



NACH and the Greater NGH Chapter

National Association of Certified Hypno-Counselors

1358 Burnet Ave. Suite 1, Union, NJ



NEWSLETTER

NGH CONVENTION JUST AROUND THE CORNER

THE WORLD'S LARGEST AND FRIENDLIEST HYPNOTISM CONVENTION

August 7-9, 2009 Best Western Plaza Hotel - Marlborough, MA.

Yes, its almost that time of the year again. Now is the time to make plans and choose what courses to take. You can look on line at WWW.NGH.net and start surfing all the new workshops and presenters for this year. Take part of your vacation this year to attend. It is the best thing you can do for yourself, your profession and business. You will always come home feeling confident, renewed, energized and applying all that you learn immediately. There is such a feeling of positive energy at the convention every year and the friends you meet from all over the world is fantastic. Come join Tony, John, and Roxanne at this years convention. So sign up now and get your hotel reservation early.

**NEXT
MEETING**
Wednesday
June
17 TH

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2009 MEETING DATES

June ...17 September...16 October ..21 November..18

No sessions December & January and July & August

Please copy and print and cut out and put some where as a positive reminder of when our meetings are

HEALING ENERGY CIRCLE A HUGE SUCCESS

Our May, 2009 NACH-NGH Greater New Jersey Chapter meeting was again a huge success Member, Patty Pedersen rendered a beautiful presentation so that persons in need of healing may receive it from a group concentrating on sending this energy through the universe. Thought and prayer are extremely powerful and we are beginning to realize that Distance Healing is real and rewarding. Patty shall conduct a Healing Energy Circle again at our next meeting on June 17th. Any member may email the name, location, and issue of a person or persons to us, or give the information on the night of the meeting. Please be prepared to give the information at the beginning of the meeting so that Patty has to time to assemble the list. This is a chance to expand your horizons and help others. We all benefit from the power of prayer and energy, and in a group the power multiplies rather than adds. You will be surprised to feel the energy yourself and to begin your own healing. You owe your participation to yourselves!

Hypnotherapy in Medicine (Thailand Report) by John Krukowski

Hypnosis ability to cure physical illness

Hypnosis makes no claim that it can cure physical illness. Hypnosis simply has the ability to stimulate the human mind to it's fullest potential to cure the body. Each persons mind has the ability to make the condition better or worse. Depending on the given strength of that persons mind and how advanced the medical condition is the expected outcomes will change.

In example, doctors and others have seen people give up and die quickly there after. Doctors and others have also see people fight and survive much longer than expected. It has also been observed seeing people recover completely.

We generally accept that humans use about 5% of their brain day to day. That is simply referred to as the conscious mind. The subconscious mind makes up the remaining 95%. Everything other than cognitive thought is subconscious. This includes the regulation of hormones, body temperature, pain management, blood flow, and other functions that can be manipulated with modern medicine. Antibiotics and anti-viral medicines are excluded because they deal with foreign organisms. In short medicines that effect how people feel only mimics what hypnosis does naturally. However the manual administration of medicine may exceed the body's natural ability to produce it on it's own. Unlike administration of medicines, there are no side effects with hypnotherapy because nothing is being introduced into the body.

Understanding how hypnosis works

In short the human brain is the ultimate expert on the human body. It knows what to do when we are sick even if we as humans have not discovered the answer yet. When you watch a DVD at home, all most people know is put it in the player and push the play button. The need to know exactly what is happening is not necessary. Just the general concept it has to do with lasers is about all most know. The same is true that Hypnotherapists don't know or need to know exactly what is going on inside the human mind such as what chemical changes are occurring and so on. All that is necessary is knowing how to reach the desired outcomes push the right button.

Research continues mostly by drug companies to understand how the human brain works. As technology improves the brain is slowly giving up it's secrets. This is not so much driven by the desire to know but more by finding a way to make a profit from it.

Hypnotherapy at a cellular level

The human mind has the ability to affect change at the cellular level. The changes observed are the result of collective cell stimulation. The mind can select a specific group of cells and ignore others. All that is required is the proper suggestions to achieve this. The need to be in a hypnotic state is not required.

Example 1: If you are traveling down a road and suddenly you encounter the smell a food that you particularly enjoy, your mouth will start to salivate in anticipation of the food. If the desire is strong enough you will stop and indulge. If you don't stop then once you pass out of the range the desire will pass. This is not hypnosis however it does reflect that the suggestion of eating that food will cause a physical reaction that starts at the subconscious level.

Example 2: Sexual arousal can start with the suggestion of impending sexual activity and/or for some observing sexual activity of others as in pornography. Without physical sexual stimulation the body prepares for sex. Males will start to have an erection. Females will start to secrete vaginal lubrication and experience vaginal lengthening. The process of physical sexual arousal will continue until the suggestion is removed.

Example 3: The sound of a crying baby will cause nursing mothers to lactate even if it is not their baby. By identifying specific hypnotic suggestions the body will respond accordingly. In short giving proper hypnotic suggestions the body will produce or do what it needs to combat illness. An example may be slowing or stopping the blood flow to a tumor causing changes in the tumor. This essentially is no different than the suggestion that would cause males to get an erection by redirecting blood to the penis. Knowing what suggestion is the key. **Go to Pg 4**

The Client Has the Power

By JANE E. BRODY

Published: November 3, 2008

June Horoscope with Judy Lewis

Aries - A powerful 9th house Venus brings back the charming Ram. Your charisma is high and the world will view you as their princess or knight in shining armor. Please don't allow this added attention to veer you off a cliff of indiscretion. Not unlike a Hollywood star there may be a danger of a tawdry meltdown. Stay true to love commitments and you will retain your honor.

Taurus Many would note that the Taurus native is slow to change and cautious as not to make life errors. A lovely 9th house Mars will excite and propel you passionately forward. Legal matters, higher education, and developing the spiritual mind, are highlighted now. You won't turn into the Dalai Llama but you might for the first time really delve into his philosophy.

Gemini Tenth house issues are pressing you to re-evaluate your career, status, and honor. An abrupt change of course over the next year may be your fate. So prepare by continuing your education and refining your goals. If things are not working put them aside and create a new life. These astral energies indicate a prosperous time for change.

Cancer Your heightened sense of intuition will be even more accurate than in the past. Much more than knowing in advance who's calling when the phone rings you'll be predicting the outcome of political races and may be guessing the lottery numbers before the drawing. Enjoy and use wisely this period of psychic fun.

Leo - This is a time to keep in mind your goals for the future. A temporary lull in your motivation coupled with 12th house energy indicates that determination and fortitude during this month will bring joy in the future. Tell yourself that the harder you work the luckier you will be. By following this mantra you will earn great benefits in August.

Virgo - The Moon conjunct Saturn in the second house of earnings shows a fluctuation in finances in the month of June. Hold on to your hat as it will be a bumpy ride. This turmoil will leave you financially in much better shape. The astral advice suggests cautiously cleaning up any debt. Spending within your limits is of utmost importance now. So be a good Virgo and save your coins.

Star Struck- Jon & Kate both born under the sign of Aries have not followed the astral advice of Stargazine. The meltdown has just begun, look for real tawdry details and engagement rumors to fly in November. (Hey, they won't even be divorced!!)

Libra - Libra's are particularly influenced by the negative reporting about our economy. It can cause a rip in their astral protective shield. As more and more horror stories filter into the psyche it is of utmost importance they control their own little piece of the world. Thinking thoughts of benevolence and love and choosing to be happy and positive are not only good ideas but are imperative in these time. September brings contentment.

Scorpio - You are finally feeling at home with your own soul. It may have taken years for this moment of self awareness to arrive. The pain of past mistakes is almost all forgotten. This period may be best used to renew your mind, body and spirit. Take time to create the life you have always envisioned. Today, at this moment begin. The stars will work on your behalf.

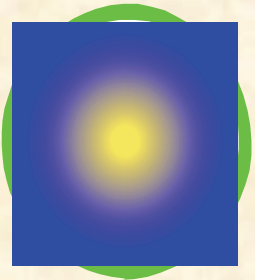
Sagittarius - Someone will be following you around and watching every move you make. No, it's not a stalker but an admirer, one who believes they might learn a lot from you. This is not a romantic attraction but one based on business or life lessons. If you wish you can mentor a grateful apprentice. The upside of this is a renewed sense of your own self worth.

Capricorn - It's always about work with the Capricorn but not in the month of June. Now fifth house energies indicate a loving relationship is in the near future. If you already have a partner this is a perfect time to add a little spice. Make efforts to ignite passion and this may be a June to remember.

Aquarius - 7th house issues have you somewhat on the defense as suspicions about your partnership or romance have been making you insecure. White lies coupled with a late night return of your lover are making you crazy. Have a sit down talk with the one you care about. Put your foot down and demand better behavior. This brave act of self esteem puts your partner on notice and restores the commitment factor.

Pisces - The Uranus Saturn opposition has upset many a Pisces native and it has not completely loosened its grip. At this time and until the end of 09 utmost caution in your dealings must be exerted. Please understand that when this passes you will be left much wiser and happier. No slips of judgment now however will be tolerated by this star pattern and caution is advised. Better days are coming.

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.



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Hypnotherapy in Medicine—Thailand continued

erection by redirecting blood to the penis. Knowing what suggestion is the key.

Here is a short client history that clearly shows the ability of the brain to control blood flow:

In 2003 a young female client came to me with a fear of needles. She wanted to donate some of her eggs as a way to make some money. The procedure required several blood tests prior to egg harvesting. When it came time for her blood to be drawn her arms became pale cold and clammy. Her fear was so profound her subconscious actually stopped the blood flowing to her arms as an effort to discourage the needles. When it was explained to her that her subconscious was causing her arms to change and at the same time the suggestion was given,

“If they can’t find the blood in your arms the other places they will look are much less pleasant.”

After the suggestion the blood visibly returned to her arms in about 30 seconds. She was not in a hypnotic state when the suggestion was given. After that her fear of needles was dealt with using hypnotic suggestions.

Hypnotherapy vs psychotherapy vs psychiatry

Hypnotherapy greatly differs from psychotherapy and psychiatry. Psychotherapy and psychiatry deal with the conscious mind.

The conscious mind is much more technical and requires a more technical approach. This is very time consuming with slow recovery. Most if not all mental illness starts at the subconscious level. Hypnotherapy is the only therapy that goes directly to the subconscious source. Hypnotherapy on average takes 25% of the time of conscious therapy. This is because the subconscious mind is vastly more powerful than the conscious mind. Psychiatrists and Psychologists often send their toughest cases to qualified hypnotherapists.

Psychotherapy works by stepping through the problems or tasks and talking about them along the way. Looking at things from many viewpoints and seeing what response is given. This helps to identify and to focus on the problem. This is a long and drawn out process. If you were to give the example of building a house, everything and every step from deciding where to build to getting the material to putting on the last coat of paint must be covered.

Psychiatry most typically is the introduction of mind altering medicines. This often only masks the problem with the hope that the afflicted person will sort things out on their own. Unfortunately due to the low number of Psychiatrists in Thailand it leaves few other options. Medications that were intended for short term therapy have been and are being used in long term therapy. This is still a conscious approach. **Go to Pg 5**

Other common applications of Hypnotherapy

There are several applications of hypnotherapy. Not every hypnotherapist does the same therapy. Below are listed many of the more common therapies.

One of the most common and recognized is smoking cessation. It is the only method that breaks the mental addiction to nicotine.

Weight Management.

Sexual dysfunction including erectile dysfunction, premature ejaculation, frigidity.

Stress and anxiety management.

Obsessive compulsive disorder OCD.

Sleep disorders.

Eating disorders.

Antidepressant withdrawal.

Diabetes.

Fibromyalgia

Irritable Bowel Syndrome

Pain Management

CAVEAT: In strict compliance with the Ethics & Standards of our profession, always advise your clients who demonstrate symptoms of medical issues or psychological disorders to avail themselves of the best allopathic medical and psychological professional services that they can obtain. Request a written referral when warranted. Hypnotism is complementary to these traditional disciplines

**TO
YOUR
HEALTH**

Hypertension

Hypno-oncology

Multiple Sclerosis

We are sure that you can add over a 100 other issues that hypnosis will address, eliminate, or alleviate

The author of this Thailand article utilizes the term ‘hypnotherapist’ and in NJ we use hypnocounselor, hypnotist or consulting hypnotist in per the terms of the 1994 Exemption granted by the NJ Board of Psychological Examiners for the practice of hypnotism

THAILAND CONTINUED: HYPNOTHERAPY: THE SUBCONSCIOUS APPROACH TO HEALING

Hypnotherapy deals with the subconscious. The approaches are completely different. It is much like the Trojan horse. All resistance is in the conscious mind. The 'I can not' and the 'I will not' exist in the conscious mind. Hypnotherapy simply bypasses that and goes to the source. The subconscious is very simple and will only respond to simple ideas. So instead of giving step by step instructions on building a house, that is simply replace with the concept '**build a house**.' The person accepts the suggestion and sets about building the house. They will only stop and ask for directions if they truly do not know what to do along the way. The subconscious also tends to be lazy and often makes mistakes although all intentions are good. So by helping the subconscious mind to find a new and better idea is one of the keys to hypnotherapy.

It is not necessary for a Hypnotherapist to have a degree in psychology or other conscious approaches. Hypnotherapy is unique and should not be confused with conscious therapy. There is at least one group that does not agree with this and some professionals view them as a bit arrogant. Ultimately it is each persons decision if this is necessary to have both or not.

Body language

Body language is direct communication from the subconscious. learning how to read it is a significant part of Hypnotherapy. Body language

tells the hypnotherapist how the subconscious is responding to suggestions and alters the suggestions as needed to get the desired outcome. When working with someone it is important to remember that the subconscious of the person who you are working with is reading you too. Never forget communication goes both ways.

Applications of hypnosis in medicine (summary)

There are several applications of hypnosis in medicine. In some cases hypnosis works better than conventional medicine such as Irritable Bowel Syndrome.

Fibromyalgia, Hypertension, Hypno-oncology, Multiple Sclerosis, and pain management are several typical examples that hypnotherapy is commonly used.

Dealing with pre and post surgery anxiety, as well as general anxiety in medical settings.

There are also several cutting edge applications under development or proposed.

Proposed, Alzheimer's: Use of hypnosis to see what changes occur in the brain thus allowing the brain to point the way to a cure for traditional medicine.

Under development, Stroke: Accelerate the recovery process and or improve expected outcomes with hypnosis.

Keep in mind that hypnotherapy is not practicing medicine and should not

replace medicine. It is simply a tool that can be used to assist. Think of it as medicine of the mind.

Irritable Bowel Syndrome (IBS)

(General outline of therapy) IBS is caused mostly by anxiety. The afflicted person responds to a trigger (trigger: a sight, sound, touch, sensation, or smell that is related to "x") that starts the syndrome.

The first step is to remove that and other triggers at the subconscious level.

The second step is to show that their thoughts contribute to the syndrome.

The third step is teach them that they can control the syndrome and to replace the negative triggers with positive triggers.

Hypnotherapy has been proven to be the most effective method. There are several reports available on the Internet that reflect more recent but similar results. One such website is <http://www.aboutibs.org/Publications/HypnosisPalsson.html>

Fibromyalgia

(General outline of therapy) Fibromyalgia seems to be caused by miscommunication between the mind and body. The symptoms are exaggerated by the anticipation that they will occur. There are three steps to this therapy.

The first step is to remove the pain and discomfort.

The second step is to re-

The second step is to retrain the brain not to expect the pain and discomfort.

The third step is maintenance with one session every 4 to 6 months.

This therapy works best in conjunction with other therapies. Chiropractic treatments to realign bones pulled out of location by muscle spasms. Therapeutic deep tissue massage (not Thai massage) to remove any trigger points in the muscles to allow them to relax completely. There are other therapies that work but chiropractic treatments and therapeutic deep tissue massage have shown the best results in supplementing hypnotherapy for fibromyalgia symptoms.

Hypertension

(General outline of therapy) Hypertension can be caused by external stimuli or internal obstructions of blood flow. Hypnotherapy will only affect hypertension related to external stimuli. As a result hypnotherapy becomes a quick and easy diagnostic tool to establish if the source of hypertension is internal or external. Typically the change is from 8 to 42 points with most being in the 22 to 30 point range on both systolic and diastolic.

The therapy focuses on stress and anxiety management. It also focuses on relaxation techniques that the client can use.

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Thailand Report on Hypnotherapy continued

It also focuses on relaxation techniques that the client can use. Hypnotic suggestions focus on causing the muscles to be more relaxed and dilation of arteries and veins. The results are lasting, however an occasional followup visit every three to six months may be suggested for people who have high stress lives.

Hypno-oncology

Hypno-oncology is a method of using Hypnosis to motivate positive emotions and positive thinking "I CAN." The first program of this type was developed and offered at La Grange Memorial Hospital in La Grange Illinois. The "I CAN" program merges self help techniques with instruction in self Hypnosis. Based on the finding that the state of mind has a significant effect on medical outcomes. People who are engaged in healthy minded living simply do better medically, even if they have a life changing disease.

Each person has their own perception of the condition they are experiencing. Because of that personalized suggestions are used within the parameters of the program. See appendix A for a typical case history.

Multiple Sclerosis

This therapy is focused on suppressing emotions that may advance the condition. Inward thinking as compared to outward thinking. Apparently some research has suggested that negative emotions accelerate the

advancement of the condition. This therapy is very similar to Hypno-oncology.

Pain Management

Pain management with hypnosis is very effective for short periods of time. However once a person is taught how to control the pain with self hypnosis the pain can be controlled indefinitely. Hypnosis naturally produces endorphins and endorphins have been shown to be up to twenty times more effective than morphine.

Because hypnosis is so powerful, hypnotherapy for pain management should only be performed when the pain producing condition is diagnosed and ordered by a doctor. Simply pain is the body's alarm that something is wrong. Shutting off the alarm without knowing why is ethically wrong.

Often clients seeking other forms of hypnotherapy report that pain they had disappeared

completely during the session as an unexpected side effect. Because the focus of that particular therapy was on something other than pain, any discomfort they had returns within the next several hours.

A common use in hospital settings is pre surgery. Assuming a pre surgery patient is suffering from significant pain and they are taking medications to control the pain. The mixing of pain medications together with general anesthesia may prove to be life threatening.

By seeing a hypnotherapist the patient may be able to reduce or eliminate the pain medication prior to surgery thus reducing the chance of complications in surgery.

Waking surgery has been done in operating theaters for patients who are allergic to anesthesia.

Hypnotherapy and mental health

Hypnotherapy has been proven to be helpful with mental illness. To understand how this works mental illness must be first classified as mild, moderate, or severe.

Mild may be defined as loss of a loved one or the inability to cope with a situation and phobias.

Moderate would be defined as mental illness other than a desire to harm themselves or others. They are still able to distinguish reality from imagination.

Severe may be defined as the inability to separate reality from imagination and or a desire to harm others or themselves.

Hypnotherapy is very effective in mild and moderate cases with results often occurring much quicker than conscious therapy.

Severe mental illness is best left to a psychiatrist as they can introduce medications to initially assist. After the patient has been stabilized and brought down to moderate levels, then hypnotherapy can be used in conjunction with psychiatry.

.NOTE: The original 551 page report was made to the Medical Science Department, Bangkok, Thailand. Report written by Jon Krukowski, C.H. Nothing herein is the opinion of NACH.

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.

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:

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.....Oct. 3rd and 4th and 10th and 11th

Advanced Hypnosis.....Oct. 17th and 18th and 24th and 25th

Advanced Clinical Hypnosis Certification..... Oct. 31st, Nov. 1st. and Nov. 7th and 8th

EACH COURSE IS2 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 .

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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

2009 MEETING DATE

Wednesday: June 17th, 2008

Networking: 7:00 PM

Dinner: 7.30 PM

Meeting Place:

Galloping Hill Inn, Union, NJ



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.

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.

PRESENTER: *Robert Brienza as MODERATOR*

TOPIC: **Audience Participation: to determine the topics for future presentations and an opportunity for attendees to tell of their hypnosis experiences**

The National Association of Certified Hypnotists is open to members' suggestions as to topics that they would like to be presented at our monthly meetings. Bob Brienza, loyal member, and accomplished hypnotist suggested that we have an Open Meeting in which Members can express their views as to noteworthy topics and suggest names and contact details of prospective presenters. For quite some time, Bob has also suggested that Members be afforded the opportunity to share some of their interesting experiences with clients, discuss techniques, and also ask for some help,

insights and guidance from attendees relative to current issues or problems that they may currently have.

Bob Brienza is a graduate of the Academy of Professional Hypnosis, a member of the National Guild of Hypnotists, and the NACH. He has completed the Master Hypnotist certification course, and workshops on Past Life Regression, HypnoAddictionology, EFT and numerous other trainings in the past several years.

Now is the time for all members to be heard. If you cannot attend this meeting, send an email to info@hypnoacademy.com to suggest any topics that you would like to hear and any presenters that you would like to see. Now is the time to do it so that we can have July and August to prepare for the Fall meetings.

If you have any other suggestions about anything at all relative to NACH please send an email so that we may have the NACH grow for all members' benefits.

Board Members

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Dr. John Gatto, A.C.H.

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