



NATURAL HEALTH NEWS: YOUR KEY TO A HEALTHIER YOU!

Summer 2008

Our Health—Our Responsibility

Dr Julie Zepp ND

Another summer season is upon us and with it comes the promise of increased activity, more fresh air, travel, and time for hobbies such as gardening or summer sports. If you have ever heard one of my lectures or read other articles I have written, you may have heard me use the term “true nature cure”. Summertime is the perfect season to begin to put this concept into practice.

What I mean by the term “nature cure” is the concept of “water/ sunshine/ fresh air/ exercise and good food.” These are the essentials of good health; though I would add to this healthy relationships: with ourselves, with others and with a Higher Power.

This article stems from several years of practice as a Naturopathic Doctor and it is meant to convey some of my thoughts on health.

Trained as a Naturopathic Doctor, we study the human body and the healing spirit that resides within. We believe in the Healing Power of Nature – that living in harmony with nature will bring healing and that within our bodies resides an incredible healing potential. It is our role to support and to work in harmony with the body, placing our belief on its self-healing capabilities.



“We return thanks to our mother, the earth, which sustains us. We return thanks to the rivers and streams, which supply us with water. We return thanks to all herbs, which furnish medicines for the cure of our diseases.”
- Iroquois prayer

Our treatment methods seek to do no harm and to restore health to the individual in the most safe, natural and effective way possible.

Now that I have been in practice several years I have had many individuals coming to me and honoring and trusting me with their most valued possession – their health. Health is often recognized as that commodity we have of which we don’t know the value of until it is taken away

and because of this I see so many people needlessly suffering.

What I want to attempt to do in this article is to have you:

1.Begin to consider that your pain or your health condition – be it physical or psychological – is your teacher and choose to listen to and learn from it.

2.Begin to see the connection between the physical body, the mental-emotional body and the spirit.

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Special points of interest:

We are excited to welcome two new practitioners to our team!

- *Margaret Levitt PT*
- *Jonathan Bablad ND*

Margaret is an experienced physical therapist with many years of clinical training and experience. Dr Bablad is a licensed Doctor of Naturopathic Medicine and certified Bowen Therapist. Welcome!

Our Health—Our Responsibility

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3.(Hopefully!) To inspire you to take responsibility for your health—with disciplined gentleness.

Pain/ symptom as teacher

In order to explain “pain as teacher” I want you to consider the smoke detectors in your home. These are essentially the “alarm bells” for an unhealthy home. Should one of these go off, I assume that the last thing you do is just to turn it off, pull it off the wall or silence it in some way. As a rule, you look first for the source of the alarm and deal with the cause.

Unfortunately that is not how we have been conditioned when it comes to our physical bodies. We have been conditioned that if your body displays a symptom we are not to look for the cause, but rather we are to extinguish the symptom through a medication.

Think of how ineffective this would be if we were to do this in our home! If we were to pull that smoke detector off the wall while the fire is still burning we’d have one big house on fire! And so it is with medicating your personal alarm bells: if you start with high cholesterol, take a medication for it – suddenly that alarm bell is turned off... Next one might find out they have high blood pressure and be given another medication... Then diabetes... and so on. One warning signal ignored or improperly addressed is what moves the body into a chronic disease state.

While high lab values are one example of imbalance within the body, pain is another early indicator that something is out of balance. In an evolutionary sense, it is the most primitive signal that danger is near. If we have our hand on a hot stove—we want to feel the pain as a

signal to act and move our hand from the stove.

Given this paradigm, I encourage you, instead of getting caught in the pain of your physical ailments, try seeing it simply as a messenger to listen intently to your body or to your spirit – accepting that this is a means of your body telling you something needs to be changed in your life.

Body-mind-spirit connection

As I alluded to in the latter part of the above section, we are much more than our physical bodies. We can, however, use our physical bodies as tools to access our interiors. Often this is what will bring a person into my office in the first place. They might be suffering from some physical ailment that they are looking for assistance in overcoming. This might be weight gain, or low thyroid function, or diabetes, or heart disease – among many other such conditions.

Underlying these conditions, we may feel hurt, depressed, fatigued or generally unwell – and choose to suppress these symptoms – early indicators of a lack of balance in our lives – through over-work, over-exercise, over-caring for others, over-eating, over-indulgence in alcohol/ caffeine/ nicotine/ recreational drugs, over-spending – the list goes on with numbing strategies provided to us in our pleasure-seeking, immediate gratification filled society. Unfortunately these unhealthy coping strategies are what lead to physical ill health.

In this model it is important that we entertain the idea that our physical ailment has its roots in an energetic/ emotional or psychological disturbance – and therefore all levels require some attention in order for us to heal.

Inspiration

While it is important to be in a place, psychologically and spiritually, of

All of us have a supreme jewel in the depth of our hearts, and we have come into life for no other purpose than to discover this jewel here on earth while we are alive.

~ Eknath Easwaran

trust and surrender – it is quite essential to care for our physical bodies as they have been given to us for this lifetime.

To consider that it is our *responsibility* to ourselves in keeping ourselves healthy - we might be inspired to care for our bodies in ways we were never capable of before. Think of your body as a precious gift in which to house your spirit. As you begin to awaken to the power of your potential, see the importance in caring for this physical home in which you reside. As with your actual house – you clean your house, do proper maintenance and repairs to keep it healthy and clean – you must to do so with the home that houses the spirit.

Keep your physical body healthy and clean – giving it those things that it requires to be healthy. Simply put these things include: Water, Fresh Air, Sunshine, Exercise, Rest and Good Nutrition. If you focus on the simplicity of this concept, then it truly is simple.

This is not to say it is EASY, but it IS simple. Begin by providing yourself with a healthy and unconditional healing environment. Work to let go of guilt or negative thought patterns, choose a healthy meal and to avoid sugar, alcohol and “junk foods” - not because you “should” but because you are moving to a place inside where you feel you are WORTH making these changes for! ☼

Our Internal “GPS” (God-Positioning System)

Karen Jensen—BSW;RSW

As a counsellor many people have come to with the expectation that I would have the answers to the problems they were currently facing in their lives. Upon reflection, it seems to have been a learning curve for most, to realize I did not have the answers for them, but I did have the skill set to help them begin to listen to their own inner voice (God positioning system) & begin to trust & follow what it is telling them.

This is indeed a learnable skill set, for some of us we do it automatically, for others because of the build up of stuff, that inner GPS may be very quiet or barely audible.

That’s where I come in, assisting

people to heal the inner pain in order to begin to hear, & experiment with their own GPS. Each & every person will have their own unique way of interacting with their GPS.

The first step is identifying what their GPS system looks & sounds like. Then I work with them to practice paying attention to what they are being told & to begin to act on the information given to them. I think it is a life long journey for most of us to learn to depend on God’s voice to lead & direct us, rather than trusting others to know what’s best for us.

This is a practiced skill set, the old adage, “practice, practice, practice” really is so very important. It takes time & skill to learn to communicate with those closest to us; it is no differ-

ent with ourselves.

As a counsellor, there is no greater joy for me, then to watch people embrace & empower themselves, by taking the time to learn what their God positioning system looks & sounds like & then to apply it to their lives and watch them flourish. WOW!

I would like to close with a quote from **God Calling**:

“I lead you. The way is clear. Go forward unafraid. I am beside you controlling all.”

So today, rather than struggle & try Surrender & trust..☀

F.E.A.R. (False Evidence Appearing Real)

Warren Barry—RMT

I recently returned from the second part of a personal development workshop I am attending, called Soltura www.soltura.net. In a part of the workshop, we discussed and worked with our fears and doubts. It was an awakening for me as to how much our fears and doubts hold us back from our full potential. I have seen this in many of my patients that I work with, and how I see it as an epidemic. The voice in the head (the ego) is very powerful, and can tell you all sorts of things like, “you can’t do that!”, “what would other people think?”, “that’s impossible”, “You actually traded Kerry Joseph?” All these things are based on fear, and trying to take control of an outcome. All these things, and many more as you well know by listening to the voice in the head, are all coming from your ego, your false self. Have you

ever noticed that when you made a decision based on a gut feeling, you were always right, and if you second guessed yourself, you look back and say, “Oh, I should have listened to myself, am I ever stupid!” Your gut feeling will be correct for you 100% of the time, your ego will always second guess and try and keep control, and will not lead you down the road you truly want to go. The ego lives in fear, on limitation, and in lack of. Fear is a very powerful emotion, and if you look at past experiences where fear was involved, it usually keeps you back there in the time that it happened. It limits your potential as you look back at the event and say “I am never going to go through that again, that was way to scary”, or “I can’t do that, it didn’t work the first time”. These things that may have happened many years ago keep you from your full potential, from living your dreams, from living from your true self. So, as an exercise, I would



like you to take any fear that you have and after it write the answer to the following questions: 1) What evidence do you have that this fear is real? 2) How has this fear controlled my life? 3) What if I changed my mind about this fear? 4) How would that affect my life?

If you take a good look at this exercise, you can see that the fear that you have is only based upon a thought in your head, what you thought was real. If you just changed your mind about it, and didn’t give it any power, how would it look then?

If we took the energy that we use to build fear and doubt, and put that same energy into our potential, what could we accomplish? Wouldn’t the world be a better place?

Have a fearless summer!☀

Great summer desserts!

By Julie Zepp Rutledge ND and Vanessa DiCicco ND

Summertime often involves many barbeques and potlucks. Why not consider bringing a healthy dessert to one of the many social engagements you might have this summer? Good health spreads and can start with you! Try one of these wheat-free, dairy-free, sugar-free and DELICIOUS desserts.

Flourless Chocolate Cake

Ingredients:

- 1.5 cups walnuts
- Dash of salt
- 12 pitted dates (soaked and drained)
- 1/3 cup cocoa
- 1/2 tsp vanilla
- 2 tsp water
- 1/2 cup raspberries for garnish

Directions:

In a blender or food processor, blend walnuts, salt and dates. Add the cocoa vanilla and water and blend until even consistency. Press into 5" round cake pan and chill for two hours. Use the raspberries as a garnish. ☼

Chocolate Mousse

Ingredients:

- 1/4 cup dates (soaked)
- 1/4 cup maple syrup
- 1/2 tsp vanilla
- 3/4 cup mashed avocado (1.5 avocados)
- 1/4 cup + 2 TBSP cocoa
- 1/4 cup water

Directions:

In a blender or food processor blend dates maple syrup and vanilla. Add and blend the avocado and cocoa. Finally, slowly add the water and blend until you reach your desired consistency. ☼

Bliss Cup (from the Yoga Journal June 2008)

Ingredients:

- 3/4 cup pitted dates
- 3 1/2 cup water
- 1 cup raw cashews
- 2 Tbsp vanilla extract
- 1/2 tsp sea salt
- 3 avocados, peeled, pitted and mashed
- 3/4 cup carob or cocoa powder
- 1 pint raspberries
- 1 Tbsp agave nectar (can from the health food store)

- Mint leaves (for garnish)

Directions:

Soak the dates in 1 1/2 cup water for 20 mins. Drain and reserve the date-soaking water. Soak the cashews in 2 cups of water for about 20 mins. Drain and set aside.

In a food processor, blend 1/2 cup of dates, half of the vanilla and half of the sea salt until smooth. Add the mashed avocados and process. Add carob/ cocoa powder and 1-2 Tbsp of the date-soaking water and blend into a smooth mousse. Set aside.

In a blender, combine the cashews, remaining dates, vanilla and sea salt and 1/2 cup of the date soaking water. Blend into a cream.

In a separate bowl, mix raspberries with agave.

To assemble, spoon 1/2 cup of the mousse into the bottom of a parfait cup. Follow with 1/4 cup of the berry mixture and then 1/4 cup of the "cream". Repeat this layering in three other cups. Garnish with mint leaves (serves 4). ☼

Diabetes: the growth of a hidden epidemic (which CAN be reversed)

By Vanessa DiCicco ND

The other day my patient enlightened me that Type 2 diabetics often have a certain physique. Well yes, you might be thinking, obese, but that is not true of all Type 2 diabetics. The other common physique for diabetics is muscular extremities (ripped legs and arms) with a less muscular midriff. Our conversation got me thinking about diabetes, which has very rapidly reached epidemic proportions in Canada. It is astounding, really, since **diabetes is largely a preventable and treatable condition** yet the numbers of people with diabetes increases yearly and health care costs follow suit. The Canadian Diabetes Association estimates that in Canada, over two million Canadians have diabetes and that number is expected to reach three million by 2010! Wow wow, that is similar in size to our largest city!

TYPE 1 VERSUS TYPE 2

Approximately 10% of people with diabetes have Type 1 diabetes. Type 1 occurs when individuals are unable to secrete insulin and must rely on injections to absorb sugar. Unlike Type 2 diabetes, Type 1 does not respond as significantly to nutritional and lifestyle changes. Type 2 diabetes is by far the most common type of diabetes. Type 2 was, at one time, considered adult onset diabetes but it is now affecting youth as well as adults in shockingly high rates. Type 2 diabetics have cell receptors that become resistant to insulin. So in a non-diabetic person, who has normal blood sugar levels, they might secrete approximately 30 units of insulin in one day whereas a Type 2 diabetic would secrete approximately 115 units of insulin daily.

Insulin is a hormone secreted by

the pancreas in response to elevated blood sugar. It is responsible for the transport of blood sugar from the blood into the cells. To illustrate the physiological response: if a person eats a piece of bread, the pancreas responds by elevating the blood glucose by secreting insulin. Insulin essentially acts like a gatekeeper, by opening up the cells to allow sugar (in the form of glucose) to enter the cells. The glucose gets absorbed into the cells and the blood sugar levels normalize. However, with Type 2 diabetics the insulin secretion is either very low or the cell receptors become insensitive to insulin causing the body to secrete more and more insulin. Unfortunately excess insulin causes excess sugar (glucose) to be stored as fat and causes blood sugar levels to drop causing hypoglycemia.

SYMPTOMS OF HYPO-GLYCEMIA

One question I like to ask all of my patients is how they feel when they miss a meal. If hypoglycemia is present in the patient, they will confirm that missing a meal can cause either moodiness, fatigue, dizziness and/or cravings. And usually, in order to curb these symptoms, folks will quickly grab a sugary carb snack and the cycle begins anew, laying the foundation for the development of Type 2 diabetes.

TYPE 2 DIABETIC COMPLICATIONS

The problem with Type 2 Diabetes is that people can have this condition without even realizing it. The

secondary symptoms are more noticeable. Type 2 diabetes is associated with a number of complications. Secondary health care problems for diabetics are generally found in the kidneys, in the nervous system, blindness, ulcers, heart disease, stroke and early death. These complications burden the person's families and place a tremendous burden on our health care system.

CAUSES OF TYPE 2 DIABETES

To understand the causes of Type 2 Diabetes it is important to understand the glycemic index and the glycemic load of foods. The glycemic index is a scale that determines how high certain foods will raise your blood sugar levels, essentially the rate at which food enters the bloodstream. The faster the speed of entry of a food the more insulin the pancreas needs to secrete. The glycemic index categorizes foods from 0 to 100. Low glycemic foods are those that range from 0 to 55, medium glycemic foods from 56 to 70 and high glycemic foods as those over 70. Foods that have high glycemic indexes are refined foods such as pastas, breads, cookies, soft drinks. Foods that are lower on the glycemic index are pretty much all pulses, most fruits and vegetables except potatoes. Other ways that you can increase your glycemic index is the eating smaller portions and increasing physical movement. A useful site that allows you to check any food's glycemic index is www.glycemicindex.com

Glycemic load indicates how much

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| Value | Glycemic Index (GI) | Glycemic Load (GL) |
|------------|---------------------|--------------------|
| Low (L) | 55 or less | 10 or less |
| Medium (M) | 56 to 69 | 11 to 19 |
| High (H) | 70 plus | 20 plus |

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sugar is in the food. It takes into consideration the glycemic index as well as the amount of carbohydrates.

Remember that a balanced diet includes proteins, carbohydrates, and fats.

| WARMING | NEUTRAL (if salted with sea salt) | COOLING |
|--|--|--|
| <p><u>PROTEIN Recommended</u> All or most of the time salmon, sardines, mackerel, trout cod, bass, sole halibut, tuna venison ostrich chicken breast (free run) turkey breast (free run) eggs (poached or soft-boiled) whey protein powder In Moderation tofu, tempeh, miso shellfish, herring, anchovies lamb reduced-fat cottage cheese reduced-fat cheese quark veal beef (lean cuts) duck pork calf liver <u>PROTEIN/CARBOHYDRATE</u> goat's milk or yogurt (not avail.) low fat milk or yogurt L/L soy milk or yogurt L/L <u>FATS</u> Recommended (<u>unrefined oils</u>) Udo's Choice Ultimate Oil Blend® hemp oil pumpkin seeds, pumpkin seed butter flax seeds, flax seed oil sesame oil, tahini almonds, almond butter olive oil sunflower, safflower oils In Moderation butter, ghee coconut butter walnuts brazil nuts (1 per day) other nut & seed butters Use Sparingly mayonnaise cream cheese, sour cream <u>OTHER</u> ginger</p> <p>• <u>BEVERAGES</u> water dandelion or herbal coffees herbal tea green tea vegetable broth ginger tea</p> | <p><u>CARBOHYDRATES</u> Lightly cook: steam or stir-fry. Cruciferous Vegetables Droccoli; cauliflower russels sprouts; cabbage broccoli rabe (rapini) collard greens; kale; bok choy mustard greens; watercress kohlrabi; radishes .umips; rutabagas Other Vegetables swiss chard; spinach; romaine green and red leaf lettuces arugula; radicchio; chicory beet greens; nettle ndive; dandelion greens garlic; onion; leek; chive shallot; scallion (green onion) artichoke; asparagus celery; jicama green and wax beans eggplant; okra; sweet peppers loma- toes; cucumber zucchini; yellow squash snow peas; mush- rooms resh herbs sprouts</p> <p><u>STARCHES (CARBOHYDRATES) with GI/GL values</u> green peas; peanuts L/L entils; chickpeas L/L beans: soy; kidney; black; lima L/L Deans: pinto; romano; mung L/L navy beans; black eye beans L/M broad beans H/L barley, bulgur L/M wheat, whole kernels L/M rye kernels; buckwheat L/M rice: white M/H brown; wild L to M/M porridge: thick oat flakes L/M rolled oats M/M couscous M/H sweet corn L to M/M new potato L/M sweet potato M/M baked potato H/H beets M/L carrots; pumpkin H/L parsnips H/M millet H/H</p> <p><u>Pasta. Noodles:</u> beanthread/mung bean noodles L/M wholemeal spaghetti L/M white flour pastas/noodles L-M/M-H rice noodles/pasta M-H/M-H corn pasta H/H</p> <p><u>Breads:</u> pumpnickel (rye kernel) L/L Sour dough or wholemeal rye L/L barley kernel; oat bran L/L buckwheat; whole wheat L/L cracked wheat L/M barley flour L to M/L to M spelt multigrain L/L white spelt wheat H/M gluten-free multigrain H/L wheat tortilla L/L corn tortilla L/M</p> | <p><u>FRUITS (CARBOHYDRATES)</u> Limit the amount of fruit you eat. Select fruits that are in season your growing area.</p> <p>With GI/GL values lemons; limes raspberries; blueberries blackberries; cranberries strawberries L/L cherries L/L plums; prunes L/L grapefruit L/L peaches L/L pears L/L apples L/L grapes: red and green L/L oranges L/L kiwi fruit L/L mangoes L/L apricots: dried L/L fresh M/L bananas L/M pineapple; papaya M/L cantaloupe M/L watermelon H/L raisins M/H</p> <p><u>FATS</u> avocado (guacamole) olives</p> <p>If you want to lose weight, choose carbohydrates with no GI/GL values (cruciferous and other non-starchy vegetables) and those with GL values of L. If you want to gain weight, choose carbohydrates with me- dium and/or high glycemic val- ues, in addition to cruciferous and other non-starchy vegeta- bles.</p> <p>MODERATION AND BAL- ANCE ARE KEY</p> <p>(Continued on page 7)</p> |

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One of the problems with using glycemic values is that they don't take into consideration the nutritive value of a particular food. For example, a small serving of low-fat ice cream has a low value for both GI and GL but it's hardly nutritious; it's usually loaded with sugar or sugar substitutes and provides little in the way of vitamins, minerals, antioxidants, and fibre.

The GI/GL values are not the only criteria that you should use when choosing what to eat; instead, use them in conjunction with the other principles. Remember to eat according to the climate in which you live; avoid foods to which you may be sensitive; watch your portion sizes; avoid processed foods as much as possible; and eat balanced meals composed of the recommended carbohydrates, lean protein, and healthy fats.

Avoid eating large meals and snacks because they force the digestive system, particularly the liver, to work harder. Instead, have 3 small to moderate sized meals, as well as 2 or 3 small snacks, per day. Don't go without eating for more than 3 to 4 hours—this helps to regulate your blood sugar levels. In addition to the Snack suggestions listed here, many Lunch and Dinner or Breakfast suggestions may be eaten as a Snack—simply use smaller portions.

PREVENTION OF DIABETES TYPE 2 THROUGH TOOLS FOR CHANGE

To get into the groove with understanding your body and how well you are functioning, it is important to keep track of your blood sugar levels; have an understanding of your cholesterol levels; your body weight and your blood pressure. As well, if diabetes is a concern for

you, ask your doctor to perform a test called HbA1c (hemoglobin A1c test) every 4 months to check blood sugar levels. It is also useful, for anyone with concerns regarding their blood sugar levels, to familiarize themselves with a glucometer – a home blood sugar monitor. The glucometer gives blood sugar readings after the person places a small amount of blood from their fingertip on the glucometer's reagent strip.

Ways to slowdown the entry of sugar into your system is by eating **fibre** (psyllium, veggies, beans, fruits with skins), **healthy fats** (avocados, nuts, seeds, fish oils) and **proteins** (eggs, fish, chicken, turkey). These will slow down the sugars derived from carbohydrates in your bloodstream and diminish the insulin that is secreted.

Avoid foods that are high in saturated fats, such as deep fried foods, red meats and dairy products. Also avoid packaged and processed foods as they are going to have a higher glycemic index and load.

Quit caffeine! Drinking coffee elevates the stress hormone cortisol, which suppresses the immune systems and can lead to development of insulin resistance and impaired glucose and insulin balance.

As with anything in life, moderation and balance are key. What works for one person won't necessarily work for everyone else. The important thing to remember is to listen to your body; when you replace processed foods with nutritious, whole foods and improve your health, it becomes clearer as to what is good for you and what is not.

HELPFUL HINTS

Make changes in your diet gradually, if necessary, especially if your current diet differs considerably from this one.

Keep a positive attitude. Try not to look at these dietary changes as deprivation of the things that you like to eat and drink. Instead, see it as an opportunity to introduce new foods and beverages into your life.

Chew your food well. A large part of the digestive process takes place in your mouth. Enzymes that digest carbohydrates are secreted in your saliva and the process of chewing will break down protein foods into smaller pieces before they reach your stomach. This makes less work for the rest of your digestive system.

Be patient; your blood sugar levels did not change overnight, so don't expect immediate results but persistence with these dietary changes will produce a healthy balanced body. **Remember to drink plenty of water.**

FURTHER SUPPORT OF BLOOD SUGAR LEVELS

There are a number of minerals and botanicals that have been proven to be helpful for maintaining blood sugar levels. Chromium, cinnamon, vanadium and magnesium are a few examples. It is always a good idea to consult a health care practitioner, such as a Naturopathic Doctor, to ensure that you are taking the correct amount and the right combination of botanicals and supplementation.

By following specific nutritional and lifestyle approaches the ever climbing rates of those diagnosed with diabetes can be **absolutely reversed** ending this unnecessary epidemic.

Change your mind—change your life!

By Rhonda Barry

Stop smoking with the use of hypnosis—More and more scientists are recognizing the interaction between our mind and our body, and have shown that changes in almost every body function and system can occur with hypnosis.

Hypnosis has been used effectively for hundreds of years for medical purposes (pain anesthesia during surgery or dental work; pain control; allergy cures), as an aid for the resolution of many psychological problems (fears; phobias; anxiety; self confidence, self esteem, assertiveness; sports performance, motivation) and the elimination of unwanted habits (nail biting; hair pulling; teeth grinding; weight management; and for smoking cessation) to name a few.

Why does hypnosis work?

On a daily basis, we *consciously* make decisions, solve problems, think about what to say and plan our days using our **conscious mind**. It is our conscious mind that 'thinks'.

But it is our **subconscious** mind that really 'runs the show'. Our subconscious mind is the part of our mind that is responsible for keeping us breathing and our heart beating. It holds all of our memories. It processes the physical information our body receives. And it handles all of our habitual and automatic processes. So, while our conscious mind 'thinks', it is our subconscious mind that controls our *behaviour* and, as such, is the part of the mind that controls the habit of smoking.

We can use our *conscious* mind,

and our *willpower* to make changes (which can be a slow and somewhat painful process), or we can use hypnosis to access our subconscious mind, and disconnect the habitual behaviour ~ thereby **changing our mind** so that the NEW behaviour becomes automatic!

During hypnosis, the deep relaxation and focus that a person experiences works to calm and subdue the conscious mind, so that it takes a less active role in the thinking process. In this state, the person is still aware of what is going on, but the conscious mind takes a backseat to the subconscious mind. This allows the hypnotist to work directly with the subconscious mind.

Here's what you need to know to feel good about using **hypnosis**:

–**You cannot be made to do something you don't want to do - period.** There are many myths about hypnosis, but the hypnotist has no special powers. They cannot make you do anything you do not want to do. It is *always* up to you whether to accept or reject the ideas and suggestions offered. The truth is that all hypnosis is ultimately self-hypnosis ~ you have to allow yourself to go into the state of hypnosis, and you are always in control.

–**You will not be in a 'Deep Sleep' or Zombie-like state.** Have you ever been so engrossed in a movie, TV show or book where you seemed to be in your 'own world' ~ not fully aware of your surroundings? Or have you ever been engaged in a hobby where you lost track of time? In those instances, you were engaged in a type of 'trance'. While hypnosis is a trance-like state, which is characterized by height-

ened suggestibility, relaxation and imagination, it can be likened to those blissful moments when you are drifting off to sleep at night ~ or awakening in the morning ~ where you are aware of your surroundings, but are in a very relaxed state. You know that you could move if you wanted, but you're so deeply relaxed, you'd rather not. While in hypnosis, you can see, hear, and feel everything that is going on around you. Some people even have heightened awareness in this state.

–**Everyone is 'hypnotizable'.** Virtually everyone with a moderate intelligence (no severe mental illness or developmental disability) can be hypnotized. In fact, the smarter you are the easier it is.

–**Hypnosis works because it communicates directly with the unconscious mind** by by-passing the critical mind. The critical mind is what gets in the way and why you haven't yet stopped smoking, even though you know it's expensive, horrible for your health, and repels others. When given a set of choices **your unconscious mind will always choose the BEST choice available** to it at the time. So hypnosis doesn't take anything away – it just helps your unconscious mind realize that the habit of smoking is life-threatening and gives it another choice that's healthy.

With hypnosis, the majority of people quit in a little as **one hour!** So, if you're ready to change your life by **QUITTING NOW**, call the clinic to book your **free** screening to determine if you are a good candidate for hypnosis. To Your Health!☀