

NACH and the Greater NGH Chapter

National Association of Certified HypnoCounselors

1358 Burnet Ave. Suite 1, Union, NJ



NEWSLETTER

**NEXT
MEETING**
Wednesday
March 16,
2011

Presentation for March, 16 Meeting:

The Healer's Journey with Patricia Pedersen

The last time Patricia presented, our entire group was fascinated by the narration of her journey that led to her becoming a healer; from a chance encounter with an injured bird, to animal healings, and then ultimately the healing of human beings. Patricia will share with you, once again, her winding path as a holistic healer that led her on a more expanded journey of healing, through nutrition and herbs, and ultimately led to her studies in becoming a Doctor of Naturopathy. The joys and challenges she has faced along the road of her life's path shall excite and amaze you. Come in, listen and enjoy the trip along the Healer's Journey. Patty is a graduate of the Academy of Professional Hypnosis. As a special treat, after her presentation, Patricia will be conducting her very powerful, and much missed, healing circle for anyone who wishes to experience healing.

IN THIS ISSUE

March 2011 Horoscope P 2

Hypnosis Statistics For Weight Loss P 3

Doctor's Corner: Smoking Toxins ,Pat Conte, MD P 4

Hypnosis Statistics For Smoking Cessation P 5

Hypnosis Statistics For Pain Management P 6

Hypnosis Impact On Pain P7

Academy Certification P 8

UPCOMING 2011 MEETING DATES

April 20, 2011 May 18, 2011 June 15, 2011

No sessions December & January and July & August

Use this as a positive reminder of our upcoming meeting dates!

HEALING ENERGY CIRCLE

Patty Pedersen has conducted Healing Energy Circles so that persons that need healing may receive it from a group concentrating on sending this energy through the universe. Thought and prayer is extremely powerful and we are beginning to realize that Distant Healing is real and rewarding. Any member may email the name of a person or persons to us, or give the name on the night of the meeting, and Patty shall read all of the names so gathered and then lead the group in sending energy to those in need. 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!

March , 2011 Horoscope with Judy Lewis

Stargazine March, 2011

Aries ^- You have survived and flourished after a few years of tumultuous change. 9TH house energies seem to indicate that you have dealt with and are now proud of your accomplishments. Jupiter will give you the extra luck that is required to make this month the beginning of the new and improved Aries life.

Taurus _- Energies to the mid-heaven of your solar chart indicate that someone is trying to deceive you. You have been totally caught up in living your life and haven't been giving attention to a relationship that has gone bad. You will see clearer and protect your territory from all that is negative. March brings new insight and a return to your power.

Gemini `- 11th house solar energies may indicate a change in your hopes and wishes. You are no longer tempted by wealth and power, and have made a return to your spiritual self. A wonderful season with many social engagements and happy family times begins soon.

Cancer a- The Part of Fortune on the cusp of the 12th house indicates a purging of any unhealthy psychological conflicts. Many times in the past you have been overcome by your emotions but now you can observe them and reason with yourself to avoid pain. Maybe for the first time your feelings are working with you and not against you. Progress is yours.

Leo b- Leo on the Ascendant powers your personality and pushes you to ask for and receive your just due. Your charisma quotient is at its highest point and everywhere you go people are drawn closer. Opportunities to manage and rule situations are offered. This time you accept all offers and are rewarded.

Virgo c- You are not lazy but with the energies of March you may seem so. Is it just that you can't make your mind up which way to go? Or is it that you have been emotionally scarred by recent events and are hiding out a bit? Either way, life comes a knocking and you are revived by month end.

Libra d- You have got to love Saturn, when it can make even the changeable Libra persona, settled and determined, one must respect its power. No longer avoiding uncomfortable situations you now run towards them. All unsettled debts, both personal and financial, will be processed. Libra's can be proud of their efforts and happy for the results of their new Saturn inspired actions.

Scorpio e- The 4th house indicates interest in real estate and the most significant parent. You may be behaving more like a Cancer native this month with these solar energies. Family and home are paramount as you give so much more than you get. The benefits offered by the Universe are great spiritual rewards.

Sagittarius f –Creativity and love are yours for the asking in March. Solar energies to the 5th house provide the spark that lights your creative mind and also attracts an interesting friend. Life changing events could put you on the road to happiness. So enjoy and allow your freedom to soar.

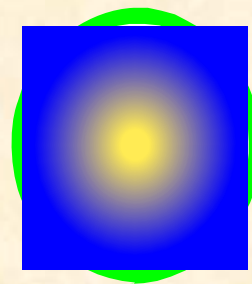
Capricorn g- The general feeling across the social consciousness is that the economy is in the toilet and for many, unfortunately that seems to be their reality. Venus in the 6th house of your solar chart gives you luck in career and money situations. You are not a part of the negative forecast, you fly above it and the sooner you realize that fact the more confidence and success you attain.

Aquarius h - 7th house solar energy indicates that a friendly attraction can lead to a permanent partner for those unattached Aquarian natives. Love and passion are in the air and even those who are happily hitched will feel renewed and romantic. Enjoy the love!!

Pisces i- The month of March indicates a flurry of activity for many a Pisces native. The heavens have Mercury, Uranus, Neptune, as well as the Sun in Pisces. The time is perfect for a complete soul renovation. A clear look at your life and the power of your solar return allow for many positive events to occur. Go forth with faith and confidence.

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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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Hypnosis Statistics For Weight Loss

Hypnosis Over 30 Times as Effective for Weight Loss

Investigated the effects of hypnosis in weight loss for 60 females, at least 20% overweight. Treatment included group hypnosis with metaphors for ego-strengthening, decision making and motivation, ideomotor exploration in individual hypnosis, and group hypnosis with maintenance suggestions. Hypnosis was more effective than a control group: an average of 17 lbs lost by the hypnosis group vs. an average of 0.5 lbs lost by the control group, on follow-up. Cochrane, Gordon; Friesen, J. (1986). Hypnotherapy in weight loss treatment. Journal of Consulting and Clinical Psychology, 54, 489-492.

Two Years Later: Hypnosis Subjects Continued To Lose Significant Weight

109 people completed a behavioral treatment for weight management either with or without the addition of hypnosis. At the end of the 9-week program, both interventions resulted in significant weight reduction. At 8-month and 2-year follow-ups, the hypnosis subjects were found to have continued to lose significant weight, while those in the

behavioral-treatment-only group showed little further change. Journal of Consulting and Clinical Psychology (1985)

Hypnosis Subjects Lost More Weight Than 90% of Others and Kept it Off

Researchers analyzed 18 studies comparing a cognitive behavioral therapy such as relaxation training, guided imagery, self monitoring, or goal setting with the same therapy supplemented by hypnosis.

Those who received the hypnosis lost more weight than 90 percent of those not receiving hypnosis and maintained the weight loss two years after treatment ended. University of Connecticut, Storrs Allison DB, Faith MS. Hypnosis as an adjunct to cognitive-behavioral psychotherapy for obesity: a meta-analytic reappraisal. J Consult Clin Psychol. 1996;64 (3):513-516.

Hypnosis More Than Doubled Average Weight Loss

Study of the effect of adding hypnosis to cognitive-behavioral treatments for weight reduction, additional data were obtained from authors of two studies. Analyses indicated that the benefits of hypnosis increased substantially over time. Kirsch, Irving (1996). Hypnotic enhancement of

cognitive-behavioral weight loss treatments--Another meta-reanalysis. Journal of Consulting and Clinical Psychology, 64 (3), 517-519.

Hypnosis Showed Significantly Lower Post-Treatment Weights

Two studies compared overweight smoking and non-smoking adult women in an hypnosis-based, weight-loss program. Both achieved significant weight losses and decreases in Body Mass Index. Follow-up study replicated significant weight losses and declines in Body Mass Index. The overt aversion and hypnosis program yielded significantly lower post-treatment weights and a greater average number of pounds lost.

Weight loss for women: studies of smokers and nonsmokers using hypnosis and multi-component treatments with and without overt aversion. Johnson DL, Psychology Reports. 1997 Jun;80(3 Pt 1):931-3

Hypnotherapy group with stress reduction achieved significantly more weight loss than the other two treatments.

Randomised, controlled, parallel study of two forms of hypnotherapy (directed at stress reduction or energy intake reduction), vs dietary advice alone in 60 obese patients with obstructive sleep apnoea on

nasal continuous positive airway pressure treatment. J Stradling, D Roberts, A Wilson and F Lovelock, Chest Unit, Churchill Hospital, Oxford, OX3 7LJ, **Hypnosis can more than double the effects of traditional weight loss approaches** An analysis of five weight loss studies reported in the Journal of Consulting and Clinical Psychology in 1996 showed that the "... weight loss reported in the five studies indicates that hypnosis can more than double the effects" of traditional weight loss approaches. University of Connecticut, Journal of Consulting and Clinical Psychology in 1996 (Vol. 64, No. 3, pgs 517-519).

Weight loss is greater where hypnosis is utilized Research into cognitive-behavioral weight loss treatments established that weight loss is greater where hypnosis is utilized. It was also established that the benefits of hypnosis increase over time. Journal of Consulting and Clinical Psychology (1996)

SMOKING TOXINS DOCTOR'S CORNER with Pat Conte, M.D.

Cigarette smoking is a major risk factor in the development of heart disease, cancer, and chronic lung disease. Toxic substances and carcinogens are released in the cigarette smoke and into the air that we all breathe.

But smokers don't think about the noxious chemicals they and others are breathing in that cigarette smoke. Smokers think that cigarettes will help them cope with the stresses and anxieties of daily living. They feel that smoking will also relax them when they become hyper, angry, sad, lonely or depressed. They consider cigarettes as a friend and comforter, but in essence, cigarettes are a disguised clever enemy whose purpose is to maim or kill their unsuspecting hosts.

According to Ayurveda, Vata (Air) people think they smoke in order to calm their anxieties, fears, worries, nervousness, loneliness, insecurities, and hyperactivity. In reality, they develop dryness because of the heat and lack of moisture, resulting in a dry cough, constipation, and dryness of the lungs leading to chronic lung disease, such as emphysema. People with Pitta (Fire) personalities smoke in order to feel the comfort of fire energy coursing throughout their lungs. They also like to think that they can express their own power, control and sophistication over others. But the noxious cigarette smoke may lead to inflammation and infections. The inflammation of the blood vessels causes atherosclerosis, coronary artery disease and stroke. Some infections include bronchitis, pneumonia, and septicemia. Kapha (Water) personality people smoke in order to feel rejuvenated and stimulated. These smokers may develop congestion, such as productive cough with frothy or whitish sputa and congestive heart failure.

As you can see, the truth of the matter is that smoking does the very opposite of just about everything for which that smokers give it credit. When the harmful chemicals in cigarettes are inhaled, they put the body into a state of physiologic stress by sending literally thousands of poisons, toxic metals and carcinogens coursing through the bloodstream with every puff. These noxious chemicals affect just about

every physiologic function in our bodies. They affect all our vital functions, including blood pressure, heart rate, respiratory function, our immune system, as well as the overall health of our minds and bodies.

While more research is needed to uncover all the hazards of smoking cigarettes present to human life, we do know that air contaminated with cigarette smoke is dangerous for anyone who breathes it -- smoker and non-smoker alike. Unfortunately, we don't think much about the harmful chemicals in cigarette smoke. What are some of the deleterious chemicals in cigarette smoke and how do they affect our health?

Chemicals in Cigarettes: Carcinogens

A carcinogen is defined as any substance that can cause or aggravate cancer. Approximately 60 of the chemicals in cigarettes are known to have the potential to cancer.

TSNAs

Tobacco-specific N-nitrosamines (TSNAs) are known to be some of the most potent carcinogens present in smokeless tobacco, snuff and tobacco smoke.

Benzene

Benzene can be found in pesticides and gasoline. It is present in high levels in cigarette smoke and accounts for half of all human exposure to this hazardous chemical.

Pesticides

Pesticides are used on our lawns and gardens, and inhaled into our lungs via cigarette smoke.

Formaldehyde

Formaldehyde is a chemical used to preserve dead bodies, and is responsible for some of the nose, throat and eye irritation smokers experience when breathing in cigarette smoke.

Chemicals in Cigarettes: Toxic Metals

Toxic / heavy metals are metals and metal compounds that have the potential to harm our health when absorbed or inhaled. In very small amounts, some of these metals

support life, but when taken in large amounts, can become toxic.

Arsenic

Commonly used in rat poison, arsenic finds its way into cigarette smoke through some of the pesticides that are used in tobacco farming.

Cadmium

Cadmium is a toxic heavy metal that is used in batteries. Smokers typically have twice as much cadmium in their bodies as nonsmokers.

Chemicals in Cigarettes: Radioactive Toxic Metals

There are a couple of toxic metals in cigarette smoke that carry an extra punch of danger for anyone breathing it in: they are radioactive.

Radioactive Cigarette Smoke

Lead-210 (Pb-210) and polonium-210 (Po-210) are poisonous, radioactive heavy metals that research has shown to be present in cigarette smoke.

Chemicals in Cigarettes: Poisons

Poison is defined as any substance that, when introduced to a living organism, causes severe physical distress or death. Science has discovered approximately 200 poisonous gases in cigarette smoke.

Ammonia

Ammonia compounds are commonly used in cleaning products and fertilizers. Ammonia is also used to boost the impact of nicotine in manufactured cigarettes.

Carbon Monoxide

Carbon monoxide is present in car exhaust and is lethal in very large amounts. Cigarette smoke can contain high levels of carbon monoxide, which has a much greater affinity for hemoglobin than oxygen, thus robbing the cells of needed oxygenation.

Hydrogen Cyanide

Hydrogen cyanide was used to kill people in the gas chambers in Nazi Germany during World War II. Saddam Hussein used it to gas the Kurds in northern Iraq. Cyanide can be found in cigarette smoke and can poison many enzyme systems in the body. One enzyme system is

the cytochrome c-oxidase enzyme, which is found in the mitochondria, the powerhouse of the cell. When this important enzyme is poisoned by cyanide, the cellular energy production (ATP) is hampered, which severely affects the heart and nervous system because of their high energy requirements.

Nicotine

Nicotine is a poison used in pesticides, and is the addictive element in cigarettes.

A Word About Secondhand Smoke

Also known as environmental tobacco smoke, secondhand smoke is a term used to describe cigarette smoke that comes from two sources: Smoke that is exhaled by the smoker, termed "mainstream smoke", and smoke produced by a smoldering cigarette, "sidestream smoke." Secondhand smoke is known to contain at least 250 toxins, including 50 cancer-causing chemicals. According to the U.S. Surgeon General, there is no risk-free level of exposure to secondhand smoke. This means that if you can smell cigarette smoke in the air, it could be harming your health.

If you smoke...

There is no time like the present to stop the madness of smoking cigarettes. You'll be rewarded with benefits beyond what you can imagine and they'll start to occur faster than you think. Within 20 minutes of your last cigarette, your body will begin to heal and improvements to your mental and physical health will continue to grow with time invested in smoking cessation.

It is *never* too late to quit smoking!
THINK HYPNOSIS!

1. Chemicals in Cigarettes: What They Are and How They Harm Us
Harmful Chemicals in Cigarettes
By [Terry Martin](#), About.com Guide
Updated June 15, 2010

2. Natural Way to Health: Fight Heart Disease with Holistic Medicine
Dr. David Brownstein

Feb. 2011: Vol 4, Issue 2

90.6% Success Rate for Smoking Cessation Using Hypnosis

Of 43 consecutive patients undergoing this treatment protocol, 39 reported remaining abstinent from tobacco use at follow-up (6 months to 3 years post-treatment). This represents a 90.6% success rate using hypnosis.

University of Washington School of Medicine, Depts. of Anesthesiology and Rehabilitation Medicine, *Int J Clin Exp Hypn.* 2001 Jul;49(3):257-66. Barber J.

87% Reported Abstinence From Tobacco Use With Hypnosis

A field study of 93 male and 93 female CMHC outpatients examined the facilitation of smoking cessation by using hypnosis. At 3-month follow-up, 86% of the men and 87% of the women reported continued abstinence from the use of tobacco using hypnosis.

Performance by gender in a stop-smoking program combining hypnosis and aversion. Johnson DL, Karkut RT. Adkar Associates, Inc., Bloomington, Indiana. *Psychol Rep.* 1994 Oct;75(2):851-7. PMID: 7862796 [PubMed - indexed for MEDLINE]

81% Reported They Had Stopped Smoking After Hypnosis

Thirty smokers enrolled in an HMO were referred by their primary physician for treatment. Twenty-one patients returned after an initial consultation and received hypnosis for smoking cessation. At the end of treatment, 81% of those patients reported that they had stopped smoking, and 48% reported abstinence at 12 months post-treatment.

Texas A&M University, System Health Science Center, College of Medicine, College Station, TX USA. *Int J Clin Exp Hypn.* 2004 Jan;52(1):73-81. Clinical hypnosis for smoking cessation: preliminary results of a three-session intervention. Elkins GR, Rajab MH.

Hypnosis Patients Twice As Likely To Remain Smoke-Free After Two Years

Study of 71 smokers showed that after a two-year follow up, patients that quit with hypnosis were twice as likely to remain smoke-free than those who quit on their own.

Guided health imagery for smoking cessation and long-term abstinence. Wynd, CA. *Journal of Nursing Scholarship,* 2005; 37:3, pages 245-250.

Hypnosis More Effective Than Drug Interventions For Smoking Cessation

Group hypnosis sessions, evaluated at a less effective success rate (22% success) than individualized hypnosis sessions. However, group hypnosis sessions were still demonstrated here as being more effective than drug interventions.

Hypnosis Reduces Frequency and Intensity of Migraines

Compared the treatment of migraine by hypnosis and autohypnosis with the treatment of migraine by the drug prochlorperazine (Stemetil). Results show that the number of attacks and the number of people who suffered blinding attacks were significantly lower for the group receiving hypnotherapy than for the group receiving prochlorperazine. For the group on hypnotherapy, these two measures were significantly lower when on hypnotherapy than when on the previous treatment. It is concluded that further trials of hypnotherapy are justified against some other treatment not solely associated with the ingestion of tablets.

Anderson JA, Basker MA, Dalton R, Migraine and hypnotherapy, International Journal of Clinical & Experimental Hypnosis 1975; 23(1): 48-58.

Hypnosis Reduces Pain and Speeds up Recovery from Surgery

Since 1992, we have used hypnosis routinely in more than 1400 patients undergoing surgery. We found that hypnosis used with patients as an adjunct to conscious sedation and local anesthesia was associated with improved intraoperative patient comfort, and with reduced anxiety, pain, intraoperative requirements for anxiolytic and analgesic drugs, optimal surgical conditions and a faster recovery of the patient. We reported our clinical experience and our fundamental research.

[Hypnosis and its application in surgery] Faymonville ME, Defechereux T, Joris J, Adant JP, Hamoir E, Meurisse M, Service d'Anesthesie-Reanimation, Universite de Liege, Rev Med Liege. 1998 Jul;53(7):414-8.

Hypnosis Reduces Pain Intensity

Analysis of the simple-simple main effects, holding both group and condition constant, revealed that application of hypnotic analgesia reduced report of pain intensity significantly more than report of pain unpleasantness.

Dahlgren LA, Kurtz RM, Strube MJ, Malone MD, Differential effects of hypnotic suggestion on multiple dimensions of pain. Journal of Pain & Symptom Management. 1995; 10(6): 464-70.

Hypnosis Reduces Pain of Headaches and Anxiety

The improvement was confirmed by the subjective evaluation data gathered with the use of a questionnaire and by a significant reduction in anxiety scores.

Melis PM, Rooimans W, Spierings EL, Hoogduin CA, Treatment of chronic tension-type headache with hypnotherapy: a single-blind time controlled study. Headache 1991; 31(10): 686-9.

Hypnosis has been demonstrated to reduce analogue pain, and studies on the mechanisms of laboratory pain reduction have provided useful applications to clinical populations. Studies showing central nervous system activity during hypnotic procedures offer preliminary information concerning possible physiological mechanisms of hypnotic analgesia. Randomized controlled studies with clinical populations indicate that hypnosis has a reliable and significant impact on acute procedural pain and chronic pain conditions. Methodological issues of this body of research are discussed, as are methods to better integrate hypnosis into comprehensive pain treatment.

Hypnosis and clinical pain. Patterson DR, Jensen MP, Department of Rehabilitation Medicine, University of Washington School of Medicine, Seattle, WA USA 98104 Psychol Bull. 2003 Jul;129(4):495-521.

Hypnosis is a Powerful Tool in Pain Therapy and is Biological in Addiction to Psychological

Attempting to elucidate cerebral mechanisms behind hypnotic analgesia, we measured regional cerebral blood flow with positron emission tomography in patients with fibromyalgia, during hypnotically-induced analgesia and resting wakefulness. The patients experienced less pain during hypnosis than at rest. The cerebral blood-flow was bilaterally increased in the orbitofrontal and subcallosal cingulate cortices, the right thalamus, and the left inferior parietal cortex, and was decreased bilaterally in the cingulate cortex. The observed blood-flow pattern supports notions of a multifactorial nature of hypnotic analgesia, with an interplay between cortical and subcortical brain dynamics. Copyright 1999 European Federation of Chapters of the International Association for the Study of Pain.

Functional anatomy of hypnotic analgesia: a PET study of patients with fibromyalgia. Wik G, Fischer H, Bragee B, Finer B, Fredrikson M, Department of Clinical Neurosciences, Karolinska Institute and Hospital, Stockholm, Sweden Eur J Pain. 1999 Mar;3(1):7-12.

Healed 41% faster from fracture

Healed significantly faster from surgery

Two studies from Harvard Medical School show hypnosis significantly reduces the time it takes to heal.

Study One: Six weeks after an ankle fracture, those in the hypnosis group showed the equivalent of eight and a half weeks of healing.

Study Two: Three groups of people studied after breast reduction surgery. Hypnosis group healed "significantly faster" than supportive attention group and control group.

Harvard Medical School, Carol Ginandes and Union Institute in Cincinnati, Patricia Brooks, Harvard University Gazette Online at <http://www.hno.harvard.edu/gazette/2003/05.08/01-hypnosis.html>.

ACADEMY OF PROFESSIONAL HYPNOSIS

SPRING CERTIFICATION CLASSES BEGIN ON MARCH 5TH

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 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) Ask us for a copy of our New Jersey State License

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 SPRING session where excitement awaits you.

SPRING SCHEDULE

Basic Hypnosis..... **March 5/6 & 12/19**

Advanced Hypnosis..... **March 19/20 & 26/27**

Advanced Clinical Hypnosis Certification..... **April 2/3 & 9/10**

EACH COURSE IS2 WEEK-ENDS SATURDAY & SUNDAY 100 hours of in class study

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

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.

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

CEU Credit Hours

2011 MEETING DATE

Wednesday: March 16, 2011

Networking: 6:00—7:00 p.m.

Dinner: 7:15 p.m.

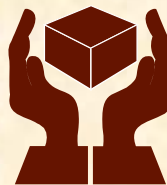
Presentation: 8:00 p.m.

Meeting Place:

Galloping Hill Inn, Union, NJ

(908) 686-2683

happening each year. The days turn



NACH and NGH

Working Together

Our meetings are always on the 3rd. Wednesday of the month.

Members receive CEU credits for attending meetings.

DIRECTIONS: To 325 Chestnut Street, Union, NJ 07083

PARKWAY: Take exit 138 (Galloping Hill Road). Travel 1/4 mile on Galloping hill Road toward Union. Restaurant is at the far left corner of the intersection.

ROUTE 22: Take the Union exit on Morris Avenue (Kean University). Proceed toward Elizabeth on Morris Avenue for 1/4 mile. Turn 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, turn left on Salem Road and go to the end.

WWW.THINNERBANDHYPNOSIS.COM

The Imaginary Gastric Band Weight Loss Program

ARE YOU TAKING YOUR OWN MEDICINE?

The suggestion is what you use to communicate your goal to your subconscious. It is where you tell yourself what you want yourself to do. A good suggestion is the key to successful goal-oriented self-hypnosis. You can do self-hypnosis without the suggestion and still get the benefits of stress reduction and enhanced ability to concentrate. If you want to get more specific results, you have to use a suggestion. If you have been practicing self-hypnosis and can hypnotize yourself, you're ready to add the suggestion. (Remember, you don't need a deep trance.) Insert the suggestion in your routine after the deepening. The visualization goes along with, and right after, the suggestion. You will probably want to add both together. *Source: hypnosis.lifetips.com*

PLEASE SUBMIT ARTICLES THAT YOU WOULD LIKE TO SHARE WITH YOUR COLLEAGUES. TAKE THE TIME TO DO SOME ONLINE SCOUTING FOR ARTICLES

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CALL: Dr. John Gatto
(908) 964-4467

Please send your check in on time. Arriving unannounced may cause a problem with seating. Thank You!

We had a great buffet in February thanks to the dedication of our NACH meeting coordinator, Joyce Rudinski.

Thanks Joyce for the time that you put in to make sure that the menu is right for us, and also for the time that you put in at the table helping Dr. Gatto greet the guests of the evening