

**NACH and the Greater NGH Chapter**

**National Association of Certified Hypno-Counselors**

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



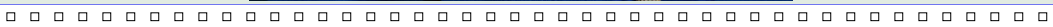
**NEWSLETTER**

**HAPPY VALENTINE'S DAY**

PRESENTATION FOR WEDNESDAY February 20TH AT 6:30 PM

**INDUCTION METHODS AROUND**

Knowing many methods empowers you to pick and apply the precise technique for each client. Learn new induction skills and improve those already possessed. Discover new variations of inductions you already know. Increase your confidence level, and practice many of the inductions demonstrated: instant, rapid, Ericksonian, confusion, non-verbal, etc. Learn and practice my own special technique that shows you how to detect and overcome resistance, test the client and deepen the hypnosis in one smooth process.



**Internationally acclaimed, Joann Abrahamsen** is an NGH board certified consultant in hypnosis, received the NGH 2012 Hypnotism Achievement award. In August 2009, Joann was inducted into the National Guild of Hypnotists, Order of Braid, recognizing a lifetime of outstanding achievement, dedication and service. In 1992 Abrahamsen was named the Association to Advance Ethical Hypnosis' "Person of the Year". Joann, noted for her lively and entertaining seminars and workshops, has presented at hospitals, conferences, resort hotels, colleges, and universities. Joann teaches courses in hypnosis and presents hypnosis stage shows and demonstrations for many organizations.



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## Hypnosis - Change Your Mind And Change Your Life!

Hypnosis to me is a way of recreating my life story from this moment forward. I believe when we are born we are from birth imposed upon with a set of predetermined ideas, thoughts, beliefs, or as I like to refer to them-tapes. We are in a sense hypnotized to live, think, behave, and believe in a certain way imposed on us by our families, teachers, churches and society. These ideas that we have learned early on may not be in any way a reality that will benefit us for the rest of our lives. Many of these ideas are simply someone else's beliefs imposed on us. We take all of this into our subconscious as truth and often times let this become our belief system for life. These ideas may be positive or negative, true or false but none the less, they have a big influence on who we become and the way we will think about ourselves and impact the outcome of our lives. These outside influences unknowingly program our subconscious mind into believing that which may not be true or healthy for us. These thoughts may not have any benefit towards what we would like to accomplish or become in our lives. We may have been told we are not smart enough, or we are too big, or we are too small, or we do not have enough money, or we are not the right color.

Many people go throughout their life believing these mistruths and remain unhappy and unfulfilled simply

because they do not realize they can reprogram their subconscious mind and recreate these unhealthy tapes. This is where hypnosis comes in. This is where our computer in our mind can be reprogrammed with new healthy fulfilling tapes and those old unfulfilling tapes removed. Through hypnosis we can reprogram our subconscious mind and become what we truly want and were meant to be. Through hypnosis we can get into contact with our subconscious mind and reprogram all those negative false beliefs we have been carrying around with us all of our life. We can get in touch with our inner being and recreate our lives to be all that it was suppose to be. The possibilities are endless. All we need to do to accomplish this is to just imagine what we want, feel it with enthusiasm, and believe it in our heart and hypnosis will take us there. Desire, belief and expectancy are all we need to change our lives with hypnosis. It is so sad that people go through their lives with misconceptions of who they really are and what they could actually become and or accomplish.

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those old unfulfilling tapes removed. Through hypnosis we can reprogram our subconscious mind and become what we truly want and were meant to be. Through hypnosis we can get into contact with our subconscious mind and reprogram all those negative false beliefs we have been carrying around with us all of our life. We can get in touch with our inner being and recreate our lives to be all that it was suppose to be. The possibilities are endless. All we need to do to accomplish this is to just imagine what we want, feel it with enthusiasm, and believe it in our heart and hypnosis will take us there. Desire, belief and expectancy are all we need to change our lives with hypnosis. It is so sad that people go through their lives with misconceptions of who they really are and what they could actually become and or accomplish.

It seems so true that thoughts are things. What we think about all the time truly does come about. People need to realize they have some control over their lives. God gave us a magnificent subconscious mind to use to create our reality through our thoughts and imagination. "So as a man thinketh, so shall he be". So true are these words if we would only pay attention and act on these truths. Hypnosis can help us to think in positive ways to help us create a new reality which in turn could help create a more positive universe. Just imagine if all people would learn self hypnosis and reprogram their subconscious mind to live a more rewarding and happy life. It

is true to us. We all live in our subconscious minds. We need to use hypnosis to build on what will make us fulfilled in our life and make us happy. Whether this means us building on our self confidence, learning to forgive, reducing pain, or healing from disease. Through hypnosis, we can reprogram our subconscious mind and change our lives. Again if we would just remember: "As a man thinketh, so shall he be" and, "Ask and it shall be given to you," then all we need is to have belief, desire and expectancy, and hypnosis will take us there.

Linda Gillman L.P.N  
CHT.

## Healing Script

.And you are now at a deep and relaxed level where you can travel and experience light. And now imagine that you are in a place that is calm and serene and peaceful. It can be at the beach, in the mountains, near your home or a place of your imagination. This is your place and you can experience it any way you choose. And imagine that you are sitting in this wonderful, peaceful and very special place of yours and you are meditating. The lovely feeling of this place and time surrounds you and fills your mind and body with its feelings of peace and tranquility and relaxation.

And you are facing the sun; it is shining on your forehead. You feel the brightness behind your closed eyes and the warmth on your skin. Now, let the light flow into your body. Let the light flow into your body and flow from your head down to your feet. Imagine that you are hollow and the light is filling you up, from the bottom to the top. Imagine that your skin is transparent. Let the light shine out of you and into you. And, now imagine that the light is getting brighter. Imagine that you weigh very little. Imagine that you are gently floating above the ground. Calmly, gently and serenely floating above the ground.

And, as you inhale, imagine that light of all colors enters your body through each pore. In the moments between inhaling and exhaling it is peaceful and calm and serene and the light gets brighter,. And, as you exhale imagine that the light of many colors comes out of your body through all of your pores. Imagine that the light radiates out to the ends of the universe. And, as you inhale imagine that the light comes to you from the farthest reaches of the universe. Feel yourself expanding. Now imagine that the edges of your body are becoming indistinct. Imagine that the light in your body merges with the light outside your body.

And, now imagine that the center of your body is a point of light. As you inhale, light comes from far in the universe toward the point of light. And as you exhale it goes from the point of light to the farthest corners of the universe. Now imagine that the point of light goes toward any illness you have in your body. When it reaches the illness, the illness is burned and disappears. If you feel a tingling, buzzing or warmth in that area, concentrate on that feeling. Focus in on that feeling. Let the point of light rest where the illness was; let it grow brighter and brighter as you inhale and

exhale. Now let the point of light grow to the size of your whole body. Let it grow brighter and brighter as you inhale and exhale. And, now let the light grow as large as a house. Let it get even brighter as you inhale and exhale.

Now let it grow to the size of the earth. Let it grow brighter as you inhale and exhale. Let it grow to the size of the universe. Let it grow even brighter as you inhale and exhale.

Now, let it shrink little by little until it is the size of a tiny seed. Let it grow brighter and brighter as you inhale and exhale. Let it grow again to the size of your body. Feel your body weightless and glowing. Feel it healing.

Each and every time you do this exercise it will become easier and easier to relax and go into the hypnotic trance. You know it is good for you and it is what you want and what I want for you. And you are accepting all of the suggestions that I give you on every level of your mind and body.

### Hypnotism and Surgery

In 1845, a Scottish doctor, James Esdale, opened a hospital in Calcutta and began a serious of

operations where patients

experience no pain and there were few deaths. His practice was made up of rajahs with 100 prominent witnesses. So many in India had been afraid of operations until this time, that they lived with tumors of up to 80 lbs. By the time he left, Dr. Esdale had

performed over 2000

operations.

## THE WONDERS OF GINGER

## This Common Spice Could be Better Than Any Cancer Drug

Gnarly... corky with woody ridges... bent and twisted. Kind of ugly... Yet it reigns as one of the world's favorite natural medicines, cooking ingredients, and spices. And its accolades reach far beyond cooking. It's recommended for so many different health conditions, you might think all these benefits can't be for real. But maybe that's to be expected from an herb that's also used as a nickname for temperamental redheads! Keep reading and I'll give you all the details on this valuable medicinal food. In America this herb has been popularized by such foods as ginger ale, gingerbread, ginger snaps, and more. Perhaps ginger's most popular use and benefit as a remedy is to aid good digestion (it breaks down proteins and fatty acids to relieve gas and bloating), and as a treatment for motion sickness, morning sickness and nausea -- including the nausea of chemotherapy. Maybe your mother used to give you ginger ale for an upset stomach. Native to China and India, where it has stood the test of time for 4,400 years, ginger root is now cultivated throughout Asia, Australia, South America, Jamaica, and the U.S. The plant has delicate green leaves similar to baby spinach. They can be eaten as a salad. But its outstanding medicinal significance comes from the root or rhizome. Ginger root's most important active components are believed to be its volatile oils and pungent phenol compounds (its gingerols and shogaols).

**Ginger beats up on ovarian cancer cells...** Studies have shown that ginger extract or its components are able to antagonize against **breast cancer** and **ovarian cancer** cells, and may also help fight other cancers (colon, liver, lung, pancreas, prostate and skin cancers, including melanoma). In 2006, researchers at the University of Michigan found that ginger caused ovarian cancer cells to die. The way those cells died suggest that ginger may be able to keep cancer cells from becoming resistant to conventional treatments.<sup>1</sup> The researchers used ginger powder similar to that in your spice cabinet, but upgraded to a standardized research grade. When dissolved in solution and set loose on ovarian cell cultures, it induced cell death in all the ovarian cancer cell lines tested. The cells died two ways: (1) apoptosis, where cancer cells "commit suicide", and (2) autophagy, where cancer cells digest or attack themselves. Study author J. Rebecca Liu, M.D., assistant professor of Ob/Gyn at the University of Michigan suggests, "If ginger can cause autophagic cell death in addition to apoptosis, it may circumvent resistance to conventional chemotherapy."

**It may revolutionize breast cancer treatments, too** **Breast cancer studies also suggest that ginger could be a better breast cancer fighter than any drug currently on the market.** At least that's what researchers at King Abdulaziz University in Saudi Arabia published in the *Journal of Biomedicine and Biotechnology*. Typically, breast cancer treatment involves hormonal therapy with selective estrogen receptor (ER) modulators (such as tamoxifen). But almost everyone with late-stage, metastatic breast cancer and 40 percent of other cancer patients using ERs suffer relapse and death. What's more, many breast cancer cells already resist the drugs by the end of one single treatment. In contrast, a crude ginger extract stopped the cancer cells from reproducing. Ginger showed the *highly prized anti-cancer quality of selective cytotoxicity* — that is to say, it kills cancer cells but leaves healthy cells unharmed. Its ability to be selective is unmatched by *any* conventional cancer treatment. Ginger appears to modulate many anti-cancer mechanisms (apoptosis and more). Researchers can't yet explain all ginger's molecular effects, but admit they look promising. And get this: Previous studies also show that the ginger compound—Gingerol hinders breast cancer from spreading. Could this revolutionize the treatment of breast cancer?

**Also benefits men. . .** A man's prostate gland naturally enlarges with age, which boosts his chances of cancer. By age 80, a whopping 80% of all men will have prostate cancer. So this discovery is worth paying attention to...Recently the *British Journal of Nutrition* published results of an American study in which ginger extract killed human **prostate cancer** cells *while letting healthy prostate cells live*. This was with a daily dose of 100 mg of ginger extract per kg of body weight (about 6800 mg per day for a 150 pound man). During the course of eight weeks, the ginger slashed prostate tumor growth in half. If using fresh ginger, the researchers estimate 100 grams would offer similar results. Now, that's a lot of ginger. But if taken as an extract it's only about 7 grams, which might be tolerable.

Continued on Page 5

**Can ginger help prevent colon cancer?** In yet another University of Michigan study, published in *Cancer Prevention Research*, Suzanna M Zick, N.D., M.P.H. and her research team studied 30 volunteers randomly assigned to 2g of ginger root supplements or placebo daily for 28 days for inflammation linked to colon cancer. Four weeks later, inflammation markers were significantly lowered in those taking the ginger. And note that the doses were low compared to those recommended by the authors of the prostate study.

**Affects multiple factors involved in inflammation** Researchers who've studied the healing properties of ginger discovered it contains zingibain — an enzyme with exceptionally strong anti-inflammatory properties. This inflammation squelching may be one reason ginger helps fight cancer cells. It could also explain why some studies find that ginger is a boon to arthritis sufferers and many other inflammation-mediated diseases. Ginger is thought to help fight diverticulitis, gallbladder inflammation, and heart disease... and to promote blood flow to your brain to keep it healthy and young. Ginger especially inhibits two enzymes that play a key role in rampant inflammation — the cyclooxygenase (COX) and 5-lipoxygenase (LOX). Anti-inflammatory drugs can block COX but completely miss LOX. As a result, they only address part of the problem. And — oops! — the drugs cause serious side effects that can lead to death. Ginger, on the other hand, treats a broader range of inflammation because it deals with both the COX and LOX enzymes. It doesn't shut down inflammation entirely, but appears to turn it on and off as appropriate.

**Addresses the pain caused by inflammation, too** Why take aspirin or Tylenol when you can take ginger for pain — without the potentially dangerous or even deadly side effects? Studies comparing ginger's efficacy against pain to aspirin and other pain drugs show that ginger requires smaller doses to get the same level of relief. It has no known side effects. Osteoarthritis and fibromyalgia are just two conditions that could benefit from ginger's pain remediation.

**Ginger for your heart. . .** As for the often-recommended doctor advice to take aspirin for heart health, one word: Don't do it. Studies show aspirin and other anti-inflammatory drugs (NSAIDs) can lead to stomach upset, bleeding ulcers, joint discomfort, and a potentially compromised immune system. Furthermore, regular aspirin and NSAID use results in a higher risk of death. A cardiology clinic in an Israeli hospital now prescribes all its patients one-half teaspoon of ginger daily instead of aspirin. As long ago as 1980, researchers at Cornell already knew that ginger stopped life-threatening platelet aggregation, hardening of the arteries, and high cholesterol. So why haven't you been told this? Probably because conventional medicine would rather sell you on expensive anti-cholesterol drugs with deadly side effects!

**Back to ginger's best-known benefit. . .** In China, ginger has been used to aid digestion and treat stomach upset, diarrhea, and nausea for over 2,000 years. Perhaps the most distressing and feared side effects of chemotherapy are nausea and vomiting. Besides being so disagreeable, they can lead to loss of needed nutrients, metabolic imbalance, and damage to the esophagus. A number of clinical trials show ginger helps reduce the nausea and vomiting associated with chemotherapy<sup>7</sup>, as well as the nausea linked to surgery, motion sickness, and morning sickness. It may also help people who suffer from Irritable Bowel Disease or IBS. The actual studies on motion sickness are mixed, though some people swear by it. Studies do indicate a positive effect for pregnancy-related nausea, but you should discuss this with your doctor prior to using. Ginger is thought to affect receptors for the neurotransmitter serotonin in your digestive tract, an action similar to conventional anti-nausea drugs.

**Cautions...** Given its broad healing properties and zesty flavor, it's hard to see how you can go wrong by adding it to your diet, at least in some measure. Do beware of the following: Don't take it if you have a bleeding disorder, are taking heart or blood thinning meds, aspirin or NSAIDs. It can alter the effects of some prescription drugs so consult your doctor if you're on any. And never give ginger to children under 2.

**How to buy and use ginger** For superior flavor and the highest levels of the compound gingerol and other anti-inflammatory compounds, choose fresh ginger, available in the produce section of your grocer. Look for a root with firm smooth skin, no mold, and as few twists and joints as possible. If it's wrinkled, it's already drying out and will be woody. Ginger can be either young or mature. Mature ginger is widely available and requires peeling. Young ginger is typically only available in Asian markets and needs no peeling. Peel with a paring knife or potato peeler. Then you can slice, mince or julienne it. Its intensity of flavor depends on when you add it during cooking. For stronger flavor, add it close to the end... for a more subtle taste, add it at the beginning. Brew it as a tea to induce sweating... it's great to run off a fever and to boost your immune system. For fresh ginger tea, steep five or six thin slices of ginger root in hot water. Add lemon if desired. Fresh ginger keeps for about three weeks in your fridge if unpeeled, or for up to six months in a freezer. Combine it with the pungency of garlic for a wonderful flavor and a terrific anti-viral cure for colds and flu.

**Spring Academy HypnoCounselor Certification Course Schedule for SPRING 2013**

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 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.

**SPRING 2013**

**Basic Hypnosis..... February 16/17 & 23/24, 2013**

**Advanced Hypnosis..... March 2/3 & 9/10**

**Advanced Clinical Hypnosis Certification..... March 16/17 & 23/24**

**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 PROFES-

**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

### 2013 MEETING DATE

**Wednesday: February 20, 2013**

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

**Members receive CEU credits for attending meetings.**

**DIRECTIONS: 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.**

## NGH SOLID GOLD WEEKEND FEBRUARY 22 - 24 2013

LAS VEGAS

CALL 603 429 9438

AWARD WINNING PRESENTERS:

WWW.NGH.NET

### HEALING ENERGY CIRCLE

Great News!! With our February 20, 2013 NACH-NGH Greater New Jersey Chapter meeting Patricia Pedersen, ND shall conduct her well- received and meaningful Healing Energy Circle among the people attending the dinner meeting. This Healing Circle is conducted so that persons that need healing either in person or afar may receive healing from a group concentrating on sending this energy through the universe. Thought and prayer is extremely powerful and we are beginning to realize that Distant Healing is real and rewarding. 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!

#### 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!