



# NACH and The Greater NJ NGH Chapter

National Association of Certified Hypno-Counselors

1358 Burnet Ave. Suite 1 Union, NJ 07080



## NEWSLETTER

**Eating Habits Contribute to Weight Gain as Much as Food Choices** Kirsten Whittaker...Daily Health Bulletin

**NEXT  
MEETING**  
**Wednesday**  
**FEBRUARY**  
**18TH**

### IN THIS ISSUE

- Eating Habits
- Weight Mngt. Script
- January Horoscope
- Upcoming Classes

PROMOTE WORLD HYPNOTISM DAY  
 JANUARY 4TH, 2009. THE PUBLIC  
 DESERVES TO KNOW ABOUT ITS  
 WONDROUS BENEFITS

Perhaps it's not so surprising to find that a combination of eating behaviors might contribute to weight gain. Adults who eat quickly and stay at the table till they're absolutely full are three times more likely to be overweight than those who eat more slowly or stop before they're stuffed. And today, with food that's cheap and fast, in larger portions than ever before, all of us are eating more calorie-laden foods. Distractions like TV and eating at your desk encourage you to consume thoughtlessly, so it's no wonder obesity rates are rising. The study, appearing in the October 22 Online First issue of the British Medical Journal (now known as BMJ), involved nearly 3,300 Japanese men and women, aged 30 to 69, who filled out diet questionnaires on how quickly they ate and if they continued to eat until full. Both weight and height measurements were also taken, though most of the subjects weren't o v e r w e i g h t . The odds of being overweight were three times higher for subjects who reported that they were fast eaters... who stayed at the table until completely full. In fact, there was a significant positive association between exhibiting both of the two eating behaviors a n d b e i n g o v e r w e i g h t . What's interesting is that the finding held up even when including factors like age and getting regular physical activity. Though the research only involved adults, the idea of starting good, relaxed eating habits in childhood makes sense, this according to an editorial published in the same BMJ issue as the study. "Eating quickly, gorging, and binge eating have been associated with total energy intake, and eating quickly and binge eating have been associated with satiety and insulin resistance," writes Koutatsu Maruyama, from

Osaka University in Osaka, Japan, and colleagues. "All these eating behaviors may lead to being overweight or obese. In addition, the positive association of eating quickly with body mass index was observed independent of total energy intake." The editorial piece published along with the research advises parents (and all of us) not to push kids to eat more. Instead feed meals in a way that allows for a child to stop eating w h e n t h e y f e e l f u l l . Eating slowly, looking closely at portion sizes and eating without distractions are all helpful changes you can make to your child's, and your own, eating behaviors. "Well children don't starve," write the editorialists, who include Elizabeth Denney-Wilson, PhD, MPH. She is a research fellow at the University of New South Wales in Australia. Her suggestion is that we strive for our eating behaviors to be controlled by the body, as Nature intended... not a need to "clean your plate" or finish up so it won't go to waste.

Research in 2006 by University of Rhode Island nutrition scientists supports the idea of eating more slowly and consuming fewer calories - subjects ate 67 fewer calories in about half an hour than they did during a n i n e m i n u t e m e a l . What's more, they felt fuller and more satisfied for up to an hour after the meal, and you'll likely enjoy the m e a l m o r e t o b o o t . Try sitting down with the family at the table... enjoying the food and some conversation while helping to help nourish your body without all those energy-sapping excess calories.

**Sent in by Tony DeMarco, Thank You**

*Weight Management Script* Gwen Foster and Hilary Nixon

You have begun a positive approach to obtain the slim, healthy, attractive body, which you desire. I am going to give you suggestions that will make this a permanent change in your living. These suggestions are going to take complete and thorough effect upon the deepest part of your subconscious mind, sealing themselves in the deepest part of every cell of your brain and body. You are going to be surprised and amazed just how effective these suggestions are going to be and how much they will become a part of your everyday life, giving you a brand new pattern, brand new thoughts, a brand new method of action, to make you an effective and successful person. You have begun a positive approach for obtaining a healthy, attractive body, which you so desire. You have chosen hypnosis as a positive means to attain this goal, because hypnosis is a great aid in permanently changing your emotional reactions to food and eating. You realize that hypnosis is a new positive approach in attaining and maintaining the size and weight that you desire. Through hypnosis you will restore normal reflexes that will keep you satisfied and bring into play that wonderful feeling of well-being. Visualize yourself as the slim, attractive, healthy person that you want to be, visualize yourself at the exact weight and size that you desire to be. As you go deeper and deeper into relaxation, even deeper and deeper down with every breath you exhale, all the sounds fade away in the distance. You will pay attention only to the sound of my voice, listening carefully to the positive suggestions that I am about to give you. Each time before you eat, you will check in with your stomach to make sure you are in

fact hungry. Just look down to your right and ask your stomach if it is hungry. If the stomach is not hungry you will not eat. You will find something else to do. If the stomach is hungry, you will look down and to your left and ask what you can eat that will make you feel healthy and energized and satisfied 30 minutes from now. Then you will look up and to the left and visualize your healthy food choices to satisfy the question, what can I eat that will make me feel healthy and energized and satisfied 30 minutes from now. This slender eating strategy will be a permanent thought process, your slender eating strategy will be yours to attain and maintain your ideal weight. You will stop eating as soon as your stomach is satisfied, before it actually feels full. Through hypnosis you will restore normal reflexes that will keep you satisfied and bring into play that wonderful feeling of well-being. The word diet is a negative word; it threatens you with denial of food and death. Hypnosis is a positive word; it makes you relax, comfortable and alive. Diets fail; hypnosis succeeds. Diets bring about starvation which leads to overeating and excess weight gain. Hypnosis brings about satisfaction which leads to relaxation and brings about a slim, attractive body, a relaxed mind and a satiated spirit. The old urge to diet is now completely removed from your mind for now you realize that the real answer is in restoring normal reflexes. You will concentrate on it, obeying every suggestion I give you, for hypnosis is a positive approach. Hypnotic suggestions which you receive will rapidly bring about a change which is necessary to insure a permanently slim, healthy, attractive body, which you so desire. Now I

want you to imagine that you are on a swing and you are the perfect size and weight. I want you to slowly start swinging. As you swing higher and higher at a safe level, I want your metabolism to adjust higher and higher. I want your subconscious mind to adjust your metabolism safely to the appropriate level to help you attain your desired weight. As you continue to swing, your metabolism continues to adjust until it gets to the perfect rate, the perfect rate of metabolism to get to your desired weight, and to maintain that ideal weight. As you swing, the metabolism is adjusting to the perfect rate, your subconscious knows what your metabolism needs to be to meet your weight goals. Your subconscious mind will adjust your metabolism until it is at the appropriate level, as you continue swinging. Good. Now your metabolism is just where it needs to be. Now that your metabolism has increased to the point it needs to be for your ideal weight, it will need water to help flush out any toxins or excess weight that you are needlessly carrying. You crave water, wonderful life giving water when you are thirsty, and even when you're not. Water is the means for cellulite to leave your body. Your body gets rid of excess weight and cellulite easily and more quickly with each glass of water that you drink. Water tastes better than ever before. Each time that you go to the bathroom you will know that the water is working to rid your body of excess weight and cellulite. Water has never tasted so good as it does, now. Continue to breathe deeply and be aware of your breathing. With each breath you relax more and more, with each inhalation you bring in

health, and vitality and with each exhalation you release what no longer belongs within your body, you sink deeper and deeper. Notice how good it feels. Unhealthy eating habits that didn't work for you and extra weight were perhaps ways of creating a security blanket, a sense of comfort, and a sense of being whole and complete in the past, you responded this way because of various emotional situations. The subconscious mind, stores all of your memories and the lessons learned from each situation. The way it works for you is it presents you with options of responding to different situations, based on the lessons learned from the past. It's called a trigger response, something very natural and very easy and involuntary. In the past your subconscious mind was trying to help remind you of the lessons learned from those emotional situations, it tried to give you what it thought was the best response available to you at the time. Now, we want to thank your subconscious mind, for that reminder, we don't need that reminder anymore, we now have other ways of responding that are healthier options than food and eating. The lesson has been learned. You can imagine other ways of dealing with situations and expressing emotions safely without the need for food. You now have the creative ability to choose the most positive ..Continue on page 4

## January Horoscope with Judy Lewis

**Aries** -As we enter the New Year positive aspects to the 1<sup>st</sup> house indicate the return of a strong & confident Aries. Quite a few detours have driven you off track this past year. A revised set of goals and the power to finish projects are the gifts of this star pattern. A fantastic string of accomplishments and success will be yours. Happy New Year, Aries!!

**Taurus** -New Year activity to the 2<sup>nd</sup> house promises a fresh start with career opportunities. Excitement and renewed motivation guarantees success. Even those who remain at the same work place will be positivity impacted. The sense of accomplishment so vital to happiness has returned. These events renew your faith and you now believe!

**Gemini** -Financial downturns have made many Gemini natives afraid to take a chance. The energy has cleared and your mutable personality has stabilized. Astral advice suggests a revamping of your resume and the pursuit of education in your field. These efforts will reactivate your spirit. Change your thoughts and you will change your life!!

**Cancer** - The Cancer native's sensitivity works in many ways. Knowing results before they happen is one. The other is a tendency to pick up negative energies. When a sense of gloom overtakes you, just after you interact with an unhappy person, these are not necessarily your emotions. This simply revelation will keep you from being a psychic sponge. Happy New Year!

**Leo** -Recent events have taken so much of your attention you haven't noticed that loved ones may be feeling neglected. They seem invisible as you stand in the spotlight. A kind word of acknowledgement would make them smile and feel appreciated. You love them, but now it's time to show them with actions and words. In the New Year the good feelings return and you remain the star.

**Virgo** 7th house issues of partnerships and the influence of Saturn may find you somewhat insecure in relationships, both career and personal. Rumors of firings at work have you even more self critical. This energy turned within may have a dampening effect on the joyous New Year. The Universe has many positive surprises in 2009. So start visualizing the life you desire and the Stars will do the rest.

**Libra** - Libra, tensions at work during the past months have reached an all time high. Those unemployed Libra's may feel they have gotten the better deal. A calm exterior hides an unsettled mind. As you smile at meetings your stomach may be churning. Hold on, as the New Year brings awareness of your life's goals and ability to deal with stress. You're a winner as you pursue your dreams.

**Scorpio**-The events of January will only seem to prove what you've always known, you are the psychic one! Dreams and hunches are all on target as you flex your intuitive muscles. The New Year is the beginning of the return to the spiritual side of your persona. You are not afraid to explore the mysteries of life and now are certain that magic is real!!

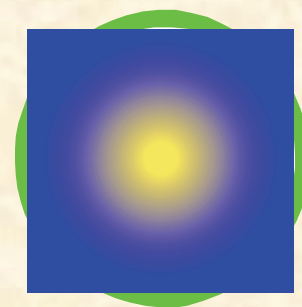
**Sagittarius** - Sag, at home in the ninth house of your solar chart may find you somewhat astonished as you read headlines or watch the news. The injustice in the world pains the law and order part of your persona. The astral advice suggests that you live your life with your own high standards .You can change the world starting with your own circle.2009 is the beginning of a brilliant New Year

**Capricorn** -Passions stirred by a Mars – Sun conjunction in the 10<sup>th</sup> house of your solar chart may have you itching for a confrontation at work. Some Capricorn natives are even considering cutting away from their present career path. The astral energy advises caution and the conservative part of your personality is eager to heed this advice. Let's not be rash. Wait for the calming aspects of February

**Aquarius** - So much activity posited in the 12<sup>th</sup> house of the hidden will find many. Aquarian's clearing away old beliefs and focusing on new and exciting challenges. You've got your Jupiter back after 12 years as it returns to expand your horizons and bring the kind of protection and opportunities your ambition craves. The beginning of a year long lucky period that heralds the return of your faith.

**Pisces** -Dear, Pisces, your ruler, Neptune, clouds your vision at times. They have many sayings about the truth. Some say "the truth hurts." An equally well known phrase is "the truth shall set you free." Looking at situations as they are and not as you wish they might be, will begin a positive trend. The benevolence of the Universe will get you through to better times and a place called happiness.

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.



**Stargazine 2009**

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Stargazing

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## Weight Management Script

way of responding in all situations. You may journal you feelings, or listen to your favorite music, or you enjoy spending time with friends, or you choose to walk or exercise, you do anything that you really enjoy like meditating, playing, or learning something new. Eating is only necessary to satisfy and nourish your body. You only eat to satisfy real hunger, with healthy food choices, and you stop eating when your stomach is no longer hungry, do not wait until you are full, by that time you have already overeaten. Now I want your subconscious mind to check in with your hormones. Your subconscious mind will gently and safely adjust your hormones so that they are at the correct levels for you. Your subconscious mind balances your hormones so there are no additional food cravings at certain times of the month. Your subconscious mind adjusted your hormones so that you feel in balance always, when you are in balance you do not have cravings, your body maintains a consistent balance throughout each month. Your monitors your metabolism and hormones every morning it makes any necessary adjustments in order for you to attain and maintain

your ideal weight, and your own sense of balance. All systems work in harmony, so that you operate always at your fullest potential. One thing is very important, you are not only going to reach your ideal weight, you will find it very easy to maintain. You will be thirsty for water each day, you will also have a desire to move your body in some way every day. You will find time to exercise regularly every week. You exercise when your body needs it, just like you eat when your stomach is truly hungry. You find time throughout the day to exercise and release all the toxins from your body and to aid your metabolism to maintain optimum levels. Sometimes as the need arises you may exercise two times a day, taking a walk, gardening, riding a bicycle or going to the gym. Exercise as this important part of your life, makes you feel healthy, sexy, confident and energized. You always find at least a 20 minute window during the day to move your body in healthy ways. Each time that you exercise and make a slender eating choice, you have a huge sense of accomplishment and pride. Each time you look in the mirror you see the beautiful person that is confident, healthy, happy, and sexy. You are very wise

to choose hypnosis as a positive approach to a new, wonderful lifestyle, a lifestyle of slender eating habits that you feel good and look good. You are attaining your naturally perfect size with little effort. Diets are a thing of your past, hypnosis is the perfect solution to give your subconscious mind the power and ability to meet all of your goals. Your mind has the power to do anything you want. You are in control, the slender eating strategy is already in your subconscious mind and is second nature to you. Now I'm going to count from one to three, and then I'll say "wide awake and energized". At the count of three, your eyes are open, and you will be wide awake, feeling calm, rested, refreshed, and relaxed. All right, one, slowly, calmly, easily you're returning to your full awareness once again. Two, each muscle and nerve in your body is relaxed, and you feel wonderfully good. From head to toe you are feeling perfect in every way. Physically perfect, mentally perfect and emotionally perfect. On the next number I count eyelids open, fully aware, feeling calm, rested, refreshed, invigorated and full of energy. Three, you're fully aware now, eyelids open. Take a good deep breath, fill your lungs, and stretch.

**TO  
YOUR  
HEALTH**

**This is a new beginning in a "letting go" year. Begin looking at everything in your life in a new way." Do I really love it? Do I really need it? Would I be better off without it?" Instead of buying and spending, save that money. Let your money work for you for a change. This is the beginning of a new year of laying new ground-work for your life. You must make room for the good that's just waiting for you. Begin Now. Fill your mind with new, positive thinking.**

**Louise Hay**

## Fall Academy Hypno-Counselor 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. **( All workshops receive CEU hours)**

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

Or Email Dr. Gatto at..... [info@hypnoacademy.com](mailto:info@hypnoacademy.com)..... Or go to [www.hypnoacademy.com](http://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 on January 31, 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 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.

**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 FOR FREE FINANCING CALL TO MAKE ARRANGEMENTS PRIOR TO JANUARY 15TH**

### **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

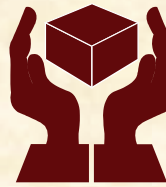
**Meeting Place:**

**Galloping Hill Inn, Union, NJ**



### 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*  
*May .....20*  
*June .....17*  
*September .....16*  
*October .....21*  
*November.....18*  
*No sessions*  
*December & January*  
*July & August*

*We haven't heard meetings a success. What you have to say about what type of or recommend is important to us. Hope to see you all in February to start another great successful year together learning and sharing.*

**TO SUCCESS**  
**Roxanne**

### Board Members

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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

**Enhance your own and others lives with Hypnosis!**

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- ❖ Master The Most Effective Hypnosis Techniques
- ❖ Alleviate Real, Personal Issues in Class-and MORE!

*This course is divided into three levels: Basic, Advanced and Advanced Clinical. Each level consists of two weekends totaling 100 hours of classroom training. Licensed by the New Jersey Department of Education since 1991.*

**Registration Form**

**Double Bonus: All graduates will receive a free one year membership in The National Guild of Hypnotists (\$105 value) & in the NACH (\$35 value)**

Yes, register me for the following course(s)

- Basic Hypnosis Course (33 hours) \$595.  
January 31, February 1 & February 7,8 2009
- Advanced Hypnosis Course (33 hours) \$595.  
February 21,22 & 28 March 1 , 2009
- Advanced Clinical HypnoCounselor Certification (34 hours) \$595.  
March 14,15 & 21,22 , 2009

**FOR GROUP RATE (3 or more) CALL US**

**Easy payment plan for 100 hour Certification –Free Financing- No Interest**

**Deposit of \$585 plus 6 monthly payments of \$200 = \$1,785**

**(Financial Arrangements required no later than 3 weeks prior to first session)**

**Place:** Holiday Inn 4701 Stelton Road, South Plainfield, NJ 07080 Tel: (908) 753-5500

**Time:** Saturday First Day 8:30 am – 6:00 pm, Sunday Second Day 9:00 am – 6:00 pm

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Enclosed is my check for \$ \_\_\_\_\_

Visa / MasterCard # \_\_\_\_\_ Exp \_\_\_\_\_

Signature \_\_\_\_\_

Class Sizes Are Limited, Please Call Today To Reserve Your Seat.  
1-800-240-HYPNO (4976) or (908) 964-4467

## **HYPNOSIS HEALS Spring Session, 2009 (Classes begin on January 31<sup>st</sup> 2009)**

**To: All Persons Interested in Hypnosis Certification**

**From: The Academy of Professional Hypnosis (908) 964-4467 [www.hypnoacademy.com](http://www.hypnoacademy.com)**

### **ACT NOW!!!!**

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 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. (Schedule: Basic Jan. 31, Feb.1 & Feb. 7/8) Advanced (Feb. 21/22 & Feb. 26/ March 1 ) Advanced Clinical (March 14/15 & 21/22, 2009)

## **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 (ADD)**

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**