



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.

**NEXT
MEETING
Wednesday
May
20TH**

I can't believe its almost that time of the year again. Already making plans and choosing 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 myself at this years convention. So sign up now and get your hotel reservation early. Roxanne

2009 MEETING DATES

May 20 June ...7 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

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HEALING ENERGY CIRCLE A HUGE SUCCESS

Our April, 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 May20th. 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!

The Possibilities in Hypnosis, Where the Client Has the Power

My husband, Richard, smoked [cigarettes](#) for 50 years, having failed several attempts to quit on his own. When a friend told him in August 1994 that hypnosis had enabled her to quit, he decided to give it a try.

It didn't work; I wasn't hypnotized," he declared after his one and only session. But it did work; since that day, he has not taken one puff of a cigarette.

Gloria Kanter of Boynton Beach, Fla., thought her attempt in 1985 to use hypnosis to overcome her fear of flying had failed. "When the therapist brought me out, I said it didn't work," she recalled in an interview. "I told her, 'I heard everything you said.' "

Nonetheless, the next time she and her husband headed for the airport, she was not drenched in sweat and paralyzed with fear. "I was just fine," she said, "and I've been fine ever since."

Like many others whose knowledge of hypnotism comes from movies and stage shows, my husband and Mrs. Kanter misunderstood what hypnosis is all about. While in a hypnotic trance, you are neither unconscious nor asleep, but rather in a deeply relaxed state that renders the mind highly focused and ready to accept suggestions to help you accomplish your goals.

Hypnosis has been mired in controversy for two centuries, and its benefits are often overstated. It does not help everyone who wants to quit smoking, for example; then again, neither do other kinds of treatments.

And the patient's attitude is critical. In the words of Brian Alman, a psychologist who practices hypnosis in San Diego, "The power of hypnosis actually resides in the patient and not in the doctor." Roberta Temes, a clinical hypnotist in Scotch Plains, N.J., insists that hypnosis cannot make people do anything they don't

want to do. Hypnosis can succeed only in helping people make changes they desire, she said in an interview.

In her book "The Complete Idiot's Guide to Hypnosis," Dr. Temes points out that success in achieving your goal is the best proof that you were really hypnotized. She also suggests a second or third session if you didn't quite reach your goal after the first try.

What Hypnosis Can Do

In effect, hypnosis is the epitome of mind-body medicine. It can enable the mind to tell the body how to react, and modify the messages that the body sends to the mind. It has been used to counter the nausea of [pregnancy](#) and [chemotherapy](#); dental and test-taking [anxiety](#); pain associated with surgery, root canal treatment and childbirth; fear of flying and public speaking; compulsive hair-pulling; and intractable [hiccups](#), among many other troublesome health problems.

Writing in The Permanente Journal in 2001, Dr. Alman said that "useful potential" for benefiting from hypnosis "exists within each patient." "The goal of modern medical hypnosis," he said, "is to help patients use this unconscious potential."

Dr. Alman described a 65-year-old concentration camp survivor who repeatedly choked when she tried to swallow, though examinations of her esophagus revealed no obstruction. After three hypnotherapy sessions, her problem was solved. "I was liberated from my esophagus," the patient said. You may not even have to be face to face with a hypnotist to benefit medically. Dr. Temes said hypnosis could be helpful even if done with a cassette tape or CD, or by telephone, which she offers as part of her practice **PG.5**

The Client Has the Power

By [JANE E. BRODY](#)

Published: November 3, 2008

May Horoscope with Judy Lewis

Aries - Mars conjunct Venus in your sign may be the cause of some anxiety and the source of conflict in your relationships. Don't all the point of a breakup. Look at the whole picture and realize how this temporary aspect to influence your life to that things are not as bad as they seem and in a short time your present concerns will be a dim memory.

Taurus The Sun in your sign has put you back on the road to success. The change is drastic and initially uncomfortable but by the end of 09 money and security will be yours for the asking. Bide your time and have faith. The best is yet to come.

Gemini -The economy of the world has taken a dip or so they tell us. It is exactly in these times we must have focus and faith. In your own personal world things will be just fine. You will enjoy a safe and secure financial status but please don't have any misplaced guilt because you've been so lucky.

Cancer A small astral lull has given many a Cancer native the blues. You are retreating into your shell and hiding from responsibilities and enjoyment alike. Your emotional nature seems to be tested by a recent chain of events. Good astral aspects await you around your birthday. Your joy de vive will return bringing along lots of fun and excitement.

Leo - The 12th house Moon position does not require that you dwell in the past. The lesson of this month is the simple fact that not all those who smile brightly are your friends. Some who come to you with kind gestures have ulterior motives. The position of the Moon this month will shine light on this truth.

Virgo - Saturn is making its last pass in your life and won't return for another twenty eight years or so. To recap, please register what you have learned about life and love. Conquering difficult challenges have made you confident in your future and determined not to repeat mistakes. Saturn's return will have been worth it if you have accepted its lessons.

Libra The astral energies are pulling at your heart strings. Those unattached Libra's will be wavering

between two possible relationships and may be re-thinking their whole life. Are you on the correct spiritual and romantic path? Libra many times avoids confrontation and pays a high price. This time you stand your ground and ask for what you need.

Scorpio - Not the best time for challenging the powers that be. Don't confront your boss or spouse. Do make nice nice everywhere you go. Follow this advice and you will be a happy Scorpio in the month of May.

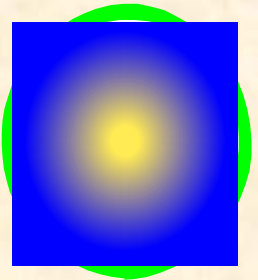
Sagittarius -Now is the time to recharge your psyche with pleasant thoughts of love and enjoyment. The 4th house energies are a surprise gift of the month of May. Allow the great weather and outdoor fun to take you away. Avoiding the gambling side of your nature will save you from unwanted losses.

Capricorn For everything there is a season. You had fortunate experiences when Jupiter was in your sign just previously. Now is the time to become lean and mean. Getting rid of waste and cleaning away the cobwebs in your life may be what is necessary now. This is a time to pull back, and play safe.

Aquarius - Please realize that Jupiter will bless your every decision this year. Its power overhead is guiding each move. However, this is not a time to become overly confident to the point of arrogance but rather to focus quietly on goals that are attainable. Go forth with confidence.

Pisces - The symbolic martyr refers to the Pisces nature but may lead to a misunderstanding of your true makeup. At times you seem like the most delicate flower but usually you achieve your desires. The astral advice suggests that an effort be made to see things clearly in reference to relationships. This attitude clears the way to 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.



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Why We're FatBy Jan Garavaglia, M.D.

So why is obesity happening? The obvious, clichéd-but-true answer is that we eat too much high-calorie food and don't burn it off with enough exercise. If only we had more willpower, the problem would go away. But it isn't that easy. When warned about the dangers of overeating, we get briefly spooked and try to do better. Then we're offered a plateful of pancakes smothered in maple syrup, our appetite overpowers our reason, and before we know it, we're at it again. Just why is appetite such a powerful driver of behavior, and, more important, how can we tame it? Within the past few years, science has linked our ravenous appetites to genes and hormones.

Among the hormones that fuel these urges are ghrelin and leptin, known as the "hunger hormones." Ghrelin is produced mostly by cells in the stomach lining. Its job is to make you feel hungry by affecting the hypothalamus, which governs metabolism. Ghrelin levels rise in dieters who lose weight and then try to keep it off. It's almost as if their bodies are trying to regain the lost fat. This is one reason why it's hard to lose weight and maintain the loss. Leptin turns your appetite off and is made by fat cells. Low leptin levels increase your appetite and signal your body to store more fat. High leptin levels relay the opposite signal. Many obese people have developed a resistance to the appetite-suppressing effects of leptin and never feel satisfied, no matter how much they eat. Basically, your body uses these hormones to help you stay at your weight and keep you from losing fat — which is another reason why dieting can be so difficult.

Lack of sleep promotes obesity by messing with these hunger hormones. If you skimp on sleep, ghrelin levels rise, making you hungry, and leptin levels dip, which signals a need for calories. During my internship, I was

chronically sleep-deprived because I had to be at the hospital and stay up all night every third night. I gained a lot of weight that year; now I know why. Years later, after I gave birth to my son Alex, I put on a lot of pounds, too — twenty pounds left over from the pregnancy, and twenty pounds from being up all night with him. He had colic (fussiness) and never slept more than twenty minutes at a time the first six months of his life. My weight started coming off more easily when I got more sleep. Besides ghrelin and leptin, many other hormones play a role in appetite.

Scientists have been looking for ways to control all these hunger hormones, but so far nothing usable has panned out. Hunger isn't the only reason people eat and eat and eat. Stress, depression, boredom, loneliness, and even joy all come into play. And some of us may just be inclined to gain weight while others are not, due to genetics. Scientists are unclear as to how much of a role genetics plays in how chubby you are, but estimates range from as low as 20 percent to as high as 90 percent. In studies of twins, researchers have found that siblings wind up with similar body weights, whether or not they are raised in different families, and that adopted children are much more likely to grow to the size of their natural parents than their adoptive ones.

Scientists speculate that part of the reason so many of us are susceptible to layering on fat is due to the "thrifty gene." Supposedly, it's a gene passed down from our prehistoric ancestors who could eat a lot and build up reserves of fat to survive frequent famines.

Genetically, this made sense when you didn't know if your next meal would be tomorrow or a week from now, but when your next meal is whenever you drive by a fast-food restaurant, that's a problem. Another cause of obesity, one that really fascinates me, has to do with a virus called the adenovirus-36. It comes from

the family of common viruses that causes colds, pneumonia, diarrhea, and pinkeye and is present in 30 percent of obese people and 5 percent of non-obese people. Scientists found that when human stem cells are exposed to adenovirus-36, they turn into fat cells. This discovery is more evidence that our expanding waistlines are due to factors other than weak willpower and, theoretically, could lead to the development of a vaccine to prevent obesity.

Often, hard-to-budge weight is a symptom of a hidden medical problem. You could have hypothyroidism (sluggish thyroid function), a condition that slows down your metabolism and makes it tough to lose weight, or Cushing's disease, characterized by high levels of the hormone cortisol in the blood. A glut of cortisol triggers weight gain, mostly in the trunk and face. Some women have polycystic ovary syndrome (PCOS), a treatable condition that involves a hormone imbalance. And about 30 percent of people who are obese have binge-eating disorders. Sufferers don't just munch on a few potato chips, they inhale the whole bag, and they do this kind of thing habitually. Even certain medications, some of which may be sitting in your medicine cabinet right now, can put on pounds.

Common offenders include some antidepressants like Paxil and Zoloft; mood stabilizers; diabetes drugs; blood pressure agents; steroids; anti-seizure drugs; certain hormones; and antihistamines.

So perhaps there is a medical issue that spells weight trouble, or our genes and hormones may be conspiring to make us eat more, or maybe we're infected with a virus that makes us fat. Should we throw up our hands and say, "Well, I can't do anything about it, so I'll just stay fat"? No, because obesity will affect your health, and it may kill you eventually. You will just have to work a little harder to get your weight under control.

WITH HYPNOSIS OF COURSE

TO YOUR HEALTH

I found a great place to purchase organic essential oils that are made as you order it. Good price. Go to my website and look up his link. Highly suggest his oils. Roxy

THE AMAZING BANANA

SENT IN BY TONY DEMARCO

A professor at CCNY for a physiological psych class told his class about bananas. He said the expression "going bananas" is from the effects of bananas on the brain. Read on: ***This is interesting.***

Never, put your banana in the refrigerator!!!

After reading this, you'll never look at a banana in the same way again. Bananas contain three natural sugars - sucrose, fructose & glucose combined with fiber. A banana gives an instant, sustained and substantial boost of energy. Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes. But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses & conditions, making it a must to add to our daily diet.

Depression: According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

PMS: Forget the pills - eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

Anemia : High in iron, bananas can stimulate the production of hemoglobin in the blood & so helps in cases of anemia.

Blood Pressure: This unique tropical fruit is extremely high in potas-

sium yet low in salt, making it perfect to beat blood pressure. So much so, the US Food & Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure & stroke.

Brain Power: 200 students at a Twickenham (Middlesex) school (England) were helped through their exams this year by eating bananas at breakfast, break, & lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

Constipation: High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

Hangovers: One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach & with the help of the honey, builds up depleted blood sugar levels, while the milk soothes & re-hydrates your system.

Heartburn: Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

Morning Sickness: Snacking on bananas between meals helps to keep blood sugar levels up & avoid morning sickness.

Mosquito bites: Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling & irritation.

Nerves: Bananas are high in B vitamins that help calm the nervous system.

Overweight and at work? Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate & chips. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.

Ulcers: The banana is used as the dietary food against intestinal disorders because of its soft texture & smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity & reduces irritation by coating the lining of the stomach.

Temperature control: Many other cultures see bananas as a "cooling" fruit that can lower both the physical & emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool

temperature.

Seasonal Affective Disorder

(SAD): Bananas can help SAD sufferers because they contain the natural mood enhancer tryptophan.

Smoking & Tobacco Use: Bananas can also help people trying to give up smoking. The B6, B12 they contain, as well as the potassium & magnesium found in them, help the body recover from the effects of nicotine withdrawal.

Stress: Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain & regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.

Strokes: According to research in The New England Journal of Medicine, eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!

Warts: Those keen on natural alternatives swear that if you want to kill off a wart, take a piece of banana skin & place it on the wart, with the yellow side out. Carefully hold the skin in place with a plaster or surgical tape!

The Possibilities in Hypnosis, Where the Client Has the Power

Ellen Fineman, a physical therapist in Portland, Ore., had had five surgeries to repair a retina that kept detaching. Hoping that a sixth attempt would hold, she used a hypnosis tape prepared by Dr. Temes for patients undergoing surgery.

The hypnosis tape "was very calming and reassuring," Ms. Fineman said in an interview.

"It told me that I would be in the hands of professionals who would take good care of me and that I'd have minimal swelling," she said. "This time the surgery went superbly — no inflammation, no swelling and no more detachment. The surgeon was amazed and asked what I had done differently this time." While not everyone is easily hypnotized, nearly everyone can slip into a therapeutic trance, Dr. Temes maintains. Another of her patients, Dr. Susan Clarvit, a New York psychiatrist, thought she could not be hypnotized — she was too scientific, too rational a person, she said. "But I was desperate," Dr. Clarvit said in an interview. "I was pregnant with my second child and too nauseated to be alive. Dr. Temes asked me what I held most often, and I said a pen. She hypno-

tized me so that when I held a pen I had an overall feeling of wellness. I held a pen all the time, even while driving, and didn't feel nauseated."

Under hypnosis, Dr. Clarvit was given a posthypnotic suggestion that linked holding a pen to feeling well. Such suggestions enable people to practice a new, desired behavior after being brought out of the trance. Someone trying to overcome snacking on sweets might be told, "When you are hungry, you will eat vegetables." The suggestion to a smoker might be "you will drink water when you want a cigarette," and someone terrified of public speaking might be told "you will do deep breathing when you feel scared." Many patients are also taught to practice self-hypnosis to reinforce the new behavior. Dr. Karen N. Olness, a professor of pediatrics at Case Western Reserve University who is the president of the International Society of Hypnosis, said that "self-hypnosis training in children is an effective and practical strategy to prevent migraine episodes."

Indirect Benefits

Sometimes patients with well-established illnesses can benefit

indirectly from hypnosis.

Dr. Alman told of a woman with multiple sclerosis who was treated with hypnosis for depression that had failed to improve with antidepressants. Almost immediately, he reported, not only did the woman's depression ease, but her gait and speech improved markedly.

He explained that for many patients the medical problem is so complex that specific directions and commands may be ineffective. The benefit from hypnosis may rely more on unleashing unconscious processes within the patient. He suggested that there exists "a wealth of material in the patient's unconscious that can be used in healing" but lamented the fact that although medical hypnosis can often produce rapid change even in difficult cases, it is "underutilized as a therapeutic tool."

As with any other profession, some Hypnotherapist's are more talented than others. Dr. Temes suggests that word of mouth may be the best way to find someone practiced in hypnosis for the kind of problem you're trying to solve.

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 .

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

2009 MEETING DATE

Wednesday: May 20th, 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: Roxanne Cortese

TOPIC: Making Hypnosis for Sports a Specialty In Your Practice

When asked, "What are your specialties with using Hypnosis"? Wouldn't you like to add Sports to your list? I understand sports can be a challenge for some hypnoterapist, especially if you are not a person who does 1 single sport. I am going to help you feel confident enough to add this specialty to your practice.

We will go over the specific questions to ask, how to take the answers and add them to their hypnotic suggestion, and find out how you can market specific sports to schools, clubs, and individual clients. Sports in one way or another is a year

round opportunity. We will talk about generic brochures, individual brochures, business cards and sports specialty letterhead paper. Hypnosis is the easy part of helping someone improve their sports ability. Its how to take the client to a higher level of confidence, eliminate their negative thoughts/words and fears. Sometimes its not just working in your office with them, but how you can take them to the golf course, baseball field and analyze their play to listen and hear what is happening and bring that back into the office to enhance and change what is not working at this time for them.

Roxanne Cortese has been a Certified HyonoCounselor for over 20years. Her specialties are ADD/ADHD, Sports, Natural Childbirth, Weight, Smoking, Fears/Phobias and Anxieties, Preparing for Surgery.

Roxanne comes from the medical side being in the medical profession for over 20 years and knows both sides of complimentary vs. medical practices. She has written 3 books on ADD/ADHD for Parents, Stop Smoking and Medical/Legal Issues for the Hypnoterapist. Currently writing on book #4, Massage, Reiki and EFT for Animals.

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CALL: 908-964-4467

Please send your check in on time.

Just showing up causes problems with seating