



NACH and the Greater NGH Chapter

National Association of Certified Hypno-Counselors



1358 Burnet Ave. Suite 1, Union, NJ

NEWSLETTER

**NEXT
MEETING**

Wednesday

**Sept. 19,
2012**

Have a relaxing,
safe, happy and
healthy summer

THE WORLD'S LARGEST AND FRIENDLIEST HYPNOTISM CONVENTION

August 10-12, 2012 Best Western Plaza Hotel - Marlborough, MA.

It's almost that time of the year again! Which courses and lectures will you attend? Look online at WWW.NGH.net and check out all the new workshops and presenters for this year. There is a feeling of positive energy at the Convention every year, and the friends you meet from all over the world is fantastic. Come join your fellow NGH members at this year's Convention! Great fun and very educational!!

The Power of Suggestion Lingers by Roxanne Khamsi

Brain scans show hypnosis helps to focus the mind: A suggestion under hypnosis can make subjects sharper. © Alamy Therapists who swear that hypnosis can help their patients now have more evidence to back their claim. A study of brain-scan images shows that hypnosis can indeed alter cognitive activity after subjects have come out of the trance state, and that this can help them concentrate on certain tasks. In a study published this week in the Proceedings of the National Academy of Science*, hypnotized subjects outperformed their peers at a classic test of mental focus. And scans pinpointed the area of the brain responsible for this lasting effect.

Hypnotists can strongly influence the behaviour of their subjects, sometimes helping them to give up addictive substances or, in tricks performed during stage performances, bark like a dog on hearing Elvis Presley. The findings indicate a biological basis for these types of behaviour, says Amir Raz at Weill Medical College of Cornell University, New York, the lead author of the study. "Words can form suggestions, and suggestions can have very, very strong effects on neurological activity," he says. CONTINUED on Page 6

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2012 MEETING DATES

September 19 & November 21, 2012

Volume 10 Issue 8

Honey is the only food (liquid) on the planet that will not spoil or rot. It will do what some call turning to sugar. In reality honey is always honey. However, when left in a cool dark place for a long time it will do what I rather call "crystallizing" When this happens I would loosen the lid, boil some water, and let the honey container sit in the hot water, turn off the heat and let it liquefy. It is then as good as it ever was. Never boil honey or put it in a microwave. To do so will kill the enzymes in the honey.

Cinnamon and Honey: Bet the drug companies won't like this one getting around. Facts on Honey and Cinnamon: It is found that a mixture of honey and Cinnamon cures most diseases. Honey is produced in most of the countries of the world. Scientists today also accept honey as a 'Ram Ban' (very effective) medicine for all kinds of diseases. Honey can be used without any side effects for any kind of diseases. Today's science says that even though honey is sweet, if taken in the right dosage as a medicine, it does not harm diabetic patients. Weekly World News, a magazine in Canada, in its issue, dated 17 January, 1995 has given the following list of diseases that can be cured by honey and cinnamon as researched by western scientists:

HEART DISEASES: Make a paste of honey and cinnamon powder, apply on bread, instead of jelly and jam, and eat it regularly for breakfast. It reduces the cholesterol in the arteries and saves the patient from heart attack. Also, those who have already had an attack, if they do this process daily, they are kept miles away from the next attack.. Regular use of the above process relieves loss of breath and strengthens the heart beat. In America and Canada, various nursing homes have treated patients successfully and have found that as you age, the arteries and veins lose their flexibility and get clogged; honey and cinnamon revitalize the arteries and veins.

ARTHRITIS: Arthritis patients may take daily, morning and night, one cup of hot water with two spoons of honey and one small teaspoon of cinnamon powder. If taken regularly even chronic arthritis can be cured. In a recent research conducted at the Copenhagen University, it was found that when the doctors treated their patients with a mixture of one tablespoon Honey and half teaspoon Cinnamon powder before breakfast, they found that within a week, out of the 200 people so treated, practically 73 patients were totally relieved of pain, and within a month, mostly all the patients who could not walk or move around because of arthritis started walking without pain.

BLADDER INFECTIONS: Take two tablespoons of cinnamon powder and one teaspoon of honey in a glass of lukewarm water and drink it. It destroys the germs in the bladder.

CHOLESTEROL: Two tablespoons of honey and three teaspoons of Cinnamon Powder mixed in 16 ounces of tea water, given to a cholesterol patient, were found to reduce the level of cholesterol in the blood by 10 percent within two hours as mentioned for arthritic patients, if taken three times a day, any chronic cholesterol is cured. According to information received in the said Journal, pure honey taken with food daily relieves complaints of cholesterol.

COLDS: Those suffering from common or severe colds should take one tablespoon lukewarm honey with 1/4 spoon cinnamon powder daily for three days. This process will cure most chronic cough, cold, and clear the sinuses.

UPSET STOMACH: Honey taken with cinnamon powder cures stomach ache and also clears stomach ulcers from the root.

GAS: According to the studies done in India and Japan, it is revealed that if Honey is taken with cinnamon powder the stomach is relieved of gas.

IMMUNE SYSTEM: Daily use of honey and cinnamon powder strengthens the immune system and protects the body from bacteria and viral attacks. Scientists have found that honey has various vitamins and iron in large amounts. Constant use of Honey strengthens the white blood corpuscles to fight bacterial and viral diseases.

INDIGESTION: Cinnamon powder sprinkled on two tablespoons of honey taken before food relieves acidity and digests the heaviest of meals.

INFLUENZA: A scientist in Spain has proved that honey contains a natural 'Ingredient' which kills the influenza germs and saves the patient from flu.

LONGEVITY: Tea made with honey and cinnamon powder, when taken regularly, arrests the ravages of old age. Take four spoons of honey, one spoon of cinnamon powder, and three cups of water and boil to make like tea. Drink 1/4 cup, three to four times a day. It keeps the skin fresh and soft and arrests old age. Life spans also increase and even a 100 year old, starts performing the chores of a 20-year-old.

PIMPLES: Three tablespoons of honey and one teaspoon of cinnamon powder paste. Apply this paste on the pimples before sleeping and wash it next morning with warm water. If done daily for two weeks, it removes pimples from the root.

SKIN INFECTIONS: Applying honey and cinnamon powder in equal parts on the affected parts cures eczema, ringworm and all types of skin infections.

WEIGHT LOSS: Daily in the morning one half hour before breakfast on an empty stomach, and at night before sleeping, drink honey and cinnamon powder boiled in one cup of water. If taken regularly, it reduces the weight of even the most obese person. Also, drinking this mixture regularly does not allow the fat to accumulate in the body even though the person may eat a high calorie diet.

CANCER: Recent research in Japan and Australia has revealed that advanced cancer of the stomach and bones have been cured successfully. Patients suffering from these kinds of cancer should daily take one tablespoon of honey with one teaspoon of cinnamon powder for one month three times a day. **FATIGUE:** Recent studies have shown that the sugar content of honey is more helpful rather than being detrimental to the strength of the body. Senior citizens, who take honey and cinnamon powder in equal parts, are more alert and flexible. Dr. Milton, who has done research, says that a half tablespoon of honey taken in a glass of water and sprinkled with cinnamon powder, taken daily after brushing and in the afternoon at about 3:00 P.M. when the vitality of the body starts to decrease, increases the vitality of the body within a week.

BAD BREATH: People of South America, first thing in the morning, gargle with one teaspoon of honey and cinnamon powder mixed in hot water, so their breath stays fresh throughout the day.

HEARING LOSS: Daily morning and night honey and cinnamon powder, taken in equal parts restores hearing. Remember when we were kids? We had toast with real butter and cinnamon sprinkled on it! _____

EGG WHITES: HEALING MIRACLE FOR BURNS

A young man sprinkling his lawn and bushes with pesticides wanted to check the contents of the barrel to see how much pesticide remained in it. He raised the cover and lit his lighter; the vapors inflamed and engulfed him. He jumped from his truck, screaming. His neighbor came out of her house with a dozen eggs, yelling: "bring me some eggs!" She broke them, separating the whites from the yolks. The neighbor woman helped her to apply the whites on the young man's face. When the ambulance arrived and when the EMTs saw the young man, they asked who had done this. Everyone pointed to the lady in charge. They congratulated her and said: "You have saved his face." By the end of the summer, the young man brought the lady a bouquet of roses to thank her. His face was like a baby's skin.

Keep in mind this treatment of burns which is included in teaching beginner fireman this method.

First aid consists to spraying cold water on the affected area until the heat is reduced and stops burning the layers of skin. Then, spread egg whites on the affected are. One woman burned a large part of her hand with boiling water. In spite of the pain, she ran cold faucet water on her hand, separated 2 egg white from the yolks, beat them slightly and dipped her hand in the solution. The whites then dried and formed a protective layer. She later learned that the egg white is a natural collagen and continued during at least one hour to apply layer upon layer of beaten egg white. By afternoon she no longer felt any pain and the next day there was hardly a trace of the burn. 10 days later, no trace was left at all and her skin had regained its normal color. The burned area was totally regenerated thanks to the collagen in the egg whites, a placenta full of vitamins.

Hypnosis Helped Them Quit by Amber Greviskes

Hypnosis Helped Them Smoking

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Rebeka

Phelps 47-year-old former smoker from Reston, Va., who had smoked a pack a day for more than 30 years, tried quitting cold turkey, gradually tapering off, leaning on friends and going it alone, before she stopped smoking altogether with the help of hypnosis. After finding a reputable hypnotist through a recommendation, Phelps booked an appointment. Despite fears that this was a spooky, new age and perhaps dangerous and invasive treatment, she found a quiet office. The hypnotist walked her through several activities, including a visualization activity in which she pictured herself at a particular moment during her day when she usually smoked. She was supposed to visualize herself peacefully not smoking and being repulsed by those around her who were smoking. She was told to wake up, feeling more refreshed than she had in a long time, and to begin her life as a nonsmoker. She did both. Phelps has been smoke free for about five years and hasn't yet craved a cigarette. "Of course, I think about it sometimes, but I usually think, 'Yuck, I can't believe I ever smoked,'" she said. "It almost seems like 'that' period was another person or another lifetime ago." It's not unusual for people to experience success when they choose to quit smoking using hypnosis. According to The Hypnosis Network, multiple-session hypnosis has a 66 percent success rate, higher than any other smoking cessation method available. That's important information for the 70 percent of adult smokers who would like to quit smoking. Ninety-five percent of those who attempt to quit smoking without using a program or supportive aid will fail. Hypnotism, however, isn't usually one of the first stop-smoking methods that people

choose. There are simply too many myths behind the practice, such as only the weak minded can be hypnotized, the hypnotist has complete control over the hypnotized or that the hypnotist can make a person do things they wouldn't normally do. However, a typical hypnosis session is nothing like a scene from the movies, in which you stare at a watch swinging back and forth. Although hypnotists can perform their services in different ways, most will begin a session by explaining the process and answering any questions. Some hypnotists will then let you have your final cigarette, instruct you to toss out remaining cigarettes and guide you into a state of hypnotic relaxation. The hypnotist will describe situations in which you might be tempted to smoke but instead turn down the cigarettes. After you emerge from hypnosis, you will spend time talking about your experience. You will also receive mantras to recite if you are tempted to smoke in the future, so you can perform self-hypnosis. Seth-Deborah Roth, who has been a hypnotist for 10 years, said that hypnosis is successful because it allows the hypnotist to deal with the emotional part of quitting by convincing the smoker that her worst fears about quitting won't come true. The hypnotist will also give the smoker positive suggestions like, "I am a non-smoker," "I am proud of being a nonsmoker" or "Nothing feels better than being a nonsmoker" that she can turn to whenever cravings hit. Hypnosis can give those who are trying to quit a boost in confidence, motivation and strength. It also helps explore solutions for dealing with nicotine withdrawal symptoms and cravings. "People won't accept suggestions that they're not opened to," Roth said. "Usually they want to quit but are afraid they can't. Later, they're amazed when they don't want cigarettes, but hypnosis lets you

deal with the reasons that you're smoking." Although hypnotism works best with people who are determined to quit, even those who are hesitant can find success. Linda Castellani didn't want to quit smoking. She liked the way the first hit of a newly lit cigarette tasted. The smoke screen and the sword-like cigarettes were her protection from people, and she smoked constantly. "If I was awake, I was smoking," Castellani said. "I smoked at my desk, in my car, at restaurants, even if other diners protested." And despite the pressure from her coworkers, who were alarmed by her coughing, and her parents, who offered her \$5,000 to quit, she couldn't stop — until she tried hypnosis. "I don't know why I tried hypnosis," Castellani, an Alameda, Calif., resident said. "I had my doubts about how well it would work, so I figured that if I didn't stop, I could point to my attempt, chalk hypnosis up as a failure and wait until the next thing." Instead, she smoked her last cigarette on her way into the hypnotist's office and, after 10 years, finally quit her habit. Both women were able to find credible hypnotists who were able to help them quit, but other consumers are not as lucky. Finding a credible hypnotist can be a challenge. There's no hypnosis governing body and no single licensing procedure. One can become certified in a weekend-long course or in a certification program that requires at least 100 hours, during which the future hypnotist attends lectures, shadows a certified hypnotists and practices various techniques.

SEND IN ARTICLES FOR NEWSLETTER

Please make it easier for Tony to prepare this Newsletter by sending in articles that are interesting and current. We need your support by attending the meetings because every time there is a good attendance, it just seems that our members are smiling and really enjoying themselves. Also, we must guarantee the Galloping Hill Inn 30 dinners minimum, so let's pitch in together!!

TOURETTE SYNDROME AND HYPNOSIS Science Daily

Children and Teens With Tourette Syndrome Find Relief With Self-Hypnosis

ScienceDaily (July 13, 2010) — A new study of children and adolescents with Tourette Syndrome finds that self-hypnosis taught with the aid of videotape training reduced their symptoms and improved their quality of life.

Seventy-nine percent of the 33 research participants achieved enough improvement in tic control to report personal satisfaction with the technique, according to the study published online in the July issue of the *Journal of Development and Behavioral Pediatrics*. This is the largest case series of patients with Tourette Syndrome treated with self-hypnosis. The authors, Jeffrey Lazarus, M.D., and Susan K. Klein, M.D., Ph.D., were with University Hospitals Rainbow Babies & Children's Hospital and the Case Western Reserve University School of Medicine at the time of the study.

Subjects were shown video clips of a young boy with Tourette Syndrome before, during, and after his self-hypnosis training. Following that, each child or teen in the study was taught self-hypnosis in individual sessions. The participants ranged in age from 6 to 19 years, with an average of 13 years.

The research subjects also were assigned to practice the self-

hypnosis technique three times a day and homework to answer questions designed to increase their awareness of tics and how they felt about experiencing them. All of the research participants had motor tics and three had verbal tics in their initial evaluations.

According to Dr. Lazarus, self-hypnosis helps the patient experience a state of mind that combines relaxation with concentration on a desired point of focus while other thoughts or feelings fade into the background.

"Once the patient is in his or her highly focused 'special place,' work is then done on controlling the tic," said Dr. Lazarus. "We ask the patient to imagine the feeling right before that tic occurs and to put up a stop sign in front of it, or to imagine a tic switch that can be turned on and off like a light switch. Further suggestions are made, including encouraging the patient to invent his or her own images."

Almost all of the participants experienced a dramatic increase in tic control after only a few sessions: 12 after two sessions, 13 after only three visits, and one after four visits.

Dr. Lazarus says that this non-pharmacological therapy for tics is attractive because the medications that are used to treat tics can be associated with undesirable side effects. Also, physicians are reluctant to prescribe medications for mild or moderate tic disorders, which many children often outgrow as they get older.

"This case series suggests that self-hypnosis might be able to be taught effectively in fewer sessions than another technique known as habit reversal, but we'll need to study this further. However, the use of videotape as a teaching aid presents several advantages: It can help standardize the technique of teaching the method, it may shorten the length of time needed to teach the technique, and it makes the technique more accessible to younger children. Viewing a series of videotapes of another patient gives patients the reassurance that they are not the only ones in the world with this problem, and it gives them hope and the motivation that they can take control of their bodies and life challenges," said Dr. Lazarus.

This article was forwarded to us by Academy of Professional Hypnosis Graduate and NACH member Robert Galarowicz. We sincerely thank Robert and ask that more members look for articles online and submit them to us at nickeby@aol.com so that we may carry them in our NACH Newsletter

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**The man who thinks he can, and the man who thinks he can't, are both right. Your greatest limitations are not in the world around you: your greatest limitations are the beliefs you hold about yourself.**

## Fall Academy Hypno-Counselor Certification Course Schedule for 2012

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)

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..... October 6/7 & 13/14 2012**

**Advanced Hypnosis.....October 20/21 & 27/28, 2012**

**Advanced Clinical Hypnosis Certification.....November 3/4& 10/11, 2012**

**EACH COURSE IS .....2 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 .

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

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# CEU Credit Hours

## 2012 MEETING DATE

**Wednesday: September 19th 2012**

**Networking: 6:00—7:00 p.m.**

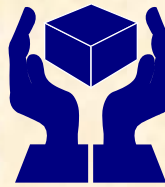
**Dinner: 7:15 p.m.**

**Presentation: 8:00 p.m.**

**Meeting Place:**

**Galloping Hill Inn, Union, NJ**

**(908) 686-2683**



**NACH and NGH**

**Working Together**

Our NACH-Greater NJ NGH Chapter Meeting banquet is a great opportunity to network with fellow hypnotists and enjoy a great dinner buffet. Where else can you go to listen to a great speaker, mingle with your friends, and enjoy a great dinner at this low price.

slip away from us? For

## THE WORLD'S LARGEST AND FRIENDLIEST HYPNOTISM CONVENTION

**August 10-12, 2012 Best Western Plaza Hotel - Marlborough, MA.**

It's almost that time of the year again! Which courses and lectures will you attend? Look online at WWW.NGH.net and check out all the new workshops and presenters for this year. There is a feeling of positive energy at the Convention every year, and the friends you meet from all over the world is fantastic. Learn new techniques. Meet the leaders in the field of Hypnotism. Once you attend, you'll keep coming back for more of the excitement and educational aspects of a lively and dedicated Convention.

**CONTINUED page 1** To study this effect, Raz used 16 volunteers, eight of whom were easily hypnotizable. These people would later be asked to tackle a mental challenge called the Stroop test, in which readers must name the colour in which a word is written. This is particularly tricky when the word is itself the name of a different colour. Participants should say 'blue', for example, when the word 'red' appears in blue ink. In the hypnosis sessions, which lasted on average 25 minutes, Raz and his colleagues told the volunteers that when they later heard a cue, such as a coughing sound, they would see the printed words as gibberish and only be able to focus on the ink. Researchers then brought them out of their trance state, and 10 minutes later asked them to take the Stroop test while in a brain scanner. The subjects who were suggestible to hypnosis completed the Stroop task 10% faster than their counterparts after this cue. Their brain scans showed that their anterior cingulate cortex, a region of the brain involved in planning and conflict resolution, had less activity compared with the non-hypnotized subjects. "Their anterior cingulate cortices were very quiet."

This conflict-resolution centre struggles to reconcile various sensory and intellectual inputs. "Like when you see a cheesecake on the table and want to eat it, but remember that you can't because your doctor told you that your cholesterol is high," says Raz. Raz says the images help to prove that post-hypnotic suggestions have a real biological effect. "This was not social compliance, this was actually happening at the brain level," he says. It is unclear from this study whether hypnotic suggestion could help people with other tasks that require a different type of concentration. "Science is finally catching up with what we have known but lacked the technology to prove," says Darlene Treese, president of the American Psychotherapy and Medical Hypnosis Association.

### Board Members

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#### Reservations

Members.....\$22.00

Non-Members.....\$25.00

**CALL: (908) 964-4467**

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