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

NEWSLETTER

National Association Of Certified Hypnocounselors

1358 Burnet Ave. Suite 1 Union, New Jersey 07083



Hypnosis to Stop Facial TICS

A facial tic can be extremely embarrassing. Other people notice and *you* notice. Experiencing a facial tic is very distracting and can detract from what you are trying to say and of course, make you very self conscious. As you know a facial tic is a nervous, repetitive and spasmodic movement in your facial muscles it can become habitual and like any habit can start to happen when you are not even thinking about it consciously. Tics are more common in children and tend to pass off naturally after a few weeks or months. Sometimes facial tics last for longer and may even persist into adulthood. Occasionally medications are used to diminish tics but it is, of course better to not go down the medical route as all drugs have side-effects. No one knows the exact cause of facial tics but two things are certain: Facial tics

are worsened (and can be brought on by) stress: sometimes there is a build up of pressure which leads to the tic. And tics are then maintained by the unconscious mind.

**Hypnosis works on the part of the mind that 'does' the facial tic.**

It is your unconscious mind that 'does' the tic and because hypnosis works on an unconscious level then we can use hypnosis to diminish and cure facial tics. You may well have noticed that there are certain times when the tic is worse-maybe when you are tense or even with certain people. This hypnotic session will help 'un-hook' those unhelpful associations. Different types of facial tics include repetitive and compulsive eye blinking, nose wrinkling, squinting and mouth twitching.

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## Hypnosis, Metaphor and Guided Imagery... *Is it All in the Mind?* by Rubin Battino, MS

Hypnosis is focused attention, metaphor is story-telling, and guided imagery is mind games mainly used for healing. The common denominator is words the therapist uses, words to effect both mental and physical changes.

How is it possible for:

1. the suggestions given in the suggestible state of trance;
2. the telling of interesting stories;
3. using internal imagery (all senses possible) to bring about change in a client?

Is the therapist an active/directive/causative agent, or is the therapist a facilitator who helps the client to find unique solutions based on their own life? In the old days therapists took most of the credit for change. Since we can never know a client in the way that they know themselves, then we are effectively limited to being guides. Although there is a place for traditional directive hypnotherapeutic work (as in, 'cigarettes will taste like shit from now on'), I believe that the most effective way to use the concentrated attention of a client is via the subtle and indirect use of language. It was said of Milton H. Erickson, MD, that he was a master of the precise use of vague language.

Vague means that the words as is usually the case in poetry - provide opportunities for the listener to create/recall her own uniquely individual responses or memories. Rather than say, 'You are now

going to figure out how to handle this by confronting your parents' you can say, 'just wonder what interesting, and perhaps surprising, ways have already come to mind to realistically resolve your concerns.'

The first formulation restricts the client to the therapist-generated solution of confrontation. The indirect method is also more collaborative and respectful. Since everyone is unique, you have to tailor your approach to the client. It was also said of Erickson that he invented a new therapy for each client, and that his clients never knew what he was going to do when they entered his office. How predictable are you?

Everyone loves a good story. All cultures and religions have favorite stories and myths and legends that are told and re-told. Stories are entrapping. Stories are not just for children. Each of us is a unique and unfolding story - even those of us who live dull and routine lives - a dull story is still a story. White and Epston's 'Narrative Therapy' is an approach that makes use of the stories that people believe about themselves. When you meet a stranger and each of you responds to the unspoken question of 'Who are you?' you respond with your life story. At any rate, you report the highlights of how you got to be who you are - these are the key events as filtered through your present-day perceptions. Remember, memory is malleable, and what and how we recall past events are controlled by current needs and perceptions. Do you recall only

good or only bad things about your growing up years, for example?

The intervention of Guided Metaphor makes use of personal stories to create a metaphor for change. The client is asked to summarize his life in a page, in a sentence, and in a descriptive word. Then, the client is asked to write a new story with the (realistic) ending they desire. This new story is told in a page, a sentence, and a descriptive word.

The therapist can now construct a metaphor to deliver (in or out of trance) that incorporates the old story and how it has been transformed into a new story - all using the client's images and descriptive language. The client, in effect, tells you how his changes have been brought about. (This approach has parallels with Erickson's 'pseudo-orientation in time', but is more structured.)

Of course, the traditional way of utilizing therapist-generated metaphor to suggest a variety of ways that the client can use to resolve her concerns is also useful. (Notice that I am picky about language and prefer 'concerns' to 'problems'.)

Guided imagery is primarily used with people who have life-challenging diseases, although it can also be used for psychotherapy. (The NLP 'swish' technique and the TimeLine Therapy approach can both be considered to be variants of guided imagery.) There is much evidence that body affects mind, and that mind affects body. **Continued page 6**

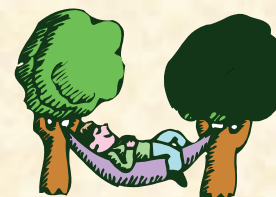


**In 'talking' therapies words count, so choose them with care.**

The common denominator is words the therapist uses, words to effect both mental and physical changes.

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Guided imagery uses the mind for healing, and with a surprising degree of concomitant physical improvement.

## HYPNOSIS AND STRESS.....Part 3 with Dr. Pat Conte

### *How do we know physically that we are under stress?*

Heart rate and blood pressure increase (hypertension) Muscles tense up Rapid shallow breathing, Decreased menstruation, hunger and sexual desire suppressed, impotence, Faulty digestion, lack of appetite or voracious appetite, poor digestion. Mentally hyper-alert, Sense perception augmented Nervousness with tremors. Loss of feeling of well-being. Nervous stomach (butterflies) Nausea, Anxious feeling, Infections, Chronic Fatigue and muscle wasting, Weight loss or gain, Headache Nervous tics, Constipation or diarrhea, Can lead to hyperthyroidism, ulcers, neurological disorders, immune system weakening, disease susceptibility, gastrointestinal disturbances, infections, and deadly

### How do we experience stress physically?

These psychopathological changes may also lead to certain health issues - from constipation to premature aging and death. High stress levels may cause serious psychosomatic disturbances and organic disease, such as cardiovascular disease, hypertension, ulcers, hyperthyroidism, gastrointestinal disorders, diabetes, collagen vascular disorders (for example, Lupus), infections, immunologic disorders, etc. Unresolved emotions and stress may take on a life of its own, such as tumors, including cancer. Excess or prolonged stress causes distressing messages from the mind that are sent to the limbic system of the brain (the brain's brain), including the hypothalamus, which, in turn,

stimulates the pituitary gland to secrete hormones, such as ACTH, resulting in stimulation of the adrenal glands to secrete such hormones as cortisol. Adrenaline (epinephrine), norepinephrine, aldosterone (vasopressor), and other adrenergic stimulating hormones are also secreted by the adrenal gland. There is also direct stimulation of the sympathetic nervous system. This prepares the body for the "fight or flight" response, which is useful in dangerous situations, especially if you are a caveman, but becomes destructive when neither "fight nor flight" is an option and one may feel trapped in an emotional abyss. Prolonged or excess stress also results in the depletion of the calming CNS hormones, such as serotonin and melatonin, which may result in agitation and severe insomnia.

The body needs a burst of energy to activate the muscles, diverts the blood flow to the muscles away from the viscera, and goes from a state of anabolism or building up of tissues to a state of catabolism, whereby tissues are broken down in the liver and muscles for the release of glucose for energy.

Cells throughout the body have the ability to manufacture these neuro-peptides as well as having neuropeptide receptors resulting in physiological responses independent of the central nervous system, that is, the brain. But, they also establish a communication system with the brain.

## Altered States..... By David Noonan..... NEWSWEEK

Despite widely held misconceptions about hypnosis (in part because of its long history as a type of entertainment), a growing body of research supports the ancient practice as an effective tool in the treatment of a variety of problems, from anxiety to chronic pain. Today, as practitioners work to assess and refine the clinical applications of hypnosis, they are also exploring its underlying mechanisms, using state-of-the-art imaging technology to document changes in the brain that occur when someone is in a hypnotic state. This increased understanding of how hypnosis works and what it does makes it a legitimate option for patients whose needs have not been met by more traditional methods.

To appreciate the therapeutic po-

tential of hypnosis, you first have to forget about things like swinging watches and hapless audience members who prance around on-stage, crowing like roosters. "One of the interesting ironies about hypnosis is that old fantasy that it takes away control," says Dr. David Spiegel, professor and associate chair of psychiatry at Stanford University School of Medicine and a leading expert on the practice. "It's actually a way of enhancing people's control, of teaching them how to control aspects of their body's function and sensation that they thought they couldn't."

Hypnosis is "a form of highly focused attention," says Spiegel--an induced state of mind that enables people to alter the way they perceive and process reality. During a typical session, the doctor guides

the subject into a state of receptive concentration, asking him to imagine he is in a safe and comfortable place. Once the patient is in a state of hypnosis, the practitioner makes specific suggestions--a hockey player with back spasms was told that when his pads touched his back, the muscles relaxed--to address the problem. (This focus on a problem distinguishes hypnosis from more passive states, like meditation.) The doctor then terminates the trance and teaches the patient how to use self-hypnosis to reactivate and maintain the therapeutic effect. The benefits can last for years.

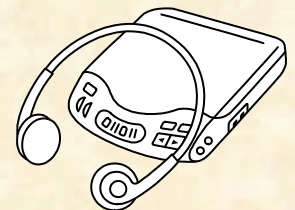
Article Submitted By Anthony DeMarco



Hypnosis is "a form of highly focused attention."

I love when I find articles that pertain to relaxation techniques moving over to the animal family.

So many clients will do or spend money on any kind of therapy for their animals, but not themselves. Those with imagination can take this article and have the AHA factor happen. Making CD's for animals who are stressed and prepare them for surgery, or sell it to VETS. *Roxanne*



Music CDs will be available at a low cost in all 25 pet clinics across Nagpur.

### "Fido"-Friendly Music Therapy 01.10.08

While it has been proven that pets act as stress-relievers for their owners, many pet experts believe that our furry friends also need to d e - s t r e s s . In a novel effort, the veterinarians and pet-lovers of Nagpur, India have decided to apply music therapy as part of the treatment for pets, which, they believe, will "rid the pets of stress and provide a sense of wellbeing among them." Like humans, pets also have good and bad days. And the veterinarians and pet-lovers in India seem to have understood this. "The therapy aims at ensuring a sound mindset for the pets through light music. During the course of treatments, we have discovered that Western

songs, which have harmonic music with pleasant piano and string chords, can create joy and happiness among pets. Even Eastern melodies, including classical numbers, can serve the purpose," according to Pradney Taksande, VMD. Taksande further adds that, under the project, scientists outside the city would be consulted to study the behavioral pattern of the pets. "An Alsatian's behavioral patterns may not be the same as a golden retriever's. Similarly, the behavioral patterns of a bullmastiff will differ from those of a bull terrier. Scientists and senior veterinarians will study these behavioral patterns along with the lifestyle of the pets. They will then decide on

the form of music that will suit the pets," says Taksande. In addition, Taksande says that music helps pets to release certain hormones, ridding them of stress. Such experiments have already achieved success in cities like Kolkata and Mumbai, India. Taksande says that such treatment should be done at home instead of at clinics, as the pets will find their homes cozier and more relaxing. He adds that a monthly journal on this will be distributed to pet owners across Nagpur to make them aware of the facility. However, Taksande believes that more sensitization programs are needed for pet lovers.

**Know which foods should stay and which should go.**

Whether it's leftover chow mien, moldy Muenster, or an open jar of pasta sauce, foods' shelf lives vary once you open and store them in your refrigerator.

**MILK: LASTS NO MORE THAN A WEEK AFTER THE SELL BY DATE**

Keep milk in the back of the fridge, and toss it no more than a week after the sell-by date. This is one item where you can use the "smell test." Don't put milk on the refrigerator door. Save the door for items you want to be a bit warmer, such as butter. Bottled water and

other unopened drinks are items that are less susceptible to temperature problems. Many condiments, such as pickles and olives, have highly acidic brines that slow bacterial growth, so you can keep them for a long time, until you see mold forming.

**MAYONNAISE: LASTS TWO MONTHS ONCE OPENED**

Mayo has a high fat content, which means it's not as susceptible to mold and bacteria growth. What does happen is that the oils in mayo break down over time, the

flavors change, and it will no longer taste good. There may be a subtle "off" smell, but you may or may not be able to smell it, so be on the safe side and dispose of it after two months (this is for any container -- glass or squeeze bottle). For other condiments, such as ketchup, oil, and salad dressing, refer to the expiration dates, which are normally accurate for these products. Because it's so easy to lose track of how long your food has been living in the fridge take tape and a marker and write down the date you open the item. Use that as your reference point.



Healthy Eating and Plenty of Water. Healthy Recipes, Education and Positive Thinking.

**LEFTOVERS: LAST THREE-TO-FOUR 4 DAYS**

King Pao chicken, pepperoni pizza, or tuna salad must go in the fridge within two hours of serving to reduce your risk of food-borne illnesses, because bacteria grow more quickly at room temperature. Don't leave leftovers hanging out in the kitchen. Put them in the fridge as soon as you're done with them. Cold temperatures slow the rate of bacteria growth. Refrigerate larger items like macaroni salad or large quantities of Chinese food in several shallow containers, rather

than large clumps. That way, the food will cool evenly and more quickly. You don't want a big clump.

**BABY FOODS: LAST ONE-TO-THREE DAYS IN THE FRIDGE ONCE OPENED**

An open jar of strained fruits and veggies lasts two-to-three days in the fridge. Opened cooked meat and vegetable combos need to go after a day or two. Meat and veggie combos should go after two days,

tops. The bottom line is: Don't leave open jars of baby foods in the fridge longer than three days. Another hidden danger with baby food is that parents frequently may feed babies right out of the jar, and saliva transferred to the jar can promote bacterial growth when placed back in the fridge. If you're using a jar more than once, make sure you portion out what you're going to use, so the dirty spoon doesn't go back into the jar.

**Italian Beef and Lentil Slow-Cooker Stew**

small onion's), chopped...1 medium garlic clove's), minced...1 large zucchini, diced ...1 pound lean beef round, cut into 1-inch chunks...1/2 tsp dried oregano, crushed...14 1/2 oz canned diced tomatoes, undrained...1 Tbsp canned tomato paste...3/4 cup dry lentils...4 cup canned beef broth...1 tsp table

salt...1/4 tsp black pepper...1/4 cup basil, fresh, slivered.

Place all ingredients, except basil, in a 5-quart or larger slow cooker; stir well. Cook on LOW setting for 6 to 7 hours.

Remove cover; stir in basil. Cover

and cook on LOW setting for 5 minutes more. Yields about 1 1/2 cups per serving....

POINTS @ Value: 4  
 Servings: 6  
 Prep. Time: 25 min  
 Cooking Time: 420 min  
 Level of Difficulty: Easy



Aerobics', Cardio, Walking and any creative movement will enhance our goals.

## Is It All In The Mind

Continued from page 2

Some depressions are biochemically related, as is their reversal or control by pharmaceuticals. Psychosomatic ailments are by definition mind-caused. Guided imagery uses the mind for healing, and with a surprising degree of concomitant physical improvement.

The most effective way to do guided imagery work is with client-generated 'images'. What do they feel, or have an inner sense, will work for them? Is it predators or angels? Mechanical devices like ray guns and pulverizers, or gentle persuasion? Biologically accurate things like enhancement of particular immune system components, or a healing presence? The healing metaphor, the healing agency, needs to fit the client's personal belief system and their unique life story. General imagery can be helpful if it is artfully vague. Yet, even with knowledge of the client's specific imagery, it is important to structure your language in as open-ended a way as is possible. The healing image may be an angel, but let the client fill in her own details about the angel- male or female or ... The healing work, after all, is done within the client's mind.

Is it all in the mind? Yes, if you use words. It is not necessary to belabour the point that words like 'red' and 'happy' are individually interpreted. Women, for example, can typically distinguish and name many more shades of red than men can. Yet, each woman experiences a particular red differently.

The placebo effect is always present when you use words since the words evoke individual belief systems. If you congruently believe, and project that belief, that whatever you are doing with a client will be helpful, then your belief tends to become the client's belief. When a treatment is 'new', it is invariably more effective than when it has been around for a while. **In 'talking' therapies words count, so choose them with care.**

### Another Affirmation to Teach Clients to Release Negative Thinking

Our basic state is one of purity, bliss, and awareness. When you were a baby you were in this joyous condition. The events of your life have caused you to add layers of negativity around this wonderful state to such a degree that now you suffer more and more and don't experience the joy and serenity in your life. You need to add nothing to know the ecstasy that is your birthright. What will let this eternal moment of infinite joy reoccur is the removal of the obstacles to your pure energy connection. The first step in recovering your perfection is to melt away all your

tension. Relax. Witness and feel your breath as it comes and goes. With every exhale, send out a characteristic that has caused you to be blind to your light. With every inhale, bring into your being a divine attribute and feel yourself being purified. Send the energy throughout your body, mind, and emotions.

Exhale fear, inhale courage. Exhale cold-heartedness, inhale compassion.

Exhale ignorance, inhale wisdom. Exhale egoism, inhale humility.

Exhale ignorance, inhale wisdom. Exhale egoism, inhale humility.

Exhale nervousness, inhale tranquility. Exhale hate, inhale love.

Exhale suffering, inhale peace.

Continue to be creative and continue on releasing all your negative thoughts, emotions and feelings. **LET IT GO**

Continue until you have nothing else blocking your glory. At the right time, your serene moment arrives.

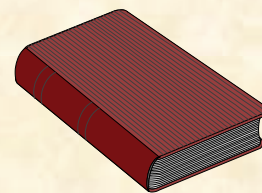


Degree's Hang them UP

Hello  
I Love You  
I'm Sorry  
Forgive Me  
Thank—You

Sometimes our focus is not on the client for what ever reason sometime. This is a nice saying to say quietly to yourself when you work with a client. Acknowledge they are there, You care for them, your sorry for not giving the full attention, ask their forgiveness, and thank them for choosing you.

Sent in by Barbara Gambrill



Journaling, a wonderful part of healing. Encourage clients to JOURNAL

## PAST LIFE REGRESSION

A TWO DAY WORKSHOP WITH TONY DE MARCO, LL.B., Ph.D.

**FEBRUARY 16<sup>th</sup> & 17<sup>th</sup>, 2008.....Saturday & Sunday..... 9 AM-5 PM**

**INTRIGUING CONCEPTS OF PAST LIFE REGRESSION**

**COMPLETE PAST LIFE PROCEDURES AND SCRIPTS**

**EXCITING EXPERIENTIAL GROUP REGRESSIONS**

**PRACTICE WITH YOUR STUDENT COLLEAGUES AND HAVE FUN WHILE LEARNING AS YOU VISIT EACH OTHER'S PAST LIVES**

**INSTRUCTOR SUPERVISION WITH QUESTIONS & ANSWERS**

**PAST LIFE REGRESSION SPECIALIST CERTIFICATE AWARDED**

**ORIGINAL NOTE & SCRIPT COURSE BOOK CONTAINING**

A summary of a sample past life regression

**30 catch words & phrases to be used as triggers of stimulation**

**A three (3) page Exploration Script**

**A four (4) page Learning Experience Script**

**A six (6) page Problem Solving Script**

**Past Life Session & Journal pages for unlimited future use**

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.

Place:	Holiday Inn	Members \$325..... Non Members \$350
	47 Stelton Rd, S. Plainfield	Repeaters \$135.... Call Dr. J. Gatto
Tel:	(908) 753-5500 Hotel	Tel : (908) 964-4467
Time:	9:00AM to 5:00PM	Fax : (908) 810-0255
Sat. & Sun.- .....	February 16th & 17th, 2008	Email: ggattohypno@aol.com

**National Association of Certified HypnoCounselors**

## **SPRING ACADEMY HYPNOCOUNSELOR CERTIFICATION 2008 (Approved by the National Guild of Hypnotists, the largest hypnosis organization in the world. Become Certified by the Academy of Professional Hypnosis)**

**TO:** All Persons Interested in Hypnosis Certification Call Dr. John Gatto at (908) 964-4467 or email to [info@hypnoacademy.com](mailto:info@hypnoacademy.com): The Academy of Professional Hypnosis, the first school of hypnosis to be licensed by the State of New Jersey (1991) **Go to [www.hypnoacademy.com](http://www.hypnoacademy.com) to print registration form**

**SCHEDULE:** **Basic....March 29-30 & April 5-6    Advanced....April 12-13 & 19-20**

**Advanced Clinical Certification.... April 26-27 & May 3-4**

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.

### **HYPNOSIS HEALS**

**Surgery....**Hypnosis given during surgical radiology not only diminished patients' pain and anxiety, but also shortens surgical time and reduces complications from the procedure. *Lancet, 2000*

**Cancer....**Many cancer patients suffer nausea and vomiting not only after chemotherapy, but before treatment. In a study of 16 subjects who normally experienced these symptoms, hypnosis alleviated pre-chemotherapy sickness in all of them. *Oncology, 2000*

**Immunity....**Hypnosis seems to significantly raise the activity of B-cells and T-cells, both key to immune response, in highly hypnotizable subjects. *American Journal of Clinical Hypnosis, 1995*

**Smoking....**Of almost 3,000 smokers who participated in one group hypnotherapy session, sponsored by the American Lung Association, to kick the habit, 22% reported not smoking for a month afterward. *The International Journal of Clinical and Experimental Hypnosis, 2000*

**Attention Deficit Disorder (AD/HD) ....**Research shows that hypnosis is as effective as Ritalin in treating ADD in children. *Presented at the American Psychological Association Meeting 1999*

**Pain....**In 169 patients, self-hypnosis was largely successful in alleviating chronic tensions headaches. *International Journal of Clinical Experimental Hypnosis, 2000*

**Studies....**A growing number of studies show that hypnotherapy can treat headaches, ease the pain of childbirth, aid in quitting smoking, improve concentration and study habit, relieve minor phobias, and serve as anesthesia, all without drugs or side effects. *Psychology Today, January/February 2001*

## NEXT 2008 MEETING

**Wednesday:** February 20th. 2008  
**Networking:** 7:00 PM  
**Dinner:** 7:30 PM  
**Meeting Place:** Galloping Hill Inn  
Union, NJ



NACH and NGH



## MEETING DATES FOR 2008

February 20th.....March 19th

April 16th.....May 21st.

Oct. 15th.....Nov. 19th.

No meetings:

June, July, December and January

## TOPIC: CHAKRA BALANCING FOR STRESS REDUCTION

PRESENTER: Pat Conte

The seven energy centers called "chakras" control our physical, mental, psychological, and spiritual health. The word "chakra" comes from Sanskrit which means "wheel" or "disk", and sometimes referred to as "wheels of light". Chakras are spinning vortices of energy connecting the physical body with our "subtle" body energy system or aura. When this energy flows freely throughout the body, we live in a state of good health, physically, mentally, psychologically and spiritually. We are in harmony with our own natural constitution, our environment, our relationships, and the universe. When out of balance, such imbalance (s) may be expressed through emotional and psychological disorders, excess stress, or physical symptoms affecting certain areas of the body. By bringing the chakras

back into balance, we can alleviate stress, improve our outlook, and restore our health.

Upon graduating from Chicago's Stritch School of Medicine of Loyola University in June 1966, Dr. Conte trained in radiology and nuclear medicine at Upstate Medical Center, SUNY in Syracuse, NY. Dr. Conte is a graduate of the Academy of Professional Hypnosis and is a certified advanced clinical hypnotherapist and a master hypnotist. He is a certified Ayurvedic practitioner, graduated from the School of Ayurveda, and is an Ayurvedic instructor and cofounder of the State approved American School of Ayurveda, East Hanover, NJ. He recently was awarded a Ph.D. degree in Ayurveda Medicine from Westbrook Uni-

versity. Also, he is the author of "Converging Paths of Ancient Ayurveda and Modern Medicine". He has given lectures and seminars on Ayurveda and as well as hypnosis, including chakra healing, meditation, past life regression, Ayurveda and stress, and other related topics.

Dr. Conte will have his new book for sale that evening. He will be glad to personally sign his book for you.

Come and balance your chakras for a healthy prosperous beginning of 2008.

**(WE CAN ALL USE THIS)**

## 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.