



NACH and The Greater NJ NGH Chapter

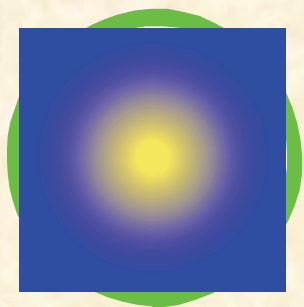
National Association of Certified HypnoCounselors

1358 Burnet Ave. Suite 1 Union, NJ 07080



NEWSLETTER

Hypnotize Those Chest Pains Away



NEW YORK: People with chest pain that's not caused by a heart condition or heartburn may find hypnosis provides significant pain relief and improves their sense of well-being, British investigators report. The causes of non-cardiac chest pain, as it's termed, are unknown. It can create so much anxiety that people who suffer from it actually seek more care than patients with bona fide heart disease. According to the researchers' article in the medical journal *Gut*, many patients continue to have symptoms even after treatment with gastric acid-lowering drugs and anti-depressants. Dr Peter J Whorwell and his colleagues at Wythenshawe Hospital, Manchester have previously shown that functional gastrointestinal disorders, like irritable bowel syndrome, respond well to hypnotherapy. Based on that success, they tested the strategy in 28 patients with non-cardiac chest pain who were randomly assigned to hypnotherapy or just supportive listening. Both interventions were administered in twelve 30-minute sessions over 17 weeks. The hypnosis started with participants being told that their

symptoms could be due to disturbances of motility, visceral sensation and stress. Then, after progressive muscular relaxation, 'chest-focused' suggestions were introduced, "centered around normalization of function" of the esophagus, the investigators explain. Patients were told to practice the techniques daily. Eighty per cent of patients in the hypnosis group had complete or moderate improvements in chest pain compared with only 23 per cent of those in the non-hypnosis group. Corresponding improvements in general well-being were reported by 73 per cent and 23 per cent. Hypnosis was also associated with significantly greater reductions in pain severity and by decreased medication use, as well as with a trend toward reduced frequency of pain. However, the two groups had similar anxiety and depression levels. **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

IN THIS ISSUE

- Hypnosis for Chest Pains
- Hypnosis Weight Videos
- Hypnosis to stop procrastination
- Affirmations
- Horoscope
- To Your Health
- Upcoming Classes
- Topic/Presenter

AN EVENING WITH NOSTRADAMUS

WITH JUDY LEWIS, Renowned Psychic, Nov, 19, 2008

Lose Weight by Watching TV: New Weight Loss Hypnosis Video Declared "Powerful Stuff!" by Expert

Video hypnosis technology is "powerful stuff", according to personal development reviewer Michael McGrath. Based on Neuro-Linguistic Programming principals, the technology was granted a US Patent.

Margate, FL, September 3, 2006 -- Andersonstown, Belfast UK's Personal development reviewer Michael McGrath says the new Neuro-VISION video weight loss hypnosis DVD is "powerful stuff". McGrath tests personal development products and posts the reviews on his website. Recently three of McGrath's independent reviewers tried Neuro-VISION's video weight loss hypnosis program. They all reported that their view of food and

their eating habits changed dramatically after watching the video:

"Most of the images are designed to reprogram your eating habits and they do have a profound effect. I found myself pushing away a half finished dinner and refusing my favorite chocolate, cream-filled bun. This may not sound that impressive but for me it was a life-altering experience." McGrath also applauds Neuro-VISION founder Alan B. Densky for including self-esteem in the hypnosis programs. "Densky shows you how to... anchor an image of yourself as thin and healthy to your feelings of self-esteem. I cannot stress enough just how powerful this stuff really is!" The Neuro-VISION hypnosis method

is not a crash diet program but helps users change their attitude towards food through hypnosis and neuro-linguistic programming (NLP). The DVDs flash images into viewers' minds and set up new unconscious associations that eliminate stress and oral cravings. Viewers begin to treat food the same way naturally thin people do. They eat less and lose weight the healthy way without starving themselves or resorting to radical diets, but simply by watching the video. "Even after the first session I could see the difference in my cravings and the way I viewed food," McGrath wrote. You can read his full review of the Neuro-VISION weight loss program here:

"Most of the images are designed to reprogram your eating habits and they do have a profound effect. I found myself pushing away a half finished dinner and refusing my favorite chocolate, cream-filled bun. This may not sound that impressive but for me it was a life-altering experience"

Hypnotherapy and NLP to "STOP PROCRASTINATION"

If you procrastinate then you need to stop procrastination problems before they have a profoundly negative effect on your life. A procrastinator often struggles because he or she puts things off. Some procrastinators find that they are procrastinating in just one area of their life, such as work, while other procrastinators find that they delay necessary tasks in all areas of their lives. Either way, procrastinating can cause problems and should be stopped. Procrastinating may be so ingrained for some people that they do not even know that they are doing it and that makes stopping difficult. However, treatment for procrastination is available and can help people quit this bad habit. Effective anti-procrastination techniques include NLP and hypnotherapy.

What is Procrastination?

People procrastinate when they put off activities that could and, in many cases should, be done now. Procrastinators defer the activities until a later time. The term does not apply to people who have two equally important things to do and must pick one to do first. Rather, it applies to people that have tasks or activities with clear priorities and put off the most important task or activity needlessly for the purpose of delaying it.

Why Do People Procrastinate?

Many psychologists believe that people often procrastinate because they have anxiety about starting or completing a project. Other psychological causes include low self esteem and a self defeating mentality. Mental health conditions such as ADHD or depression can also cause a person to procrastinate.

It is Important to Stop Procrastination

Inwardly, a person often feels stress, guilt or anxiety when he or she procrastinates. Outwardly, the person may be viewed as lazy, unproductive or disorganized.

While it might be normal for a person to procrastinate once in awhile, it becomes a problem when it starts to interfere with a person's life. It is the type of behavior that can cause a person to lose his or her job and severely impact a person's life.

Treatment is Necessary

It is extremely difficult to change a pattern of procrastination without help. However, it is often the procrastinators who put off seeking help to stop the problem. Some procrastinators may delay seeking treatment because they do not

want to examine the reasons why they procrastinate.

NLP and Hypnotherapy

It is not always necessary, nor desirable, for people to examine why they procrastinate. That is why the methodologies of Neuro-linguistic Programming (NLP) and hypnotherapy are successful treatments for some people. NLP and hypnotherapy do not focus on why you procrastinate but rather on how your thoughts keep you from accomplishing that which needs to be done. Together, NLP and hypnotherapy, work to focus your mind on what needs to be accomplished and helps to motivate you to accomplish those tasks. The goal of NLP and hypnotherapy is to cause you to make changes in the ways that you think and react rather than focusing on the underlying cause. Hypnotherapy and NLP can be very effective as a tool for "STOP PROCRASTINATION"

AFFIRMATIONS

"The thoughts we think and the words we speak create our experiences"

You experience your interpretation as an internal dialogue. Thoughts, judgment's and feelings are ceaselessly swirling through your mind. Thoughts like: "I like this; I don't like that; I am afraid of this; I am unsure about him/her". This internal dialogue is not random, it is generated from a deep level by your beliefs and assumptions which have been formed and accumulated from the time you were born. It is worth remembering that a lot of these assumptions and beliefs were formulated as a child and have never been re-examined and therefore may be highly inappropriate to you as an adult or just simply wrong. When someone's interpretation changes, a change subsequently takes place in their reality. Thus we can make big changes in our lives by changing our thinking.

MAKING CHANGES IN OUR THINKING

Awareness - Firstly, it helps to become aware of your thoughts and meditation can help us in the process of getting back in touch with ourselves. Just stopping and taking a second to think about why we are reacting to something or someone can also help us to get back in touch with what is really going on inside. Alternatively, we can just accept that our thoughts, whilst probably helping us in the past, may not be serving us now and just choose to "re-programmed" our-

selves with positive thoughts that heal and nourish us. The process of doing the new affirmations will start to release the old negative messages whether or not we are aware what they are.

"When your interpretation changes, so does your reality"

LETTING GO

I release old hurt, anger and resentment easily"

"I choose to live my life the way that makes me happy and I am free"

"I release the need to be right all the time and to judge others and I am free"

"I choose to be in touch with my own needs and desires, I release the need to please others and know that I have a right to all my feelings and emotions"

Forgiveness Affirmations

"I forgive and I am forgiven" "I easily forgive all those that need forgiving and I forgive myself" "Forgiveness is a gift I now give to myself and those around me" "The past has no power over me"

"Forgiving makes me feel light and free" "The more resentment I release the more love I have to express"

"As I learn to love myself I find it easier to forgive"

HOW TO CREATE YOUR OWN AFFIRMATIONS

All affirmations have to be positive and present tense. Quite simply they have to be stated as if you are already experiencing the change you desire. Here is a quick guide to get you started. **take a moment** to think about how you would like your life to be. **Jot down** the things that are most important to you e.g a fulfilling job; a happy family . **Make positive statements from your list.** Thus for the two examples above the affirmations would be - "I have a wonderful job that fulfils me on many levels" and "my family relationships are loving and harmonious". **Be aware** that when you start this you are very likely to encounter resistance within yourself. You may feel foolish, you may find thoughts like "Who are you kidding" when you make a particular affirmation. All of this is perfectly normal, you have been thinking the same kind of thoughts for practically all of your life and they have become a habit. Now you are going to start a new habit and so you will need to practice regularly.

Have a go.....what have you got to lose? As Louise Hay says "it is only a thought and a thought can be changed".

Dealing with the past, forgiving, letting it go and facing the new world with love is what it is all about. The new positive outlook DOES transform peoples lives, healing not only the spirit but also the body.

Monthly Horoscope with Judy Lewis

Aries ^- No doubt, many an Aries native has had difficult challenges on the career front in the past two years. Some have even been forced out of their most cherished second home, the work place. Now the energy has changed. Even those associates that had criticized you have started to sing your praises. The stars are now working on your behalf and the powerful Ram has returned.

Taurus _-Romance is not supposed to be as difficult as it has been in recent months. You have come to realize that you don't have to do all the work. Real partnerships are give and take. Someone has been doing the taking and you've finally had enough. You communicate your displeasure in a kind but forceful manner. Your relationship returns on the path of Venus, the planet of love. Venus is after all your ruler.

Gemini `-You are still perturbed by the seeming lack of respect from a friend. You may have been invited to a party and then not called when the get together was cancelled. It was an oversight. Your sensitivity is not an asset at this time. A short temper and a cranky attitude must be controlled. Next month you return to your sweet self. Now if someone annoys you take some Brooklyn advice and "fuhgeddaboutit."

Cancer a- 5th house aspects seem to have awakened a creative urge and it may open up some opportunities. A hobby may become a new part-time career passion. Maybe cooking, decorating, or your love of animals will find you using your talents and enjoying each moment. When you make money doing what you love it's not called work it's called fun.

Leo b- 6th house energies governing work have unusual opportunities laid at your feet. The astral energy suggests that you don't realize the possibilities of what you might accomplish. Go for your highest desires. Don't listen to that

frightened voice in the back of your mind when it tells you that you won't succeed. The stars are telling you that all things are possible with this planetary setup.

Virgo c-7th house activity, governing partnerships, will provide you with a sense of stability in your relationships. If married some changes may lead to a wonderful sense of contentment. This is the positive effect of Saturn. Considered at times to be a malefic bringing only heartache, Saturn is also believed to bring a sense of determination, patience, and serenity. Virgo, you now understand its positive side

Libra d- A direct Mercury in the 8th house tends to increase your dream state. Our nightly dreams are necessary for our mental and physical health but we many times don't recall them. This month, however, your vivid dreams are giving insight and messages about your life path. Leave a voice activated recorder by your bed. Don't miss the astral advice from the universe.

Scorpio e- Mars would suggest caution in any legal matters. This may indicate a desire to be somewhat argumentative with the powers that be. Rudeness with a judge or police officer is a prescription for trouble. On a lighter note, your energy level will be high. You may feel that you can accomplish anything. The truth is that you probably can if you control your temper.

Sagittarius f- Exciting activity in the 10th house that governs your status and honor will find you involved with the finer aspects of your career Business associates will offer unexpected perks. Fine dining, the opera, or visiting museums are all great activities with the planet of love in the 10th house. Sag, even if you prefer a sporting event you will enjoy this change of pace in the month of November.

Capricorn g Meditate or self hypnotize.

Contemplate your goals and desires. Jupiter's 11th house presence makes this a great time to formulate a plan of action. What do you really want? It's true that one can't focus on everything. So, choose a path and utilize the final rays of this Jupiter return. Your future can be arranged the way you visualize it now.

Aquarius h -Most Aquarian natives are not complainers as they have a somewhat Zen attitude about life. However, 12th house activity may indicate a somewhat dower feeling. The astral advice suggests a monitoring of every thought. A spiritual diet is necessary. So, turn off the nightly news and keep away from those gossipy neighbors. Get ready for the excellent energy of January when Jupiter will bring success and happiness.

Pisces i- Uranus brings sudden and unexpected change. It's in the 1st house of your solar chart. This may indicate a swing in your personality or physical appearance. A drastic haircut or color change may be in the forecast. Someone who usually makes you happy may become an annoyance. Stay calm and don't make any momentous decisions. Stability returns in December.

Judith "Banta" Lewis
stargazine1@aol.com
 201 339 4555

Anyone interested in private readings can contact Judy at the above number

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.

Sausage, Pepper and Onion Hero For the Sunday Football Games

2 spray (s) olive oil cooking spray
 8 oz Casual Gourmet Turkey Sausage - Red Bell Pepper & Basil, or other brand, sliced into 1/2-inch-thick pieces
 1 tsp olive oil
 1 tbsp minced garlic, or to taste
 1 medium vidalia onion (s), thinly sliced
 1 medium sweet red pepper (s), thinly sliced
 1 medium green pepper (s), thinly sliced

1 tbsp balsamic vinegar
 8 oz Italian bread, about 1 medium loaf
 Coat a large nonstick skillet with cooking spray and set over medium heat. Sauté sausage until browned, about 5 minutes; remove to a plate and cover to keep warm.

Add oil to same skillet and heat for about 45 seconds; add garlic and sauté until golden, about 30 seconds. Add onion and sauté for 3 minutes. Add peppers and sauté until vegeta-

bles are softened, about 6 to 8 minutes more.

Stir in vinegar and then return sausage to skillet; toss to combine.

Split bread lengthwise—almost, but not all the way through; fill with sausage mixture. Cut into 4 equal pieces and serve. Yields 1/4 of hero per serving.

POINTS® Value: 5
Servings: 4
Preparation Time: 12 min
Cooking Time: 20 min
Level of Difficulty: Easy

Old Fashion Chicken Pot Pie

2 serving(s) butter-flavor cooking spray
 1 tsp butter
 1 small onion(s), chopped
 2 cup(s) mushroom(s), sliced
 1/4 tsp paprika
 1/4 tsp dried thyme, crushed
 1/2 tsp table salt, or more to taste
 1/4 tsp black pepper
 2 cup(s) frozen mixed vegetables
 1 cup(s) canned chicken broth
 3 cup(s) cooked chicken breast, chopped
 2 tbsp all-purpose flour
 1/2 cup(s) fat-free evaporated milk, divided
 4 roll(s) reduced-fat crescent roll dough, unrolled
 Preheat oven to 375°F. Coat a 10-

inch round shallow baking dish with cooking spray.

Coat a large pot with cooking spray. Add butter and melt over medium heat. Add onion and mushrooms and cook, until tender, stirring frequently, about 5 minutes. Stir in paprika, thyme, salt and pepper. Add vegetables, broth and chicken. Cover and simmer 15 minutes.

In a small cup, combine flour and 1/4 cup of evaporated milk; stir into chicken mixture. Cook over medium heat until thickened, stirring constantly, about 2 minutes. Stir in remaining 1/4 cup of evaporated milk and cook until mixture is slightly thickened, about 2 to 3 minutes more.

Spoon chicken mixture into prepared baking dish. Unroll crescent rolls and arrange dough around inside edge of baking dish to form a

border (there will be a hole in the middle). Bake until rolls are golden brown and filling is bubbly, about 15 minutes. Cut into 6 pieces and serve.

Make this recipe to your family's taste with different frozen vegetable blends such as an Asian mix or bell pepper and onion strips.

POINTS® Value: 5
Servings: 6
Preparation Time: 20 min
Cooking Time: 40 min
Level of Difficulty: Easy

**TO
 YOUR
 HEALTH**

Weight Watchers has a great selection of healthy recipes to make for the upcoming playoff games. Keep it simple and healthy

Academy HypnoCounselor Certification Course

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 Spring Schedule, 2009 is to be posted in our next Newsletter

This Academy is the first school of Hypnosis to be licensed by the State of New Jersey (Est. 1991)

Schedule: Basic & Advanced & Advanced Clinical Courses to begin in February, 2009

This Academy is the first school of hypnosis to be approved by the New Jersey Department of Education as a post-secondary vocational school. (Est. 1991) You will be able to practice on a part time basis as many do, or on a full time basis, at your discretion. We have found that many students learn hypnosis not only for career purposes, but for personal growth. All of the many demonstrations and student one-on-one practice sessions are directed towards resolution of real issues and problems, so that you are ready to practice upon graduation. A Diploma is awarded upon the completion of 100 hours of in-class study which is comprised of 3 courses, Basic, Advanced and Advanced Clinical. The title designation on the Diploma is "Certified HypnoCounselor". Hypnosis is extremely exciting, both the study and practice of it. Feel free to contact us to discuss this, and make arrangements to register for the SPRING session where excitement awaits you. **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 .

UPCOMING WORKSHOPS Call Dr. Gatto at 908 964 4467

- Hypnotapping-Amazing Healing-EFTTwo Day - November 1 & 2, 2008
- HypnoAddctionology Two Day - November 8 & 9, 2008
- Past Life Regression Two Day - November 15 & 16, 2008

SPECIAL: Masohmeh Fritz, Author of 'The Legacy of the Chosen One' shall attend this Past Life Regression Workshop and also present a glimpse of her upcoming 'Life Between Lives' Workshop with Tony to be presented in the Spring, 2009. Completion of first Past Life Regression workshop is required.

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 HypnoCounselors, (NACH), NGH nor of its editors or officers. All information is printed with permission or comes from a free informational website. All persons will be credited if available for any rewritten information.

Thank you- Roxanne Cortese, Editor

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

CEU Credit Hours

2008 MEETING DATE

Wednesday: November 19, 2008

Networking: 7:00 PM

Dinner: 7.30 PM

Meeting Place:

Galloping Hill Inn, Union, NJ

Next meeting November 19th.



DIRECTIONS:

PARKWAY: get off at exit 138 (Galloping Hill Road). Travel 1/4 mile on Galloping hill Road towards Union.(908) 686-2683. **ROUTE 22:** Get off at Union exit on Morris Avenue (Kean University). Proceed towards Elizabeth on Morris Avenue for 1/4 mile. Make right on Salem Road and go to the end. **STATEN ISLAND OR LONG ISLAND:** Take the bridges to Route 1, Elizabeth. Go to Elizabeth Center. Take Morris Avenue heading towards Union for approx. 2 miles, make a left turn on Salem Road and go to the end.



NACH and NGH

Working Together

The Appointment Book is the best place to write down the years meeting dates. This is where we set up our days. Please remember that the meetings are always on the 3rd. Wednesday of the month.

You receive CEU credits for attending meetings.

TOPIC: An Evening with Nostradamus

Presenter: Judy Lewis, Renowned Psychic

This is your opportunity to participate in an exciting presentation, and maybe get an answer to a burning question. Tony shall hypnotize Judy Lewis who will 'channel' Nostradamus and then ask questions of Nostradamus which shall be answered through Judy. **We ask that you email a question or two in advance to info@hypnoacademy.com so that we can have the best questions ready**

for that evening.

Judy has been involved in every aspect of psychic phenomena since an early age and has been a professional astrologer for over 20 years. Some of her credits include: The Howard Stern Show, Psychic Evenings National, guest television appearances, as well as hosting her own cable show since 1990. She has taught classes in Adult Education. Her goal is to give interesting and informa-

tive lectures with a positive spin on the Meta-Physical subjects of Astrology, Tarot, and Palmistry. Judy, a certified Advanced Clinical Hypnotist, is a graduate of the Academy of Professional Hypnosis and a member of the NACH since its inception. Judy is a 'crowd favorite'. You cannot afford to miss this presentation. Make your reservation early to assure a seat.

Board Members

President

Dr. John Gatto, A.C.H.

Office: 908-964-4467

E-mail: GGattohypno@aol.com

Web: www.hypnoacademy.com

Board Of Directors

Anthony F. DeMarco, L.L.B. PhD

Lucille Durso, C.S.J.P.A., A.C.H.

ADVISORY BOARD

Ed Hamowy, A.C.H.

Pat Conte, MD, A.C.H.

Editor

Roxanne Cortese, CHP, A.C.H.

Off: 908-561-1511

E-mail: cj4yourhealth@comcast.net

WWW.JerseyHolisticCenter.com

Contributing Editor

Ed Hamowy, A.C.H.

Meeting Coordinator

Joyce Rudinski, A.C.H.

Photographer

Joe Peoples

Reservations

Members.....\$22.00

Non-Members.....\$25.00

At the Door..... \$2.00 Extra

CALL: 908-964-4467

Please send your check in on time.

Just showing up causes problems with seating