



# NACH and the Greater NGH Chapter

National Association of Certified Hypno-Counselors

1358 Burnet Ave. Suite 1, Union, NJ



## NEWSLETTER

**NEXT  
MEETING**  
 Wednesday  
 November  
 19th, 2014  
 6:30 PM

**NOVEMBER 19TH, 2014**

THE TRANCE-MASTER  
 JOHN CERBONE OF NEW  
 YORK CITY & THE WORLD

You cannot afford to miss this stage hypnosis presentation. See John's 'speed hypnosis' in action. There are more pics on inside page 7. Limited seating. Reserve now 908 964 4467



### HAPPY HALLOWEEN

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### HAPPY THANKSGIVING

Hypnotist John "The Trance-Master" Cerbone has hypnotized thousands and thousands of people, demonstrated hypnosis while dropping complete strangers into deep hypnotic trance in split-seconds, earning recognition from his peers as *The Fastest Hypnotist Alive*. John's performed for corporations, Universities, Colleges, High Schools and more, all over the USA, in Europe, the UK, and in clubs in NYC, Atlanta, and Las Vegas. He's appeared on *MTV*, *Fox News*, and on numerous East Coast & European television and radio stations. John is an Internationally known bestselling Author of books "Hypnotic Scripts that Work" [volumes 1 & 2], now in use on 6 Continents. and specialized Hypnosis instructional DVD's. He's debuted to Celebrities and Media at the Emmys in 2012. John had featured article with *Andy Warhols' Interview Magazine*, Russian edition, and worked and demod hypnosis for the *Museum of Modern Art*, where Hypnosis work is now part of an exhibit. He's developed new methods of instant induction for, clinical hypnosis, street, and stage called "Speed-Trance" - teaching this course in much of the USA and several countries.

## Key Beliefs for Success

There are several key beliefs that will carry you a long way towards success.

### **You already have all the resources you need to succeed:**

Every human being is born with the right tools to succeed in life. Other people, accidentally or on purpose, create the conditions for failure. You carry within you all your life exactly what you need to succeed at anything you want. You are exactly smart enough, tall enough, healthy enough, whatever enough.... to go and take what you want from life.

### **If it's difficult, you're doing it wrong:**

Apply this very simple rule to everything you do. If it is difficult you're not doing it right: find another way of doing it. You will immediately know when you are doing things the right way because it will be easy.

### **There is no failure; only feedback:**

When you fail at something, there is only one meaning to take from it. There is no success without failure. The only thing that failure tells you is that you are not doing it right. Failure says nothing about you, only about how you went about things. After each failure, ask yourself what you learned from it and change how you go about it.

### **What the thinker thinks, the prover proves :**

Your mind is programmed to act according to your beliefs. If you believe that the world is full of nice people, you will mostly find nice people. If you believe the world is full of cheats and liars, you will see them everywhere. Your mind [filters](#) all incoming signals and matches them to internal models of the world. Your mind will change the signal to match the model. If you think the world is against you, then a part of your mind will prove this in every situation by deleting any incoming information that does not fit with this theory, or will distort it so that its meaning changes. In a sense, you create your own world, your own reality.

So if you want to be a success, then think about success all the time, and your prover will prove you are success by changing your behavior and your perceptions to suit what your are thinking.

**People always make the best choices open to them:** Every behaviour you do, no matter how strange or destructive it is, is actually being done for your benefit. There is no point in blaming other people or even yourself for how you behave. What you need to do is to examine the behavior, establish what it is trying to do for you, and find a different way of getting the same effect.

**The solution is more important than the cause:** Spending time on finding out what underlies a particular problem is seldom as valuable as learning how to prevent it happening and how to deal with the consequences. Focus on the solution to your problem, not its roots. When a forest fire is raging, and planes are dropping water bombs and people are fleeing burning homes, there is no point in trying to find the match that started it.

**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.**

# Artificial Sweeteners Raise Your Risk of Diabetes by Altering Your Gut Microbiome

October 01, 2014 |

By Dr. Mercola

**EDITOR'S NOTE:** I am quite sure that all of you know the dangers of aspartame which is contained in most artificial sweeteners and diet sodas, etc. But, it's always good to remind you again and confirm what we believe with up to date studies. This was taken from Dr. Mercola's Newsletter this month.

Both artificial sweeteners and certain gut microbes have previously been linked to obesity, and according to the latest research, artificial sweeteners may raise your risk of diabetes by disrupting your intestinal microflora. According to the authors of the widely publicized study:

*"[W]e demonstrate that consumption of commonly used non-caloric artificial sweeteners formulations drives the development of glucose intolerance through induction of compositional and functional alterations to the intestinal microbiota."*

The researchers found that artificial sweeteners alter certain metabolic pathways associated with metabolic disease, and that it can induce gut dysbiosis and glucose intolerance in otherwise healthy people. Glucose intolerance is a condition in which your body loses its ability to cope with high amounts of sugar, and it's a well-known precursor to type 2 diabetes. It also plays a role in obesity, because the excess sugar in your blood ends up being stored in your fat cells.

The fact that artificial sweeteners may exacerbate metabolic disorders like diabetes is a severe blow to diabetics who dutifully follow recommendations to switch to diet foods and beverages in order to control their diabetes. The fact that artificial sweeteners are NOT a dieter's nor a diabetic's best friend has been known by researchers for some time. The problem is that it hasn't received the necessary traction in the media—until now *"Collectively, our results link non-caloric artificial sweeteners (NAS) consumption, dysbiosis and metabolic abnormalities, thereby calling for a reassessment of massive NAS usage," the researchers note.*

## Artificial Sweeteners Can Cause Glucose Intolerance by Altering Your Microbiome

The researchers initially started out testing the artificial sweeteners saccharin, aspartame, and sucralose in mice, and were "surprised" when the mice developed glucose intolerance. As noted by New York University microbiologist Martin Blaser, no one had previously considered that artificial sweeteners might exacerbate metabolic disease *by way of the microbiome*. Of the three non-caloric sweeteners tested, saccharin had the most pronounced effect on glucose levels. This led to a human trial, in which data from 400 people enrolled in a nutritional study were assessed. Those who consumed high amounts of artificial sweeteners were found to have higher levels of HbA1C—a measure of blood sugar—compared to non-users or occasional users of artificial sweeteners. Seven volunteers who did not use artificial sweeteners were then recruited, and asked to consume the equivalent of 10-12 single-dose packets of artificial sweeteners daily for one week. Four of the seven people developed "significant disturbances in their blood glucose," according to the researchers. Some became pre-diabetic within just a few days! The reason for this dramatic shift was traced back to alterations in gut bacteria. Some bacteria were killed off, while others started proliferating. As noted in the featured NPR article: *"It could be that for some people who responded negatively to the artificial sweetener, the bacteria that got crowded out were helping to keep glucose in check."* This mirrors previous research, which has found that bacterial populations in the gut of diabetics differ from non-diabetics. Another 2008 study demonstrated that sucralose can alter the microbiome in rats by reducing colonies of beneficial gut bacteria, and research published in *Clinical and Experimental Rheumatology*<sup>7</sup> in 2012 revealed a potential link between aspartame and irritable bowel syndrome (IBS). Imbalanced gut flora has also been linked to obesity.

## Artificial Sweeteners Raise Your Risk of Diabetes by Altering Your Gut Microbiome continued from Page 3

### Compelling Results Suggest We Should Reconsider Widespread Use of Artificial Sweeteners

In sharp contrast to many other studies, this one was actually able to clearly show *causality*, meaning there's a direct cause and effect relationship between consuming artificial sweeteners and developing elevated blood sugar levels. As reported by *The Scientist*: *"Four weeks of treatment with gut bacteria-depleting antibiotics reversed the glucose intolerance in mice that continued to receive saccharin. This led the team to examine whether the microbiomes of the mice were somehow altering glucose metabolism. Transplantation of feces from non-antibiotic-treated mice that consumed saccharin- or glucose-containing water into germ-free mice within six days induced the same blood-sugar elevations in animals that were never themselves exposed to the sweeteners. 'This is the elegant and home run experiment that shows causality in mice,' said [pathologist Cathryn] Nagler. Using shotgun metagenomic sequencing on the fecal samples, the researchers showed that mice given saccharin or those that received a fecal transplant from saccharin-fed mice had a different microbiome composition compared to mice given sugar or no sweeteners."* Cathryn Nagler, who wrote an accompanying commentary in the journal *Nature*, said the findings were "very compelling," noting that "the study suggests... we should step back and reassess our extensive use of artificial sweeteners."

### Aspartame Raises Insulin Levels as Much as Sugar

Other studies have also linked artificial sweeteners to metabolic alterations that promote type 2 diabetes—contrary to conventional thinking and health recommendations. For example, one 2012 study found that chronic lifetime exposure to aspartame, commencing *in utero*, produced changes in blood glucose parameters in mice. Not only was aspartame found to decrease insulin sensitivity compared to controls, it also wrought havoc on brain function...Another study published in 2007 in the journal *Diabetes Care* found similar results. Here, the researchers investigated the effect of different macronutrient compositions on plasma glucose and insulin levels during an acute bout of exercise in men with type 2 diabetes. They hypothesized that using fructose or aspartame would have a lower impact on insulin release and glucose response than a sucrose-sweetened meal. Those of you who have been reading my articles featuring experts on sugar and fructose like Dr. Richard Johnson and Dr. Robert Lustig will immediately recognize this as a fatally flawed hypothesis. And indeed, that is what they discovered. According to the authors: *"Contrary to all expectation, the aspartame breakfast induced a similar rise in glucose and insulin levels at baseline than the sucrose meal, even if the aspartame meal had the same taste, and was 22 percent lower in calories and 10 percent lower in carbohydrates, with an inferior glycemic index... Considering the lack of evidence on the aspartame utilization in patients with type 2 diabetes, we consider that these clinical observations, in an exercise setting, raise important concerns regarding the safety of aspartame as suggested by international guidelines."*

### Obesity Continues to Rise

According to a recent *JAMA* study, the obesity rate among American adults has continuously climbed over the last decade. Between 1999 and 2012, the average age-adjusted waist circumference increased from 95.5 centimeters (37 1/32 inches) to 98.5 centimeters (38 25/32 inches). Abdominal fat also rose from 46.4 percent in 1999-2000 to 54.2 percent in 2011-2012. The United Kingdom is facing a similar health crisis. According to September 17 article in *Mail Online*: *"Obesity is a 'slow-motion car crash' which is threatening to bankrupt the NHS, according to its chief executive. Simon Stevens said the problem is now more deadly than smoking and causing millions to suffer life-long illness and disability. He also revealed that – absurdly – the NHS is spending far more on drastic weight loss surgery than trying to prevent the problem in the first place. A quarter of adults and a fifth of children are now considered obese and the rates have almost doubled in 20 years..."*

## Academy HypnoCounselor Certification Course Schedule for 2015

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. Tony De Marco at.....(908) 964-4467.

Or Email Dr. De Marco at: [tony@hypnoacademy.com](mailto:tony@hypnoacademy.com) or register at [www.hypnoacademy.com](http://www.hypnoacademy.com)

You may take 6 months to pay through PayPal Credit at [www.hypnoacademy.com](http://www.hypnoacademy.com) See Details there.

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 in-class study and homework assignments, which is comprised of 3 courses, Basic, Advanced and Advanced Clinical. The title designation on the Diploma is "Certified HypnoCounselor".. You may call yourself Hypnotist, Consulting Hypnotists or 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 Winter/Spring, 2015 session where excitement awaits you. You shall be in awe when you are 'Welcomed to the World of the Mind'!!

### **BEGINNING ON JANUARY 31, 2015**

**January 31/February 1, 7/8, 14/15, 21, 22, 28 & March 1**

**Saturdays & Sundays 9 AM—5 PM**

**(10)Class days plus many hours of Homework depending on your own personal effort.**

**Classes are conducted at 1358 Burnet Avenue, Suite #1, Union, NJ 07083**

#### **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 .

**\$2,385 includes an extensive 300+ page Academy course book plus scripts and materials for the National Guild of Hypnotists plus a one year free membership in the NGH, world's largest hypnosis organization with 15,000+ members.**

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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.**



**MOLDING THE FUTURE By Celine Bouchard (An Academy of Professional Hypnosis Graduate)**

I am deeply relaxed now, so very relaxed. This relaxation enhances the clarity of my thinking about my life's direction. I no longer wish to be a time-waster. I see myself as a good time steward now, and I use my time wisely and well towards the goals I regularly set for myself and the life plans I make. I mold my life toward the use of my talents, interests, and skills. I set ongoing goals for my spiritual life, my work, relationships, and health. I realize that I live in a universe of abundance. I know now that my life doesn't have to be a daily struggle, and I see my life unfolding peacefully to incorporate my dreams. I see myself succeeding in all that I do, and when something doesn't go as I wanted, I learn from this and grow some more. I deserve to be successful, and I embrace success instead of self-sabotaging myself when success knocks. This fills me with further relaxation and peace, yes, even deeper, all-encompassing calm. Further, I banish negative thinking from my life, and demoralizing thoughts of failure and lack flee from me. I am left with space that can be now filled with beauty, harmony and opportunities for me. In fact, I now search my thoughts for hidden and subtle negativity that impede my natural progress, and I use a new machine called a "bad energy scanner" to identify and to rid myself of any residual "stinking thinking" or energy blocks that interrupt the flow of perfect harmony in my life.

I am now creating a new career path that is perfect for me. As I listen to my voice, I see myself using my best talents and abilities such as counseling, hypnosis, group therapy, problem-solving, creativity, writing, business skills, and solutions related to solving business problems. As a result of deep relaxation and clear thinking now, I see myself establishing a private counseling practice with hypnosis incorporated into it. I imagine myself in a perfect, affordable office for me in a perfect location as well. I will be working with healthy, happy, and supportive staff of people whom I love. My income is ever increasing which gives me a sense of calmness. I have ample opportunities to learn, grow and serve others. I have an abundant flow of clients seeking my help which further relaxes me. My future is bright, and I am free of anxiety. I am fulfilled in all that I do. Only good lies before me, and peace fills my world.

People with good relationships in their lives reportedly live longer than others without such relationships. I can see my life being filled with harmonious relationships with all that I meet, including my relationship with God, myself, family, friends, and clients. I take care of myself, by eating well, exercising, and sleeping adequately. Such habits give me additional peace of mind, and I feel relaxed and confident. I have excellent health which supports me. Humor and laughter permeate my life. I accept myself and others, and my life is filled with joy.

(Celine Bouchard wrote this script while a student at the Academy of Professional Hypnosis. It was written between the first and second weekend....after two days of instruction)

**PROGRAM PEACEFUL SLEEP by Helen Montal (An Academy of Professional Hypnosis Graduate)**

Good. Very Good. Just Relax. Listen to my voice - only my voice. Allow your thoughts of calmness, to combine with my thoughts and suggestions, and permit them to become one, to gain strength together. And now, you shall focus only on what is important for you to be able to relax, to be able to calm yourself. Focus on sleeping peacefully, peacefully, peacefully.

You are feeling free and easy. Stress free. free. free. All fears are gone. All fears have thawed. All fears have melted away. You are now totally and completely relaxed and at ease. Focus now on your blessings. Think of all that brings a smile to your face. Your muscles are uncoiled and yielding. Totally calm. Totally relaxed. Relax. Relax. Feel the muscles in your neck and shoulders expand and release all fears, all tension, all stress. You are relaxed, knowing that you are safe. Nothing is going to harm you. You are completely safe and at peace. Now - Take a deep breath, a very deep breath, exhale and relax. You are safe. You are calm. You are stress free. You are free from your fears, you are free, totally and completely free. Turn your thoughts inward. Now - Take a minute and think of all that keeps you from going into a totally deep and peaceful sleep. Take a minute to go through each and every one of them, staying calm. You continue to be in a relaxed state as you think of all that prevents you from sleeping peacefully. (pause for 60 seconds)

Good. Very Good. Take a deep breath. Another deep breath, exhale and relax. You realize that your fears are non-existent. You realize that you are now at peace and that the fears you once possessed are gone and you now welcome a deep sleep. You trust and welcome a healthy, deep sleep. You know you will experience dreams that are warm, friendly, trusting, and peaceful. You feel serene and relaxed, safe and secure. Like a close friendship, you nurture your relationship with sleep, by nurturing yourself. Knowing what you need, knowing that you need to feel calm, that you need to fulfill your desire for peace - Ease yourself into a peaceful relaxed state, which will allow yourself to be lulled into a deep, secure, peaceful state of blissful sleep.

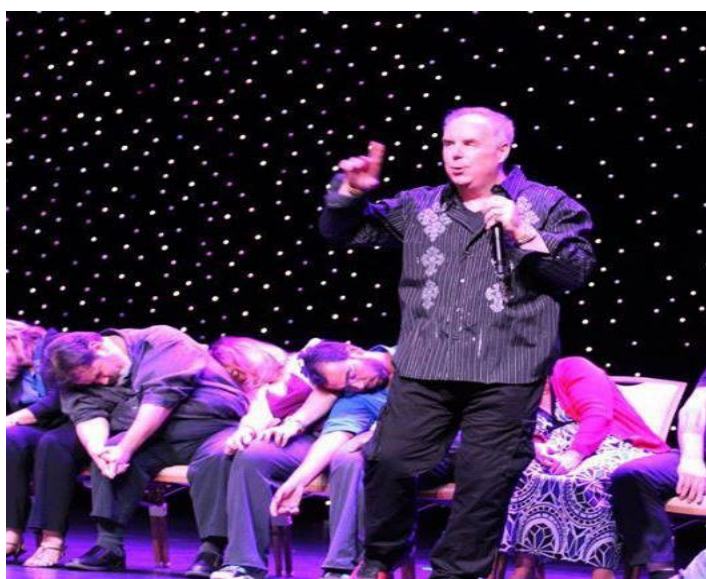
You now have a close and healthy relationship with sleeping. Sleeping peacefully is now a close friend. A friend you can trust and enjoy. A friend that you welcome and look forward to meeting every night. Take a deep breath, exhale and relax. Night, after night, after night, after night, after night you sleep more and more deeply, more and more peacefully. Night after night you feel more and more relaxed, more and more at peace, more and more, free.

Every morning, you feel more refreshed - feeling energized and ready to take on another great day. Ready to enjoy another productive day. You move through your day with energy, vitality, and, spirit. At the close of the day you greet the night with a smile as you would a dear friend who has dropped by - like a dear friend who you haven't seen in a long time and am thrilled to see once again. You are feeling very relaxed. You are content, feeling safe, secure, loved and at peace with yourself and with the universe.

(With aspects to this script, Helen Montal noted that she would include an Induction, Deepening and Awakening (Return to Awareness. The script was written as a homework assignment after two days of class instruction)

NATIONAL ASSOCIATION OF CERTIFIED HYPNOCOUNSELORS AND  
THE NATIONAL GUILD OF HYPNOTISTS GREATER NEW JERSEY CHAPTER MEETING

Upcoming Wednesday, November 19th, 2014





# CEU Credit Hours

## 2014 MEETING DATE

**Wednesday:** November 19th, 2014

**Networking:** 6:30—7:30 p.m.

**Dinner:** 7:30p.m.

**Presentation:** 8:15 p.m.

### **COSTAS RESTAURANT**

**120 Chestnut Street, Roselle Park**

**Roselle Park, NJ**

**(One mile from former meeting place)**

**908 241 1131**



**NACH and NGH**

**Working Together**

**HAVE A HAPPY AND  
BLESSED  
THANKSGIVING**

**DIRECTIONS:** To COSTAS RESTAURANT 120 Chestnut Street, Roselle Park NJ 07204

**Parking is in the Municipal Lot in the street directly across from Costas 908 241 1131**

**PARKWAY:** Take exit 138 (Galloping Hill Road). Travel 1/4 mile on Galloping Hill Road toward Union. Restaurant is straight down Chestnut St. on right side, 1 mile from 5 Corners.

**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 to the end.

## **Stage Hypnosis With John Cerbone, the Trance-Master**

Hypnotist John "The Trance-Master" Cerbone has hypnotized thousands and thousands of people, demonstrated hypnosis while dropping complete strangers into deep hypnotic trance in split-seconds, earning recognition from his peers as *The Fastest Hypnotist Alive*. John's performed for corporations, Universities, Colleges, High Schools and more, all over the USA, in Europe, the UK, and in clubs in NYC, Atlanta, and Las Vegas. He's appeared on *MTV*, *Fox News*, and on numerous East Coast & European television and radio stations. John is an Internationally known bestselling Author of books "Hypnotic Scripts that Work" [volumes 1 & 2], now in use on 6 Continents. and specialized Hypnosis instructional DVD's. He's debuted to Celebrities and Media at the Emmys in 2012. John had featured article with *Andy Warhols' Interview Magazine*, Russian edition, and worked and demoed Hypnosis for the *Museum of Modern Art*, where Hypnosis work is now part of an exhibit. He's developed new methods of instant induction for, clinical hypnosis, street, and stage called "Speed-Trance" - teaching this course in much of the USA and several other countries. Make your reservations now.

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### Reservations

Members.....\$22.00

Non-Members.....\$25.00

**CALL: 908-964-4467**

**Please send your check in on time.**

**Just showing up causes problems  
with seating**

. Thank You!