



NACH and the Greater NGH Chapter

National Association of Certified Hypno-Counselors

1358 Burnet Ave. Suite 1, Union, NJ



NEWSLETTER

NEXT

MEETING

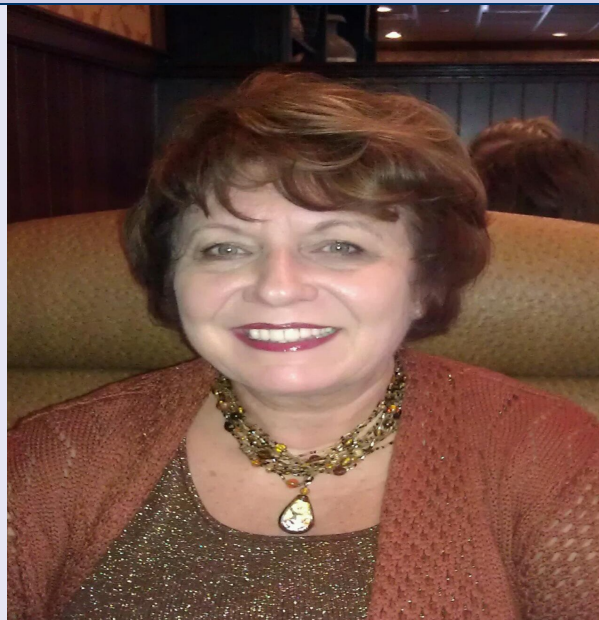
Wednesday

Oct 21, 2015

BODY LANGUAGE

Presented by

PETRA



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Dreams are always exciting and truly revealing. Program yourself to receive answers in your dreams and retrieve the information during the day! Discover the symbols and meanings of your dreams and visions. What happens when we don't dream? Learn what our dreams tell us in each cycle of dreaming!! Find keys to utilize dream-time to heal or resolve our problems. We'll make collages and understand our subconscious desires!!! We'll discover how to read messages to help in our decision-making efforts. We were not born to wander aimlessly through life without help from above, and therefore, dreams are spiritual events that offer the healing and guidance that we deserve. Find out what your dreams can do for you, and others if you desire. You truly owe it to yourself to grow psychologically and spiritual in your life's journey.

**A DREAM IS INCOMPLETE WITHOUT DREAMWORK .
LEARN HOW TO GAIN INSIGHTS THAT DREAMS OFFER US
LEARN HOW DREAMS BRING US TO CONSCIOUSNESS LEARN HOW
AWARENESS BRINGS US TO APPROPRIATE ACTION
DREAMS ARE GIVEN FOR OUR HEALING AND WHOLENESS
DREAMS OFFER US NEW INSIGHTS ABOUT SELF AND OTHERS**

Pain Management Health....Hypnosis, Meditation & Relaxation WEB MD Online

WEB MD Online 8-5-10

Pain Management Health Hypnosis, Meditation, and Relaxation for Pain Treatment

Stress and pain are intimately related. When being in pain causes stress or being stressed worsens pain, psychological therapies -- including hypnosis, meditation, and relaxation -- may help break the cycle. For pain therapists, these treatments, which focus on the relationship between the mind and body, are considered mainstream. For other health professionals, they may be considered alternative or complementary therapies. Regardless of how they are labeled, there is evidence that for many people they work. If you're considering trying one of these approaches to pain relief, here's what you need to know:

Hypnosis : For many, the word hypnotize brings to mind a parlor game or nightclub act, where a man with a swinging watch gets volunteers to walk like a chicken or bark like a dog. But clinical, or medical hypnosis is more than fun and games. It is an altered state of awareness used by licensed therapists to treat psychological or physical problems. During hypnosis, the conscious

part of the brain is temporarily tuned out as the person focuses on relaxation and lets go of distracting thoughts. The American Society of Clinical Hypnotists likens hypnosis to using a magnifying glass to focus the rays of the sun and make them more powerful. When our minds are concentrated and focused, we are able to use them more powerfully. When hypnotized, a person may experience physiologic changes such as a slowing of the pulse and respiration, and an increase in alpha brain waves. The person may also become more open to specific suggestions and goals such as reducing pain. In the post-suggestion phase, the therapist reinforces continued use of the new behavior.

Benefits of Hypnosis

Research has shown medical hypnosis to be helpful for acute and chronic pain. In 1996, a panel of the National Institutes of Health found hypnosis to be effective in easing cancer pain. More recent studies have demonstrated its effectiveness for pain related to burns, cancer, and rheumatoid arthritis and reduction of anxiety associated with surgery. An analysis of 18 studies by researchers at Mount Sinai School of Medicine in New York revealed moderate to large pain-relieving effects from hypnosis, supporting the

School of Medicine in New York revealed moderate to large pain-relieving effects from hypnosis, supporting the effectiveness of hypnotic techniques for pain management. If you want to try hypnosis, you can expect to see a practitioner by yourself for a course of hour-long or half-hour long treatments, although some practitioners may start with a longer initial consultation and follow up with 10- to 15-minute appointments. Your therapist can give you a post-hypnotic suggestion that will enable you to induce self-hypnosis after the treatment course is com-

Hype or Happy?

Sebastian H.W. Schulz-Stubner, MD, PhD

Roy J. and Lucille A. Carver College of Medicine

If you think pain is where the wound is, think again. In some cases, it is actually in your head -- and medical hypnosis can help.

According to Sebastian H.W. Schulz-Stubner, MD, PhD, an assistant professor of anesthesia at the University of Iowa's Roy J. and Lucille A. Carver College of Medicine in Iowa City, it's time that the public overcomes the stereotype that hypnosis is simply grand-standing entertainment. As I discussed in Daily Health

the stereotype that hypnosis is simply grand-standing entertainment. As I discussed in Daily Health News, November 1, 2004, hypnosis is used today for a number of real medical challenges, including anxiety relief, smoking cessation and pain control.

A NATURAL PALLIATIVE FOR PAIN

Hypnosis can help relieve many types of pain -- including chronic pain, cancer pain, headache and labor pain -- by decreasing the intensity of the pain signal perceived by the brain, although the exact location where hypnosis interferes in the pain perception process still is unknown, says Dr. Schulz-Stubner. It is most effective when used in combination with more standard modalities of pain relief, and in an individually modified manner. Studies show that when hypnosis is employed preceding invasive medical procedures, patients experience less pain and anxiety.

Dr. Schulz-Stubner would not use hypnosis to replace anesthesia, at least in a North American population, where we seem to hold stereotypes about hypnosis as entertainment. However, he notes that it is a good way to provide sedation and comfort while a regional block provides anesthesia for the part of the body the surgeon is operating on. Hypnosis can also make the placement of the blocks more comfortable.

Poetry/Writer's Block.... A script by Ellen Bihler, a Student at the Academy

Tony's Note: This script was written by a student at the Academy of Professional Hypnosis in the Basic level. We believe that script writing and student supervised practice is imperative in the education of prospective hypnotists. The students' scripts are reviewed by me, and critiqued by the class in front of each other. I did not touch a word!!

And now your mind is open and ready to easily and effortlessly tap into the limitless creative energy that is within you, and all around you. Imagine you are on a little inflatable raft, lying on your belly, very relaxed. The raft is floating on a calm, lovely sea. You are completely safe, floating on your raft, not far from shore, on this calm and happy magical sea where only safe and friendly marine life swims. And so you allow yourself to completely relax, as the raft gently rocks back and forth in the water and you feel the warm sun on your back, and on your legs, and on your head. And you can smell the wonderful salty scent of the ocean... Now you allow your hands to drape themselves over the sides of the raft, and your fingertips touch the water now. You enjoy the sensation of the warm, gently lapping water on your fingers. You feel so free right now, and so peaceful.

A few yards away, you notice a dolphin swimming and leaping about. And you have the feeling the dolphin is inviting you to join her in the water. You know you are completely safe so you just allow yourself to gently roll off the raft and into the warm, peaceful water. The dolphin dives down below the surface and you also allow yourself to dive just below the surface of the water. The water is so clear; you can see all the way to the bottom. The dolphin tosses her head, beckoning you to follow. As you kick your legs and glide through the water, deeper and deeper, you have the gentle, happy realization that you are able to breathe under water, in this truly magical sea. You follow the dolphin to a beautiful coral reef.

Fish of every size, shape, and color swim about. Individual fish as well as small groups of three or four fish swim past you. Now you hold out your hand and the little schools of fish swim right up to you. They gently brush against your hand or brush against your legs in a friendly way. The variety of fish here is amazing. You know and understand that the fish are words; wonderful, vibrant, effective words. There are so many words available to you, and the exact right word comes to you when you need it, so easily, just like the fish come to you here in this poetry sea. You observe a large school of fish nearby. The fish rearrange, or reassemble themselves in different combinations. The school of fish dances in infinite combinations, all around you, brushing against you, swimming right to your outstretched fingers.

You know and understand that all the infinite words and phrases, all the wonderful combinations of words are all at your fingertips, and the words, the phrases, the sounds they make together – they all come right to you. It is easy and effortless for you to write poetry now. Metaphors and similes form as if of their own accord. All you need do is receive them. And you do receive them whenever you sit down to write. You now know just when and how to use every poetic device in a natural, easy way. The water in this warm, clear, plentiful ocean is bathing you in both words and ideas. Ideas, new ideas for new poems, are as plentiful as water. All the ideas you seek are all around you. You are swimming in a sea of wonderful ideas and awesome words. And you know you have the talent, creativity and freedom to execute these ideas whenever you want to. The words you need and want come right to you now. The words enjoy coming right to you. And you easily use your creative abilities to choose and combine words and phrases and sounds – all together, so easily, into a poem. You are in command of your writing, and the universe readily cooperates with you. Take 30 seconds or so now to allow these ideas to fully occupy your mind and thoughts; allow these ideas to replace any fears, doubts, or negativity you may have had in the past about your writing. (wait 30 seconds) Continued on Pg 4

Poetry/Writer's Block....

Continued from Page 3

Now you allow yourself to swim up to the surface of the water again. You see your raft nearby, and you climb back on, just enjoying the feel of the warm sun as it dries and soothes your body.

You feel so free, and in fact you *are* free. Free to write, free to create. Writing poetry comes naturally to you. You have always been very good at writing and you are now becoming better and better. You intuitively know which words to write, and which ones to leave out. You intuitively place your line breaks in just the right place for each line in each poem. Stanzas flow easily from you now. You are taking your poetry to the next level. You are taking your poetry to the next level. It is easy for you to tap into your own inner creativity; just as it is easy for you to tap into the creative forces all around you – the creativity of the universal mind. Creative ideas flow into your mind and you easily and purposefully translate these ideas into poetry. You express your purpose perfectly now.

You are able to revise and improve your poems easily now. And if others critique your poems, you welcome their thoughts and suggestions. You know whatever they say serves the poem; Critiques exist to serve you and your poem. You intuitively know which suggestions to take and which to discard, incorporating the right ideas into your own intuitive process of revision. You look forward to writing now. You enjoy writing poetry whenever you can. You make time for writing, since it is so enjoyable and rewarding for you. You truly enjoy doing something you are so very good at.

You enjoy writing poetry so much now. Each day you enjoy writing poetry more and more. Each day you tap into the creativity of the universal mind more and more. Your inner creativity combines with the creativity flowing into you, strengthening your writing every day. And writing comes so naturally and easily now. You can feel the creative power of the universe flow into you like sunlight. You breathe in that creative energy with every breath you take.

At the mental level you often see how your mind introduced thoughts of worry, fear and insecurity that weaken your confidence, esteem, will and your hope for the future. Positive affirmations help you increase mental strength and release old thinking patterns that no longer serve your life purpose. Repetition!! Repetition!!

I trust and I love myself.

I willingly release old thinking patterns based on fear and self-doubt.

I now release all old mental blocks

I allow new ones based on self-confidence.

I receive insights and messages from my subconscious mind.

I am open to the bounties of the Universe psychologically and physically

I now choose positive thoughts that nurture and support my life.

I know I rise to the occasion when the time comes.

I am at the READY!!

I focus on the power of now.

I release fears about age and time.

I set my worries aside and I allow my mind to do its job.

I am open.

I surrender to the power of nature.

I am equal to or stronger than every task

I am the Master of My Fate and the Captain of my ship.

I love myself

I love life!!

Past Life Regression by Brian Weiss, MD

History Lessons

Brian L. Weiss, MD
Mount Sinai Medical Center

Many people believe that hypnosis means being put under the spell of a Svengali-like individual who makes you stare at a swinging gold watch and do embarrassing things like imitating a chicken...

In reality, hypnosis is a form of focused concentration in a very relaxed state that is used to help people suffering from anxiety, depression, phobias or panic attacks, explains Brian L. Weiss, MD, chairman emeritus of psychiatry at Mount Sinai Medical Center in Miami, Florida, and author of *Mirrors of Time: Using Regression for Physical, Emotional and Spiritual Healing* (Hay House) and *Same Soul, Many Bodies* (Free Press).

At his medical center in Miami, Dr. Weiss and his colleagues use hypnosis as a tool to help patients recall incidents from their past that may have contributed to their present problems. Often, remembering past trauma is the key to understanding and controlling current challenges.

A PEEK INTO THE PAST

Dr. Weiss uses hypnosis techniques, such as deep, rhythmic breathing and progressive muscle relaxation, to help a person enter a deeper state. In this altered state of consciousness, one's memory is enhanced. At this point, Dr. Weiss instructs the person to go back in time to the traumatic event. Depending on the individual, the relevant incident(s) may have taken place in childhood, adolescence or, believe it or not, a past life.

Next, he asks, "Where are you? What do you see?" If someone has a fear of heights, he/she might remember almost falling off a rooftop as a child. Or perhaps she will travel back further in time to a perceived past life, in which she was thrown from the wall of a castle.

Dr. Weiss does not tell his patients where in time to go. If the anxiety is coming from childhood or adolescence, that's naturally where they return. Likewise, if the anxiety-provoking event occurred in a past life, a person will go back to that. (We'll talk more about past lives in an upcoming issue.)

Practically speaking, past-life regression therapy takes an average of three to 10 sessions. Serious cases of anxiety or depression may require more time. Dr. Weiss says that success is directly related to the ability to concentrate. This means that people who are psychotic or have dementia, such as Alzheimer's disease, are not good candidates. However, it works for most everyone else.

Approximately 85% of the population can be hypnotized. About two-thirds of his patients have memories from what they consider past lives.

A WORD TO THE SKEPTICS

If you're thinking that the concept of past lives is a bit far-fetched, so did Dr. Weiss. Following a traditional education at Columbia University and Yale Medical School, Dr. Weiss, too, was skeptical when, in 1979, one of his patients began recalling past-life trauma. Skepticism eventually gave way to belief, however,

when the patient channeled personal messages about Dr. Weiss's family that she had no earthly way of knowing. In many cases, relevant facts about past-life regressions also can be validated. Since then, Dr. Weiss has successfully completed past-life regression therapy with more than 4,000 patients.

Dr. Weiss notes that you can choose to believe that you are returning to past lives or take the incidents identified during the treatment session as a symbol or metaphor. Whatever it is, on a therapeutic level, it helps healing.

AN ALTERNATIVE TO MEDICATION

Hypnosis and regression therapy offer helpful alternatives to standard treatment with drugs. People with anxiety and depression often are given large doses of anxiety medications or antidepressants, which, like all medicines, have potential side effects. Whenever possible, it is preferable to find methods of treatment other than medication.

(Continued from Page 2 on Pain)

HOW IT WORKS

Hypnosis usually begins with a concentration exercise and goes on to use body sensations and visualization. The imagery chosen can be highly individual, but common themes are nature and travel, family and home, and personal skills.

According to Dr. Schulz-Stubner, hypnosis does not

work on everyone. On average, 60% of people can reach a deep level of hypnosis for pain control... 20% reach a superficial level... and the remaining 20% reach an insufficient level – or none at all.

LOOKING TOWARD THE FUTURE

Dr. Schulz-Stubner observes that hypnosis is similar to meditation exercises. The goal is to eventually use this practice on your own. This is called self-hypnosis (or in Europe, auto-suggestive training), and provides people with another valuable tool to control various types of pain, such as headache, chronic nerve or muscle pain or cancer pain.

Hypnosis is more widely used in Europe, especially in psychotherapy, but also for sedation and relaxation purposes (for example, in dentists' offices). Here in the US, it is gradually gaining greater acceptance.

The National Center for Complementary and Alternative Medicine (NCCAM) is currently recruiting patients to test the effectiveness of self-hypnotic relaxation to control distress from minimally invasive surgical procedures. Analgesics and sedatives have limited effectiveness and serious side effects in these cases.

Hypnosis & Children

by Geoffrey Knight

There are many children's problems that hypnotherapy can help with. And, the great thing is that children are usually excellent hypnotic subjects. They have such wonderful imaginations that you can induce the hypnotic state easily and rapidly by getting them, for example, to imagine taking off in a space craft or taking part in their favorite television program or movie. A surprisingly large percentage of childhood complaints stem from unresolved emotional issues. Many children, for example, who suffer from Bronchial Asthma are anxiety-ridden, lack confidence and are dependent on one or both of their parents to an extreme degree. There may be physical factors that are directly implicated, but often the parent is told that the child will "grow out of it". More likely the child (and maybe even the parent) simply matures enough to resolve the emotional issues that triggered the problem in the first place.

Allergies are another problem suffered by children, and allergic reactions are often associated with stress. There can be a whole host of stressful events in a child's life such as relations with siblings, school, dependency on a parent, fear of interaction with peer groups, and aggression towards one or both parents sometimes arising from a past traumatic event. You may have heard about an experiment carried out on children whose allergen was flower pollen. In hypnosis they were asked to smell a rose in a sealed glass jar, whereupon they immediately had an asthmatic attack. Subsequently under therapy they were instructed in ways to control, and then stop altogether, having asthmatic attacks, principally through the use of self-hypnosis. Nail biting, stuttering, various kinds of habitual spasms, obsessive compulsive disorder (OCD), can all be addressed by hypnosis. I am not saying hypnosis is always successful, but in the substantial majority of cases I have seen and treated, the child has achieved a satisfactory outcome. Perhaps the one factor that I enjoy most is giving a child an effective therapy that does not rely on synthetic drugs. Even if I had the power to prescribe pharmaceuticals, I would never wish to do so because of the great potential for harm.

I believe that the over-diagnosis of children as having Attention Deficit Disorder (ADD) and ADHD has been to the detriment of many of the children concerned. The practice by teachers, schools and some child psychologists of labeling the children and putting them on Ritalin has been the subject of recent criticism from the media, which has helped reduce the practice to some extent. Current research indicates that in bona fide cases of ADD and ADHD, the cause is a lack of Dopamine in the frontal lobe of the brain, which controls the child's ability to program and organize their lives. Some more effective recent derivatives of Ritalin called 'Adderall' and 'Concerta' have improved release of dopamine through a twelve hour day, and greatly aided the ability of a child to function normally. Children whose parents think their child might have ADD or ADHD, should consult a child psychologist who specializes in this area to test if they have this disorder. Hypnosis is able to play a secondary role in changing thought patterns in the child and can make effective changes in the child's behavior complimentary with prescribed drugs.

In a study on Dyslexia in 1975, Crasilneck and Hall showed that over 75% of dyslexic children can be helped with direct hypnosis. Following hypnotherapy that included suggestions for improving performance and pronunciation, recognition of words became automatic and more rapid. The results in this study were as good as, or slightly better than, those reported by special behavior modifiers. Nocturnal Enuresis, or bed wetting, is particularly distressing to both child and parents. There are a number of possible physical causes that need to be checked out by a doctor. Equally there are a number of psychogenic factors that may play a role such as loss of a mother, sibling rivalry, emotional immaturity due to over-protection etc. Very often the symptom is a form of passive rebellion by the child against the parent. The child discovers that when he wets his bed he has a real weapon against his parent, and often he will continue this pattern long after the original cause for his hostility is forgotten. Bed wetting is a difficult problem to overcome because you have to help the child establish a motivation for bringing about a change in his life. Hypnotherapy can also help other behavior disorders such as thumb sucking and examination anxiety. Finally, there is the terror of the dentist's chair. There are a few enlightened dentists who have had an adequate training in hypnosis and can eliminate the child's phobia of the dentist's chair by using hypnosis. A professional hypnotherapist is able to use post hypnotic suggestions with the child before the visit to the dentist. In extreme cases the therapist can accompany the child to the dentist, and immediately bring about a deep hypnotic trace state by a simple cued induction. You do need a sympathetic dentist. Like adults, child can be easily regressed in hypnosis and can then reveal the underlying cause of their problem. There is an effective therapy called the "Talking Puppet Therapy" where the child states to a puppet, in the hypnotic state, their fears and hang-ups about parents, teachers, siblings, school etc. The puppet is the grown up they normally will not speak to or about. The hypnotherapist is then able to reframe that which has been spoken about by the child to his or her great benefit. Here is a list of children's problems hypnosis is known to be able to help:

- Bed Wetting •Nail Biting •Weight Reduction •Sugars •Nightmares •Stress •Enjoying Life
- Fears •Pain Control •Surviving a Divorce •Don't Start Smoking •Conduct at Home
- Conduct at School •Improved Grades •Improved Reading •Improved Writing •Test Anxieties

Fall Academy HypnoCounselor Certification Course Begins October 3, 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 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 Fall, 2015 session where excitement awaits you. You shall be in awe when you are 'Welcomed to the World of the Mind'!!

BEGINNING ON October 3rd 2015

October 3, 4, 10, 11, 17, 18, 24, 25, 31 and November 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 .

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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 DATE

Wednesday: October 21st 2015

Networking: 6PM- 7:00 PM

Dinner: 7.15 PM

Presentation: 8 PM

COSTAS RESTAURANT

120 Chestnut Street, Roselle Park

Roselle Park, NJ

(One mile from former meeting place)

908 241 1131



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

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.

NO Meeting in September.....Presentation for October 21st Meeting:

BODY LANGUAGE WITH PETRA

This presentation, being held on October 21st, 2015 is a highly educational and entertaining presentation by Petra, a very exciting speaker. She is presently in Germany and shall be returning just in time to teach us the fundamentals of reading a person's body language whether it is a client or someone with whom we come in contact. We received information about Petra from Mr & Mrs Claude Horstmann, NACH members who were at her presentation in Pennsylvania, and strongly suggested that we attempt to bring her to New Jersey to present to our NACH Members. We are expecting a large turnout, so it would be a good idea to get our checks in early, so that we reserve your place.

Call Tony at 908 964 4467 and send your check for \$25 to NACH, 1358 Burnet Avenue, Union, NJ 07083. Looking forward to seeing all of you at this dinner meeting. The food is scrumptious and networking is enjoyable. Come meet old friends!!

President

Dr. Tony De Marco

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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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