt somewhat betrayed recently. A so called friend will be replaced with a more sincere choice. December will prove to be a month of clearing out negative situations and leave you filled with a hopeful spirit of renewal.

Taurus- Many Taurus natives have learned they cannot stop growth even with their stubbornness. Allowing others their personal freedom to progress is just common sense. Control does not hold a relationship it is only love that bonds us together. The New Year will be filled with abundance and security, but now have the faith to let go. Trust in the Universe and watch the magic transform your life

Gemini -In December sensibility has returned. In past months your personality has been more erratic than usual. You've been picking up negative thoughts like a psychic sponge. Fear and indecision will be replaced with a calm centeredness. The Gemini mind still processes faster than the speed of light but now you will be able to analyze information with a strong sense of balance. Good fortune is yours in the New Year.

Cancer - The Moon in the 3rd house of communication cautions not speaking freely with others. The changeability of the Moon coupled with an emotional outburst may give cause for regret. As a water sign you easily pick up the energy of others. This relay system may be temporarily off kilter. So smile knowingly but with words held in check. The gift of this holiday season is your discipline and intelligence to keep quiet.

Leo -Aspects to the 4th house of your solar chart indicate some good fortune with matters of real estate and/or home. Looking to buy or sell property,

don't listen to the news reports, listen to the stars. Or perhaps you might renovate your personal space with that Leo sense of drama for a pleasant lift. Your pride will soar as friends complement you on your beautiful surroundings This is a time period of success in all 4th house matters.

Virgo- During the influence of Saturn much effort must be exerted to control all negative thinking. The most powerful force in the universe is right between ones ears and we create our own heaven or hell. This learning period should not be dreaded or dammed but accepted with a smile. The New Year will be bright and prosperous. Give yourself a round of applause as you look back on all you've accomplished.

Libra - Each situation is considered constructive or destructive, balanced or unbalanced. Your ruler Venus helps you through each bump in life as you retain your optimism and faith. This holiday season allow yourself to begin the New Year with a sense of focus to attain those dreams put aside or uncompleted. You only fail at a goal when you stop trying. Vow to be persistent. Your dreams are attainable. Happy New Year. Libra

Scorpio - The astral energy suggests that many Scorpio natives are desiring a drastic change. The pressure of the boring old day to day routine may find you jumping at friends and partners. Don't throw away everything because of this planetary setup. Take the opportunity to revamp your life in small steps. Travel a different route to work or join a class. Decide what makes Scorpio happy and pursue it. The New Year brings exciting wonders!

Sagittarius - Pluto sitting on the cusp between the 8th and 9th house tends to bring out the judge in your personality. Are you being a little too critical with your close associates? The fun loving Sag needs to chill out in the month of

December. Enjoy friends and family but let's make a deal. They won't bring out your shortcomings if you don't call them on theirs. After all, it is the season to be jolly.

Capricorn Activity to the 9th house suggests that the Capricorn native should be using their higher mind and optimism at this time. As an earth sign you overuse your business sense and may be lovingly called a workaholic. Now just in time for the holidays you are being advised to enjoy the season with love and hope. There will always be time for work now put your energy into love, family, and friends.

Aquarius -The talents of Aquarius, a most inventive sign, will be used to full capacity. The 11th house placement of Neptune will find you dreaming of your hopes and goals and how to achieve them. No matter your age, 18 or 80, this star pattern ushers in a new exciting beginning. This time, for a moment, suspend all doubt and dare to dream big. The stars are working in your favor. All you must do is believe.

Pisces - Activity to the 12th house coupled with your Neptunian expectations of a glorious holiday may be setting you up for a major disappointment. This season vow not to allow those dreams to be tarnished by any minor family upsets. Focus on the spirit of love and forgiving and all will be fine. A positive attitude will guarantee you a happy holiday and the stars will ensure a Happy New Year.

Judith "Banta" Lewis

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Anyone interested in private readings can contact Judy at the about number

Astrology is a long-established method of exploring ourselves, our [relationships](#) and our place within the world. It works by taking a look at the significant environmental influences operating in a particular place at a given time - as expressed through the [horoscope](#) in the symbolic relationships of the heavenly bodies. Astrology, the science of the stars, can give us insight into all manner of situations, from the personal to the political and from the most intimate to the most mundane.

Apple Cider Vinegar

Apple cider vinegar benefits have been known for a long time. For centuries people have been using natural apple cider vinegar as both a food and a medicine for themselves and for their pets. Since 400BC, **Hippocrates**, the father of modern medicine, and others, have used vinegar and vinegar mixed

with honey, as an **energizing** tonic and a **healing** elixir. A Vermont country doctor noted that Apple Cider Vinegar was successfully used to treat a number of common ailments and nagging aches and pains.

Apple cider vinegar other benefits include many **external uses** as well. It can be used to sooth sunburns and

insect bites, to make your hair shine, and to treat dandruff just to mention a few.

Another major apple cider vinegar benefit is weight loss. Although no one is sure how it works, it has helped many people lose weight.

7 Tips for Gorgeous Winter Skin

There's a lot to love about this time of year. The holidays are right around the corner, there's an invigorating nip in the air, and it's wonderful to cozy up in front of the fire with a warm cup of tea. Unfortunately, there's a downside too—and you probably feel it when you wash your hands, or put your make-up on...

It's dry winter skin! Not only can your hands feel dry and chapped. But your face, arms, legs, and every part of you can feel dry and itchy. You can blame it on a combination of cold, dry air outdoors—coupled with drying heat in your house and car—all of which draws moisture out of your skin.

Fortunately, there are some easy ways to keep your skin looking and feeling soft, smooth, and supple all winter long. To make it easy, I've prepared a list of simple Dos and Don'ts:

- **DON'T Eat These Natural Dehydrators:** Spicy foods like ginger and chili peppers, caffeinated beverages, and alcohol can all dehydrate your skin—so you

want to limit how much you consume.

- **DON'T Let Your Skin Get Dehydrated:** During the winter especially, you want to drink at least eight, 8-ounce glasses of pure, clean water a day—to keep your skin well-hydrated.

- **DO Hydrate Your Skin from Within:** with essential fatty acids (EFAs)—particularly omega-3s. They help to hydrate your skin tissue from the inside, so it's moist and smooth. Easy ways to get your omega-3s are with **tuna**, **flaxseed**, raw pumpkin seeds, olive oil, and almonds.

- **DO Avoid These Chemicals :** Many cosmetics contain parabenes, synthetic preservatives usually used in combination of methyl-, propyl- and butylparabenes. They are known to cause irritations to sensitive skin types.

- **DO Apply Topical Antioxidants:** **Squalane** is a powerful antioxidant that nourishes, hydrates, and protects your skin, and even reduces and softens the appearance of wrinkles on your face. I

use it every night before I go to bed on every area of my body that needs moisture—particularly my face, hands, legs, feet, and elbows.

- **DO Moisturize and Rejuvenate Your Skin:** Two of the best “winter rejuvenators” I've found for my skin are avocado oil and evening primrose oil—both of which I found in the **MOOM Nourishing Face Cocktail**. You can smooth it on your face in the morning, and again in the evening before bed.

- **DO Make Sure You're Getting Plenty of Antioxidants:** like vitamins C, E, and A (as beta-carotene). Research has shown that these antioxidants will provide you with valuable protection for your skin, and can help reduce dryness and damage.

Here's another important reminder for winter. Even though it's cold outside you want to remember to apply sunscreen or use a **day cream with a sun protection factor (SPF)**. You want to choose one with an SPF of at least 15, that's free of chemicals and fragrances—and moisturizes and nourishes your skin.

TO YOUR HEALTH

P.S. Another tip—probably one your mother told you—is to remember your gloves! Next to your face, the skin on your hands is the most delicate; and as simple as it sounds, gloves are your best protection against cold winter air.

Fall Academy HypnoCounselor Certification Course Schedule for 2009

Approved by the National Guild of Hypnotists, the largest hypnosis organization in the world. Become certified by the Academy of Professional Hypnosis.

TQ; All Persons Interested in Hypnosis Certification.....call Dr. John Gatto at..... (908) 964-4467.

Or Email Dr. Gatto at..... info@hypnoacademy.com..... Or go to www.hypnoacademy.com to print your registration form.

The Academy of Professional Hypnosis, the first school of Hypnosis to be licensed by the State of New Jersey, Est. (1991)

Schedule: Basic & Advanced & Advanced Clinical Certification to begin in January, 2009.

This Academy is the first school of hypnosis to be approved by the New Jersey Department of Education as a post-secondary vocational school. (Est. 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 HypnoCounselor". 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 Spring session where excitement awaits you.

Basic Hypnosis Course...January 31st. February 1st. 7th. & 8th...(33hrs.) \$595.00

Advanced Hypnosis Course...February 21st. 22nd. 28th & March 1st...(33 hrs.) \$595.00

Advanced Clinical Course...March 14th, 15th 21st.& 22nd. (34hrs.) \$595.00

All courses 2 week-ends

NEW INCOME

THE PRESENT STATE OF OUR ECONOMY DICTATES ACTION TO CREATE NEW INCOME OR SUPPLEMENT YOUR PRESENT INCOME. FALLING BEHIND ON OBLIGATIONS CAN HAPPEN VERY QUICKLY. TAKE STEPS NOW TO ENHANCE YOUR FUTURE EARNING CAPABILITIES. OUR ACADEMY OFFERS THIS POTENTIAL TO PERSONS INTERESTED IN HYPNOSIS CERTIFICATION AND TO THOSE WHO HAVE STUDIED AT OTHER INSTITUTIONS WHO DESIRE TO LEARN DIVERSIFIED PERSPECTIVES AND PARTICIPATE IN EXTENSIVE TEACHER-SUPERVISED, STUDENT-TO-STUDENT, HANDS-ON TRAINING INVOLVING ONLY REAL-LIFE ISSUES. ENTER A RESPECTED PROFESSION, WHILE ALSO GAINING SELF-CONFIDENCE, SELF-ESTEEM AND THE EXCITING TECHNIQUES TO USE IMMEDIATELY FOR CLIENTS, FAMILY AND YOURSELF .

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 Hypno-Counselors, (NACH), NGH nor of its editors or officers. All information is printed with permission or comes from a free informational website. All persons will be credited if available for any rewritten information.

Thank you- Roxanne Cortese, Editor

Feel free to copy this schedule on the classes and send it to your local newspaper under "around town" to help us spread the word.

CEU Credit Hours

2008 MEETING DATE

Wednesday: February 18, 2008

Networking: 7:00 PM

Dinner: 7.30 PM

Meeting Place:

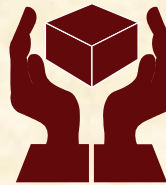
Galloping Hill Inn, Union, NJ

Next meeting February 18th.



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.



NACH and NGH

Working Together

The Appointment Book is the best place to write down the years meeting dates. This is where we set up our days. Please remember that the meetings are always on the 3rd. Wednesday of the month.

You receive CEU credits for attending meetings.

2009 Meeting Dates

February..... 18

March 18

April 15

May20

June17

September15

October21

No sessions

December & January

July & August

Please email us and let us know what topics you would like to hear for next year. We will do our best to find the experts to present on that topic.

Tony, John and I would like to thank our members for their support by attending

the meetings and workshops.

May all of you have a healthy happy holiday and may all your goals and wishes come true.

We are in control of our own destinies.

Roxanne

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Reservations

Members.....\$22.00

Non-Members.....\$25.00

At the Door..... \$2.00 Extra

CALL: 908-964-4467

Please send your check in on time. Just showing up causes problems with seating