



NACH and the Greater NGH Chapter
National Association of Certified Hypno-Counselors
1358 Burnet Ave. Suite 1, Union, NJ



NEWSLETTER

NEXT
MEETING
Wednesday
March 18,
2015
6:30 PM

Presentation for March 18th, 2015—Networking begins at 6:30 PM

HYPNO-KINESIOLOGY with Elaine Billy

Hypno-Kinesiology is a method of touching trigger points on a person's arm to help them travel back to their life experiences to release energies that hold them back from being the best that they can be. It's a simple and direct technique which Elaine learned over 20 years ago from great hypnotist, Carl Carpenter, now deceased. Hypno-Kinesiology is a truly holistic approach to healing and is unique in its ability to address the widest range of issues: past, present and future, personal and interpersonal; cognitive and emotional; imaginative and reality-based situations; verbal and non-verbal. Elaine has been a faithful member of the NACH since its inception and a member of the NGH for over 20 years. A good hypnotist puts as many tools as possible into his or her bag, as knowledge and diverse techniques lead to successful sessions. You cannot afford to miss this presentation. We are limited to a seating of 30 persons at the dinner so first come, first served. Send in your check ASAP to reserve your seat now.

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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 NICKEYB@AOL.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 psychophysicists 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 non-hypnotic 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 non-hypnotic 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.

EDITOR'S NOTE: This script has been written by a student as a homework assignment at the Academy of Professional Hypnosis. The assignment was to gain introspection and write a healing script

That's excellent; you're doing very well.... Breathe in deeply and exhale while allowing yourself to relax. Every breath out just leaves you more relaxed. Allow that feeling of relaxation to travel down your body all the way down to your toes. Feel the waves of peace gently flow down your body. Listen to my voice, only my voice.

Yvette imagine, sense or just plain feel yourself walking through a lavender field. The kind you said you used to see when traveling by train through the south of France. You have those wonderful memories of that place. You're back there again and you feel the warmth of the sun on your face and skin. You smell the calming scent of lavender in the air. It fills your lungs and you breathe it in deeply. You are more relaxed as you exhale. You feel the lavender flowers against your palms as you walk with arms outstretched and eyes closed. In that field you are happy, at peace, safe. You hear birds singing in the distance. You open your eyes and see that you are now walking on a path towards a lovely French cottage. The path is lined with colorful flowers. It leads you to a black, wrought Iron gate. The gate is open and you see the beautiful exterior of this home. It has a multi stone front with blue wood shutters on the windows. Every window sill has an herb box and you smell the inviting aroma of fresh rosemary, wild thyme and tarragon.

Slowly you make your way to the door. Before you can knock, the door opens and you step inside. You see French doors in the living room which allow the sun to stream through. Now Yvette you see a hallway with brightly colored doors. You chose a door. What color is it? Perfect! You've picked a sacred room. In this room you feel safe. You feel good. There is a full length mirror in this room. It has a beautiful carved wooden frame. As you see yourself in the mirror, you see your image change and now you are looking at yourself when you were a little girl. How old is the image of you in the mirror? You see yourself in your school uniform and crisp white shirt. You see the child who has tears in her eyes. She is very upset. Speak to her Yvette. Find out what happened. Yvette: Why are you sad? What happened? Child me: You forgot me. You forgot what happened to me. You never helped me fix what happened, to get things right. Watch.....

You see what transpired that day; the child you were was so upset. You see the scene play out in the mirror like an old black and white film. You feel those emotions of anger, pain, shock, humiliation, victimization and injustice. You find that memory coming back to you clearly. Things from that day you thought you had forgotten come flooding back.....parts of you that have been closed off are unfolding. You see yourself step into the film and rescue the child you. You are brave, strong and powerful. You step into that scene seeking justice...to set things straight, to tell it how it was. You speak with a loud clear voice, with an inner strength you didn't know you had. You address the perpetrators of your past. And take back your power. Take 1 minute to

You expose their illusion of control and bring forth the reality of your strength into the light. You are free of those negative emotions. You are free of those piercing memories forever. All feelings of pressure are now released, and your whole body is relaxed. You feel released, open, and free. All those emotions from the past that were weighing you down have been lifted away and you feel lighter. That thing that was holding you down is gone forever and you feel liberated. With your new found freedom comes a sense of compassion for your perpetrators. You see now how ashamed, guilty and small they are. They approach you and apologize sincerely for the pain they caused you. You forgive them. The child you forgives them and then forgives you.

As the perpetrators fade away, the child you throws her arms around you and hugs you tight. "I knew you would come back some day and save me. I'm so proud of you. I'm proud of who you are and what you stand for. You are brave... you are my hero. You are strong and fearless. You will always be a winner." As the child you and the present you hug, you feel the warmth of happiness fill your body and soul. You tingle with the energy of love and happiness. You see yourself back in the sacred room. The mirror is gone and in its place on the ground is a photo of the child you smiling. You place the picture in your pocket and walk out of the house. You are whole, centered, peaceful and happy. You are now completely healed from that memory. Breathe deeply and relax. All these suggestions that I have given you are implanted deeply in your subconscious mind. They are part of you and will remain with you from now on and for the rest of your life.

AFFIRMATIONS

You are free to be yourself and exercise free will
You are strong and brave
You stand in you power in times of aversion
You are a compassionate person and let go of negative feelings towards others that have hurt you

THE BENEFITS OF FLOUR

Some time ago, I was cooking some corn and stuck my fork in the boiling water to see if the corn was ready. I missed and my hand went into the boiling water....!! A friend of mine, who was a Vietnam vet, came into the house as I was screaming & asked me if I had some plain old flour... I pulled out a bag and he stuck my hand in it. He told me to keep my hand in the flour for 10 minutes. He said that in Vietnam, there was a guy on fire and in their panic, they threw a bag of flour all over him to put the fire out...Well, it not only put the fire out, but he never even had a blister!!!!

Long story short, I put my hand in the bag of flour for 10 min., pulled out and did not even have a red mark or a blister & absolutely NO PAIN. Now, I keep a bag of flour in the fridge and every time I burn myself. *Cold flour feels even better than room temperature flour. I use the flour and have never ever had even a red spot/burn mark, or a blister! even burnt my tongue once, put the flour on it for about 10 minutes..... the pain was gone and no burn. Try it . . . Experience a miracle! Keep a bag of flour in your fridge and you will be happy you did! Flour has heat absorbent property and also has a strong antioxidant property, thus it helps in burn patients if applied within 15 minutes. "When someone shares something of value with you and you benefit from it, you have a moral obligation to share it with others"

Revenge is sweet, but letting go of anger at those who wronged you is a smart route to good health!!!!

Research suggests that forgiveness works in at least two ways. One is by reducing the stress of the state of unforgiveness, a potent mixture of bitterness, anger, hostility, hatred, resentment and fear (of being hurt or humiliated again). These have specific physiologic consequences—such as increased blood pressure and hormonal changes—linked to cardiovascular disease, immune suppression and, possibly, impaired neurological function and memory. One study examined 20 individuals in happy relationships, matched with 20 in troubled relationships. The latter had higher baseline levels of cortisol, a hormone associated with impaired immune function—which shot up even further when they were asked to think about their relationships. "It happens down the line, but every time you feel un-forgiveness, you are more likely to develop a health problem," says Everett Worthington, executive director of A Campaign for Forgiveness Research.

The other benefit of forgiveness is more subtle; it relates to research showing that people with strong social networks—of friends, neighbors and family—tend to be healthier than loners. Someone who nurses grudges and keeps track of every slight is obviously going to shed some relationships over the course of a lifetime. Forgiveness, says Charlotte van Oyen Witvliet, a researcher at Hope College in Holland, Mich., should be incorporated into one's personality, a way of life, not merely a response to specific insults.

In fact, forgiveness turns out to be a surprisingly complex process, according to many researchers. Worthington distinguishes what he calls "decisional forgiveness"—a commitment to reconcile with the perpetrator—from the more significant "emotional forgiveness," an internal state of acceptance. Forgiveness does not require us to forgo justice, or to make up to people we have every right to despise. Anger has its place in the panoply of human emotions, but it shouldn't become a way of life. "When I talk about forgiveness, I mean letting go, not excusing the other person or reconciling with them or condoning the behavior," says Dr. Dean Ornish. "Just letting go of your own suffering."

"It's a process, not a moment," says Dr. Edward M. Hallowell, a Harvard psychiatrist and the author of "Dare to Forgive." Forgiveness, he emphasizes, has to be cultivated; it goes against a natural human tendency to seek revenge and the redress of injustice. For that reason, he recommends doing it with help—of friends, a therapist or through prayer.

ACADEMY OF PROFESSIONAL HYPNOSIS GRADUATING CLASS OF MARCH 1, 2015



ACADEMY OF PROFESSIONAL HYPNOSIS GRADUATING CLASS OF MARCH 1, 2015

The Advanced Clinical HypnoCounselors are from left to right

**Bridget Nash, Junies Williams, Jr., Stacy Falk. Lloyd Rejevich, Nancy Rutherford,
Denise Clement, Marie Lepore, Carol Sabin-Danaher, Rafael Danaher, and in the chair,
Yvette Salcie**

(Their Course Comments are on the next page)

ACADEMY OF PROFESSIONAL HYPNOSIS

COURSE COMMENTS BY THE GRADUATING CLASS OF MARCH 1, 2015

BRIDGET NASH: Excellent, Excellent, Excellent

JUNIES WILLIAMS, JR., A DISABLED AMERICAN VETERAN: Let's make Federal & State Vocational Rehabilitation Programs know that you exist.

STACY FALK: I couldn't be happier to have taken this course. There was not one part of this course that I didn't find interesting and helpful. This course has changed me and my life. Five weeks and I feel amazing! I feel it may have even saved me.

LLOYD REJEVICH: Excellent course. Very informative. Teacher is extremely knowledgeable.

NANCY RUTHERFORD: Tony's years of experience pour out enthusiastically. His love & passion are ever present. He tries to answer every question & is sensitive to the unique needs of each participant. Great course. Love you, Tony (smiley face)

DENISE CLEMENT: Considering this is a new area for me, I thought taking this class was pressureless. The Homework was very good to draw us into the class. The different hypnotism examples of other individuals was excellent as a training tool. Since we all have baggage. I thought these individuals were very brave to air their negative and positive experiences. I will also take some other courses since it was a great learning experience.

MARIE LEPORE: This course was extremely well presented. All materials were well constructed and thought out. Most of all, the instructors provided valuable information and Dr. De Marco provides a wealth of knowledge and experience to draw from

CAROL SABIN DANAHER: I have taken hypnosis and NLP courses before. Tony's structure and teaching methods are excellent. Once I was given the structure I understood how to use everything else I have learned. Having other instructors during the class structure helped see the different ways hypnosis can be utilized.

RAFAEL DANAHER: The instructors sharing their experiences is vital to enabling the student to integrate the less. There is a lot of sharing....Awesome!! Encouragement of student participation addresses the students' concerns and allays their fears and boosts the students confidence....Yay!! Practice sessions make the lessons come to life and facilitate assimilation. Demonstrations teach each student that improvisation is part of client's healing. The Ethics portion is often not taught in other schools. I truly appreciated the thoroughness of the ethics portion of the class.

YVETTE SALCIE: Wonderful course! I worked in a positive, caring environment. I never expected to experience such transformation while learning to help others.

(NOTE: All written comments of graduates are maintained for viewing by interested persons at the Academy of Professional Hypnosis, 1358 Burnet Avenue Suite 1, Union, NJ 07083)

**Spring 2015 Academy of Professional Hypnosis
HypnoCounselor Certification Course Schedule**

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 or register at www.hypnoacademy.com

You may take 6 months to pay through PayPal Credit at 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 Spring, 2015 session where excitement awaits you. You shall be in awe when you are 'Welcomed to the World of the Mind'!!

BEGINNING ON MARCH 21st, 2015

MARCH 21, 22, 28 & 29

April 11, 12, 18, 19, 25, & 26

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

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\$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.

CEU Credit Hours

2015 MEETING DATES

Wednesday: March 18, 2015
Networking: 6:30—7:00 p.m.
Dinner: 7:15 p.m.
Presentation: 8:00 p.m.
Meeting Place:

COSTAS RESTAURANT

120 Chestnut Street, Roselle Park
Roselle Park, NJ

(One mile from former meeting place)



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 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.

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E-mail: nickeby@aol.com

Editor Tony

Tony

Contributing Editor

Ed Hamowy, A.C.H.

Meeting Coordinator

Angela Roberts A.C.H.

Photographer

Joe Peoples

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Seating limited to 30. Please send your check in on time. Just showing up causes problems with seating

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1358 Burnet Avenue Suite #1

Union, NJ 07083

908 964 4467