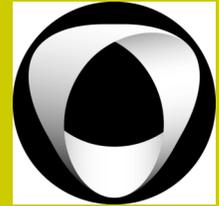


**NACH and the Greater NGH Chapter**

**National Association of Certified HypnoCounselors**

**1358 Burnet Ave. Suite 1, Union, NJ**



**NEWSLETTER**

**NEXT  
MEETING**  
**Wednesday**  
**April 18,  
2012**

*Presentation for the April 18 Meeting:* **CHAKRA BALANCING** with Dr. Pat Conte, MD

**The Seven Mystical Steps to Health and Happiness**

The seven energy centers called "chakras" control our physical, mental, psychological, and spiritual health. The word "chakra" comes from Sanskrit which means "wheel" or "disk", and sometimes referred to as "wheels of light". Chakras are spinning vortices of energy connecting the physical body with our "subtle" body energy system or aura. When this energy flows freely throughout the body, we live in a state of good health, that is, physically, mentally, psychologically, and spiritually. We are in harmony with our own natural constitution, our environment, our relationships, and at oneness with the universe. The Chakras are considered seven energy guide posts that lead us to a more happy life while on the earth plane and to prepare us to enter the higher dimensions of spirituality. When out of balance, such imbalance(s) may be expressed through emotional and psychological disorders, excess stress, or physical symptoms affecting certain areas of the body. By bringing the chakras back into balance, we can alleviate stress, improve our outlook, restore our mental and physical health, enhance our psychic abilities, and connect with our spirituality.

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**Academy Certification P 6**

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**UPCOMING 2012 MEETING DATES**

**April 18 2012 & June 6, 2012**

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

**Call for Presenters!**

In the efforts of the NACH to steadily build our organization, we are calling for any NACH member in good standing to submit his or her name and topic for presentation at our dinner buffet meetings. We shall consider all submissions. This is your chance to participate in our growth. Also, any member in good standing may suggest a topic to be presented and we will search for presenters to accommodate your request. Email all correspondence to [infor@hypnoacademy.com](mailto:infor@hypnoacademy.com) with a copy to Tony at [Nickeby@aol.com](mailto:Nickeby@aol.com)

## Brain Imaging Studies Investigate Pain & Hypnosis

Although hypnosis has been shown to reduce pain perception, it is not clear how the technique works. Identifying a sound, scientific explanation for hypnosis' effect might increase acceptance and use of this safe pain-reduction option in clinical settings. Researchers at the University of Iowa Roy J. and Lucille A. Carver College of Medicine and the Technical University of Aachen, Germany, used functional magnetic resonance imaging (fMRI) to find out if hypnosis alters brain activity in a way that might explain pain reduction. The results are reported in the November-December 2004 issue of *Regional Anesthesia and Pain Medicine*. The researchers found that volunteers under hypnosis experienced significant pain reduction in response to painful heat. They also had a distinctly different pattern of brain activity compared to when they were not hypnotized and experienced the painful heat. The changes in brain activity suggest that hypnosis somehow blocks the pain signal from getting to the parts of the brain that perceive pain. "The major finding from our study, which used fMRI for the first time to investigate brain activity under hypnosis for pain suppression, is that we see reduced activity in areas of the pain network and increased activity in other areas of the brain under hypnosis," said Sebastian Schulz-Stubner, M.D., Ph.D., UI assistant professor (clinical) of anesthesia and first author of the study. "The increased activity might be specific for hypnosis or might be non-specific, but it definitely does something to reduce the pain signal input into the cortical structure." The pain

network functions like a relay system with an input pain signal from a peripheral nerve going to the spinal cord where the information is processed and passed on to the brain stem. From there the signal goes to the mid-brain region and finally into the cortical brain region that deals with conscious perception of external stimuli like pain.

Processing of the pain signal through the lower parts of the pain network looked the same in the brain images for both hypnotized and non-hypnotized trials, but activity in the top level of the network, which would be responsible for "feeling" the pain, was reduced under hypnosis. Initially, 12 volunteers at the Technical University of Aachen had a heating device placed on their skin to determine the temperature that each volunteer considered painful (8 out of 10 on a 0 to 10 pain scale). The volunteers were then split into two groups. One group was hypnotized, placed in the fMRI machine and their brain activity scanned while the painful thermal stimuli was applied. Then the hypnotic state was broken and a second fMRI scan was performed without hypnosis while the same painful heat was again applied to the volunteer's skin. The second group underwent their first fMRI scan without hypnosis followed by a second scan under hypnosis. Hypnosis was successful in reducing pain perception for all 12 participants. Hypnotized volunteers reported either no pain or significantly reduced pain (less than 3 on the 0-10 pain scale) in response to the painful heat. Under hypnosis, fMRI showed that brain activity was reduced in areas of the pain network, including the primary sensory cortex, which is

responsible for pain perception. The imaging studies also showed increased activation in two other brain structures — the left anterior cingulate cortex and the basal ganglia. The researchers speculate that increased activity in these two regions may be part of an inhibition pathway that blocks the pain signal from reaching the higher cortical structures responsible for pain perception. However, Schulz-Stubner noted that more detailed fMRI images are needed to definitively identify the exact areas involved in hypnosis-induced pain reduction, and he hoped that the newer generation of fMRI machines would be capable of providing more answers. "Imaging studies like this one improve our understanding of what might be going on and help researchers ask even more specific questions aimed at identifying the underlying mechanism," Schulz-Stubner said. "It is one piece of the puzzle that moves us a little closer to a final answer for how hypnosis really works. "More practically, for clinical use, it helps to dispel prejudice about hypnosis as a technique to manage pain because we can show an objective, measurable change in brain activity linked to a reduced perception of pain," he added.

In addition to Schulz-Stubner, the research team included Timo Krings, M.D., Ingo Meister, M.D., Stefan Rex, M.D., Armin Thron, M.D., Ph.D. and Rolf Rossaint, M.D., Ph.D., from the Technical University of Aachen, Germany. University of Iowa Health Care describes the partnership between the UI Roy J. and Lucille A. Carver College of Medicine and UI Hospitals and Clinics and the patient care, medical education and research programs and services they provide. **University of Iowa News Release**

**MIGRAINE:** In a study conducted by Anderson (1975), migraine patients treated with hypnosis had a significant reduction in the number of attacks and in their severity compared to a control group who were treated with traditional medications. The difference did not become statistically significant until the second six-month follow-up period. In addition, at the end of one year, the number of patients in the hypnosis group who had experienced no headaches for over three months was significantly higher. In a controlled trial conducted by Olness (1987), self-hypnosis was shown to be significantly more effective than either propranolol or placebo in reducing the frequency of migraine headaches in children between the ages of six and twelve years of age. In a research conducted by Schlutter (1980), hypnosis was also found to be effective in dealing with the relief of tension headache. Alladin (1988) reviewed the literature on hypnosis, identifying fully a dozen different hypnotic techniques that have been used in the treatment of chronic migraine headaches. Of these, hypnotic training emphasizing relaxation, hand warming seems the simplest method of establishing increased voluntary control of the sensitive vasomotor system.

## MSG &amp; HYDROLYSED PROTEIN

## DOCTOR'S CORNER with Pat Conte,

No wonder we gain weight and just "love " the coffee, low fat salad dressings, chips , even certain soups. **YOU WILL BE SHOCKED** when YOU read this article about MSG and hydrolysed protein. The content of this article has links to substantiate its claims - Scary stuff! The food additive MSG (Mono-Sodium Glutamate) is a slow poison. MSG hides behind 25 or more names, such as "Natural Flavoring." MSG is even in your favorite coffee from **Tim Horton's** and **Starbucks** coffee shops!

I (sic referring to the author of the article) wondered if there could be an actual chemical causing the massive obesity epidemic, and so did a friend of mine, John Erb. He was a research assistant at the University of Waterloo in Ontario, Canada and spent years working for the government. He made an amazing discovery while going through scientific journals for a book he was writing called *The Slow Poisoning of America*. In hundreds of studies around the world, scientists were creating obese mice and rats to use in diet or diabetes test studies. No strain of rat or mice is naturally obese, so scientists have to create them. **They make these creatures morbidly obese by injecting them with MSG when they are first born. The MSG triples the amount of insulin the pancreas creates, causing rats (and perhaps humans) to become obese.** They even have a name for the fat rodents they create: "MSG-Treated Rats.

When I heard this, I was shocked. I went into my kitchen and checked the cup-boards and the refrigerator. MSG was in everything -- the **Campbell's** soups, the Hostess **Doritos**, the **Lays** flavored potato chips, **Top**

**Ramen, Betty Crocker Hamburger Helper, Heinz** canned gravy, **Swanson** frozen prepared meals and **Kraft** salad dressings, especially the "healthy low-fat" ones. The items that didn't have MSG marked on the product label had something called **"Hydrolyzed Vegetable Protein"**, which is just another name for Monosodium Glutamate. It was shocking to see just how many of the foods we feed our children everyday are filled with this stuff. MSG is hidden under many different names in order to fool those who read the ingredient list, so that they don't catch on. (Other names for MSG are "Accent, Ajinomoto," "Natural Meat Tenderizer," etc.) But it didn't stop there.

When our family went out to eat, we started asking at the restaurants what menu items contained MSG. Many employees, even the managers, swore they didn't use MSG. But when we ask for the ingredient list, which they grudgingly provided, sure enough, MSG and Hydrolyzed Vegetable Protein were everywhere.

**Burger King, McDonald's, Wendy's, Taco Bell, every restaurant - even the sit-down eateries like TGIF, Chili's, Applebee's, and Denny's - use MSG in abundance. Kentucky Fried Chicken seemed to be the WORST offender: MSG was in every chicken dish, salad dressing, and gravy. No wonder I loved to eat that coating on the skin - their secret spice was MSG!**

So why is MSG in so many of the foods we eat? As a preservative, or a vitamin? Not according to my friend John Erb. **In his book *The Slow Poisoning of America*, he said that MSG is**

**added to food for the addictive effect it has on the human body. Even the propaganda website sponsored by the food manufacturers lobby group supporting MSG explains that the reason they add it to food is to make people eat more.** A study of the elderly showed that older people eat more of the foods that it is added to. The Glutamate Association lobbying group says eating more is a benefit to the elderly, but what does it do to the rest of us?

"Betcha can't eat [just] one," takes on a whole new meaning where MSG is concerned! And we wonder why the nation is overweight! **MSG manufacturers themselves admit that it addicts people to their products.** It makes people choose their product over others, and makes people eat more of it than they would if MSG wasn't added. **Not only is MSG scientifically proven to cause obesity, it is an addictive substance.** Since its introduction into the American food supply fifty years ago, MSG has been added in larger and larger doses to the pre-packaged meals, soups, snacks, and fast foods we are tempted to eat everyday. The FDA has set no limits on how much of it can be added to food. They claim it's safe to eat in any amount. But how can they claim it's safe when there are hundreds of scientific studies with titles like these: "The monosodium glutamate (MSG) obese rat as a model for the study of exercise in obesity." Gobatto CA, Mello MA, Souza CT, Ribeiro IA. *Res Commun Mol Pathol Pharmacol.* 2002. "Adrenalectomy abolishes the food-induced hypothalamic serotonin release in both normal and monosodium glutamate-obese

rats." Guimaraes RB, Telles MM, Coelho VB, Mori C, Nascimento CM, Ribeiro. *Brain Res Bull.* 2002 Aug. 'Obesity induced by neonatal monosodium glutamate treatment in spontaneously hypertensive rats: An animal model of multiple risk factors.' Iwase M, Yamamoto M, Iino K, Ichikawa K, Shinohara N, Yoshinari Fujishima. *AHypertens Res.* 1998 Mar."usunoki. *Exp Neurol.* 1978 Hypothalamic lesion induced by injection of monosodium glutamate in suckling period and subsequent development of obesity." Tanaka K, Shimada M, Nakao. Oct 1978. No, the date of that last study was not a typo; it was published in 1978. Both the "medical research community" and "food manufacturers" have known about the side effects of MSG for decades. Many more of the studies mentioned in John Erb's book link MSG to **diabetes, migraines and headaches, autism, ADHD, and even Alzheimer's.** Several months ago, John Erb took his book and his concerns to one of the highest government health officials in Canada. While he was sitting in the government office, the official told him, "Sure, I know how bad MSG is. I wouldn't touch the stuff.." But this top-level government official refuses to tell the public what he knows..

The big media doesn't want to tell the public either, fearing issues with their advertisers. It seems that the fallout on the fast food industry may hurt their profit margin. **The food producers and restaurants have been addicting us to their products for years, and now we are paying the price for it.** Our children should not be cursed with obesity caused by an addictive food additive. Go to the National Library of Medicine at [\\*\\*www.pubmed.com\\*](http://www.pubmed.com) <<http://www.pubmed.com/>>\*

**Can Hypnosis Improve the Quality of Life for Individuals with Chronic Illnesses?** Hypnosis has been used as a psychological treatment for a variety of illnesses with apparent success. While it is unlikely that hypnotic suggestions are capable of curing physical disease, they can be used to enhance relaxation and alleviate pain and other physical discomforts, and therefore they may make a positive contribution to the overall quality of care and of life. For example, several controlled studies have shown that hypnotic suggestions administered to patients who suffer from asthma can reduce both bronchodilator use and attacks of "wheezing", as well as increase peak expiratory flow rates. Hypnosis has also been used effectively in the treatment of irritable bowel syndrome, hyperemesis gravidarum (persistent nausea and vomiting) in pregnant women, and anticipatory nausea experienced by cancer patients who receive chemotherapy. Hypnotic suggestions have been observed to stimulate and inhibit allergic responses, and may also speed the healing of burns and wounds, but these issues require further carefully controlled study. Even though the use of hypnosis may be associated with positive therapeutic outcomes, it is not clear that hypnosis itself is responsible for the effects observed. The active ingredient in some treatments labeled "hypnosis" might be mere relaxation, or a kind of placebo effect attributable to the use of a hypnotic ritual. It is well known, for example, that the "relaxation response" meditation technique introduced by Benson can alter blood pressure, heart rate, oxygen consumption, and the levels of certain neurotransmitters. The relaxation response is not the same as hypnosis, but hypnotic techniques may achieve some of their effects by virtue of the high levels of relaxation commonly associated with them. In the case of asthma, however, hypnosis seems to have a specific effect over and above relaxation. The professional and popular literature contains occasional reports of clinical improvements and even cures of cancer in patients who have been treated with hypnosis or related techniques, such as relaxation and imagery. However, these apparent successes are typically poorly documented, and in the final analysis it is difficult to distinguish such "miracle cures" from spontaneous remissions which sometimes occur in these conditions. The most appropriate use of hypnosis in cancer treatment is as a complement to traditional medical treatments, such as chemotherapy, with the goal of enhancing the patient's quality of life while treatment is in progress.

**Can Hypnosis be used in Pain Reduction?** Hypnosis has been employed in the clinic for both medical and psychotherapeutic purposes. By far the most successful and best documented of these has been hypnotic analgesia for the relief of pain. Clinical studies indicate that hypnosis can effectively relieve pain in patients suffering pain from burns, cancer and leukemia (e.g., bone marrow aspirations), childbirth, and dental procedures. In such circumstances, as many as half of an unselected patient population can obtain significant, if not total, pain relief from hypnosis. Hypnosis may be especially useful in cases of chronic pain, where chemical analgesics such as morphine pose risks of tolerance and addiction. Hypnosis has also been used, somewhat heroically perhaps, as the sole analgesic agent in abdominal, breast, cardiac, and genitourinary surgery, and in orthopedic situations, although it seems unlikely that more than about 10% of patients can tolerate major medical procedures with hypnosis alone. A comparative study of experimental pain found that, among hypnotizable people, hypnotic analgesia was superior to morphine, diazepam, aspirin, acupuncture, and biofeedback (Hypnotic analgesia relieves both sensory pain and suffering. It is not a matter of simple relaxation or self-distraction. It does not appear to be mediated by endorphins or other endogenous opiates. There is a placebo component to all active analgesic agents, and hypnosis is no exception; however, hypnotizable people receive benefits from hypnotic suggestion that outweigh those of plausible placebos.

**Does Hypnosis Increase Physical Performance?** From the beginning of the modern era, a great deal of research effort has been devoted to claims that hypnotic suggestions enable individuals to transcend their normal voluntary capacities -- to be stronger, see better, learn faster, and remember more. However, research has largely failed to find evidence that hypnosis can enhance human performance. Many early studies, which seemed to yield positive results for hypnosis, possessed serious methodological flaws such as the failure to collect adequate baseline information. In general, it appears that hypnotic suggestions for increased muscular strength, endurance, sensory acuity, or learning do not exceed what can be accomplished by motivated individuals outside hypnosis.

**Can Hypnosis Improve Recall?** A special case of performance enhancement has to do with hypnotic suggestions for improvements in memory -- what is known as hypnotic hypermnesia. Hypermnesia suggestions are sometimes employed in forensic situations, with forgetful witnesses and victims, or in therapeutic situations, to help patients remember traumatic personal experiences or the events of early childhood. While field studies have sometimes claimed that hypnosis can powerfully enhance memory, these anecdotal reports have not been duplicated under laboratory conditions. A 1994 report by the Committee on Techniques for the Enhancement of Human Performance, a unit of the U.S. National Research Council, concluded that gains in recall produced by hypnotic suggestion were rarely dramatic, and were matched by gains observed even when individuals are not hypnotized. In fact, there is some evidence that hypnotic suggestion can interfere with normal hypermnesic processes. To make things worse, any increases obtained in valid recollection are met or exceeded by increases in false recollections. Hypnotized individuals (especially those who are highly hypnotizable) may be especially vulnerable to distortions in memory produced by leading questions and other subtle, suggestive influences. Hypnosis is sometimes used therapeutically to recover forgotten incidents, as for example in cases of child sexual abuse. Although the literature contains a number of dramatic reports of the successful use of this technique, most of these reports are anecdotal in nature and fail to obtain independent corroboration of the memories that emerge. Given what we know about the unreliability of hypnotic hypermnesia, and the risk of increased responsiveness to leading questions and other sources of bias and distortion, such clinical practices are not recommended. Similar considerations obtain in forensic situations. In fact, many legal jurisdictions severely limit the introduction of memories recovered through hypnosis, out of a concern that such evidence might be tainted. The Federal Bureau of Investigation has published a set of guidelines for those who wish to use hypnosis forensically, and similar precautions should be employed in the clinic. Similar conclusions apply to hypnotic age regression, in which individuals receive suggestions that they are returning to a previous period in their lives.

**Does Hypnosis have an Effect on Psychosomatic Disorders?** Hypnotic suggestion can have psychosomatic effects, a matter that should be of some interest to psychophysicologists and psychoneuroimmunologists. A famous case study convincingly documented the positive effects of hypnotic suggestion on an intractable case of congenital ichthyosiform erythroderma, a particularly aggressive skin disorder. Carefully controlled studies have shown that hypnotic suggestions can have a specific effect on the remission of warts. However, the same effects can be achieved by suggestions administered nonhypnotically. The mechanisms by which these "psychosomatic" effects are produced are theoretically interesting, and possibly clinically significant, but it is not yet clear that they have anything to do with hypnosis.

**Can Hypnosis be used in Psychotherapy?** Hypnosis has been used in psychotherapy—both in psychodynamic or cognitive-behavioral oriented therapy. In the former case, hypnosis is used to promote relaxation, enhance imagery, and generally loosen the flow of free associations (some psychodynamic theorists consider hypnosis to be a form of adaptive regression or regression in the service of the ego). However, there is little evidence from controlled outcome studies that hypnoanalysis or hypnotherapy are more effective than nonhypnotic forms of the same treatment. By contrast, a 1995 meta-analysis by Kirsch and colleagues showed a significant advantage when hypnosis is used to complement cognitive-behavioral therapy for a number of problems, including anxiety and hypertension. In an era of evidence-based mental health care, it will be increasingly important for practitioners who use hypnosis to document, quantitatively, the clinical benefits of doing so.

**Can Hypnosis help with Weight Control?** In the Kirsch study (mentioned above in the Psychotherapy section), the prospects for hypnosis appeared to be especially favorable in the treatment of obesity, where individuals in the hypnosis group continued to lose weight even after formal treatment had ended. In one study, for example, women who received personally tailored hypnotic suggestions for specific food aversions, in the context of a traditional self-monitoring and goal-setting treatment, lost approximately twice as much weight as a comparison group. This comparison group received the behavioral treatment alone (no hypnotic suggestion). However, the actual weight lost by the hypnosis group was only about 14 lb. on average. Given that the patients were approximately 50% overweight at the outset, it is not clear that the treatment actually improved their clinical status. Studies that document the clinical efficacy of hypnosis should pay careful attention to the terms in which outcome is assessed. While hypnosis may seem to offer an advantage over some other treatments, it is not clear that the statistical significance or experimental results translates into meaningful clinical significance or real results for individuals.

**Can Hypnosis Help People Stop Smoking?** There have been many attempts to use hypnosis for habit control, however, hypnosis has no coercive power. That is, one cannot be hypnotized against his or her will, and even deeply hypnotized individuals cannot be made, by virtue of hypnotic suggestions, to do things that run against their own or others' interests. You cannot cajole a smoker to the local hypnotist and expect him or her to stop smoking. However, where the patient is appropriately motivated, as in the obesity study described earlier, hypnosis may offer a boost to treatment. One popular hypnotic treatment for smoking involves a single session in which patients are taught to repeat a simple persuasive message during self-hypnosis. In one large-scale study of this technique, about 50% of patients stopped smoking immediately after treatment; at follow-up one and two years later, however, this figure had dropped to about 25%. Although this study did not include a nonhypnotic control group, this is about the same success rate as achieved with other cognitive-behavioral interventions. However, these other treatments are typically more intensive, so that the single-session hypnotic treatment may have some advantage in terms of efficiency. Interestingly, long-term abstinence was not related to traditional measures of hypnotizability, suggesting that the success of the treatment may have had more to do with the persuasive message than with hypnosis per se.

## ACADEMY OF PROFESSIONAL HYPNOSIS

### FALL CERTIFICATION CLASSES BEGIN ON OCTOBER 6TH

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](mailto:info@hypnoacademy.com) Or go to [www.hypnoacademy.com](http://www.hypnoacademy.com)

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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 FALL session where excitement awaits you.

### FALL SCHEDULE 2012

Basic Hypnosis..... **October 6/7 & 13/14**

Advanced Hypnosis..... **October 20/21 & 27/28**

Advanced Clinical Hypnosis Certification..... **November 3/4 & 10/11**

**EACH COURSE IS .....2 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

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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: April 18, 2012**

**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.**

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**Presentation for the April 18 Meeting: CHAKRA BALANCING Dr. Pat Conte, MD**

### The Seven Mystical Steps to Health and Happiness

The seven energy centers called "chakras" control our physical, mental, psychological, and spiritual health. The word "chakra" comes from Sanskrit which means "wheel" or "disk", and sometimes referred to as "wheels of light". Chakras are spinning vortices of energy connecting the physical body with our "subtle" body energy system or aura. When this energy flows freely throughout the body, we live in a state of good health, that is, physically, mentally, psychologically, and spiritually. We are in harmony with our own natural constitution, our environment, our relationships, and at oneness with the universe. The Chakras are considered seven energy guide posts that lead us to a more happy life while on the earth plane and to prepare us to enter the higher dimensions of spirituality.

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##### Reservations

**Members.....\$22.00**

**Non-Members.....\$25.00**

**CALL: Dr. John Gatto**

**(908) 964-4467**

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