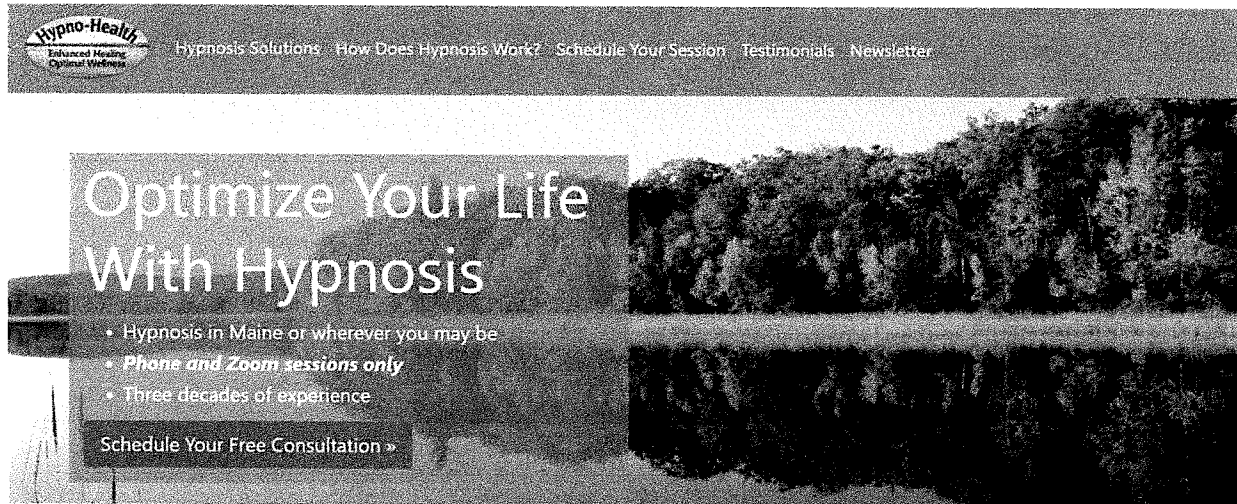


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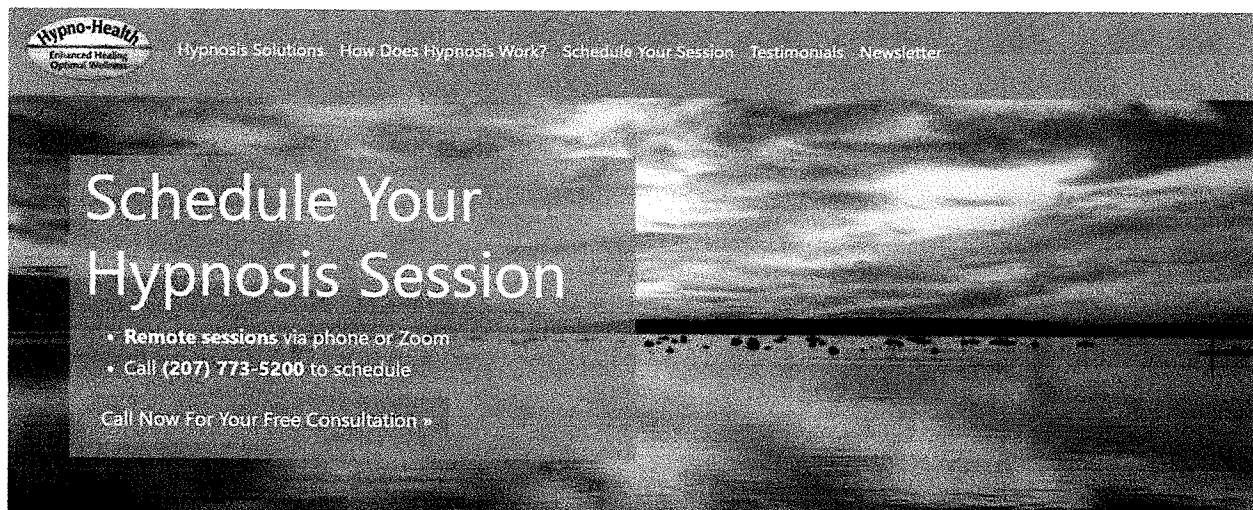
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HYPNO-HEALTH NEWSLETTER

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SUGAR: HOW SWEET IT ISN'T

Gerry Kein, a prominent hypnotist who serves on both the Advisory and Certification Boards of the National Guild of Hypnotists, wrote an article for the National Guild's *Journal of Hypnotism*, detailing his struggles with heart attacks and bypass surgeries.[1] On July 21, 1988 Gerry suffered a severe heart attack and underwent triple bypass surgery. He followed a doctor-recommended strict diet and exercise regime, but continued to get fatter. By 1995, his triglycerides were 800 and his cholesterol 275. He again underwent triple bypass surgery. Although Gerry almost fanatically adhered to a similar diet and exercise program, he experienced the same results as before. In December 2002, overweight and frustrated, with his levels in the danger zone again, Gerry started doing his own research, which revealed that sugar was the hidden culprit.

In 1957 Dr. William Coda Martin, while trying to determine when a food was a food or a poison, classified refined sugar as a poison, because it has been depleted of its life forces, vitamins and minerals. What is left consists of pure, refined carbohydrates which the body cannot utilize without the depleted proteins, vitamins and minerals.[2] He went on to say that refined sugar is lethal when ingested by humans because it provides only that which nutritionists describe as empty or naked calories. Even worse, sugar drains and leaches the body of precious vitamins and minerals through the demand its digestion, detoxification and elimination makes upon one's entire system.[3] Gerry followed his review of Dr. Martin's and other researchers' findings with his own interpretation: "Processed sugar is the most absolute, non-nutritious, life

draining, fat producing, disease creating, teeth rotting chemical ever developed. It is also more addictive than cigarettes, morphine, heroin, oxycodone or any other narcotic. Sugar is the leading cause of diabetes today, contributes to obesity, causes excessive fatigue, has been linked to mental illness, and causes arterial blockages in the heart."[4]

In early 2003, Gerry was told he had several non-operable blockages of two arteries in the rear of his heart and was diagnosed at great risk of sudden cardiac death. He eliminated sugar, took three tablespoons of apple cider vinegar daily and was told a year later that his arteries were clean and unblocked. Also, his weight went from 190 to 150 pounds, his cholesterol dropped from 275 to 105, his triglycerides plummeted from 800 to 110 and his (bad) LDLs dove from 235 to 22. He suggests three simple things for people to become healthy: eliminate sugar, reduce portion size, exercise.

An article in *The Macrobiotic Guide* titled "Sugar - Its Effects On The Body And Mind," makes a powerful, but not surprising statement: "Today we have a nation that is addicted to sugar. In 1915, the national average of sugar consumption (per year) was around 15 to 20 pounds per person. Today the average person consumes his/her weight in sugar, plus over 20 pounds of corn syrup each year." [5] According to the U.S. Department of Agriculture, the average American eats approximately 43 teaspoons of sugar per day. That's 140 pounds per year. That's 10X more than is recommended. [6] In 1980, roughly one in seven Americans was obese and almost six million were diabetic. By the early 2000s, when sugar consumption peaked, one in every three Americans was obese and 14 million were diabetic. [7] It's not surprising that people are fatter than ever and illnesses such as diabetes, obesity, depression, panic attacks and mood swings are rising. Dr Mercola, in his July 11, 2011 post stated: "The amounts of salt Americans consume

pale in comparison to the amount of fructose eaten on a daily basis, and I'm convinced that it's the sugar/fructose consumption that is the major driving force behind our skyrocketing hypertension rates, not excess salt."[8]

In the *Health Now Wealth Forever* article titled: "The True Cause of Obesity, Heart Disease, and other Diseases of Western Society - The Toxicity of Sugar," the author suggested: "The solution to our nationwide obesity epidemic is not the USDA recommended low-fat, high-carb diet. That diet actually makes all of these diseases worse. What needs to happen is a dramatic shift in our diets. Our diets need more fat and protein, less sugar and carbohydrates. When we start to change our minds about sugar as a nation we can start to turn our universal weight gain around.[9]

Just as with other habits/addictions, hypnosis provides effective methods and techniques to help people eliminate sugar from their diets and bodies, because it enables them to go to the source, where the habits reside, the subconscious mind. It is only there that the roots of habits can be permanently disconnected and replaced by positive programs which become new habits through reinforcement. When we try to break habits using only the conscious mind, i.e. will power, it is often impossible to do and, even if we seem to be initially successful, the aforementioned "roots" of the habit are still connected in the subconscious mind. Something could trigger those roots at any time and cause the habit to return (yo-yo dieting being a good example).

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Take a few moments and do a kinesiology experiment with a partner or friend to demonstrate the way sugar weakens muscles. With your elbow against your side (to produce stability and eliminate strain) hold your dominant arm straight out in front of you and make a fist. Have your partner /friend push down on your hand while you resist. Then place a packet or teaspoon of sugar in that same hand and close the fingers. Repeat the above resistance test.

1 *The Poisoning of America*, National Guild of Hypnotists' Journal of Hypnosis, March 24, 2004

2 [www.GlobalHealing Center...> TheSugarProblem: Refined Sugar – The Sweetest Poison of all...](#)

3 Ibid

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8 <http://articles.mercola.com/sites/articles/archive/2011/07/11/what-are-the-best-and-worst-foods-for-weight.aspx>

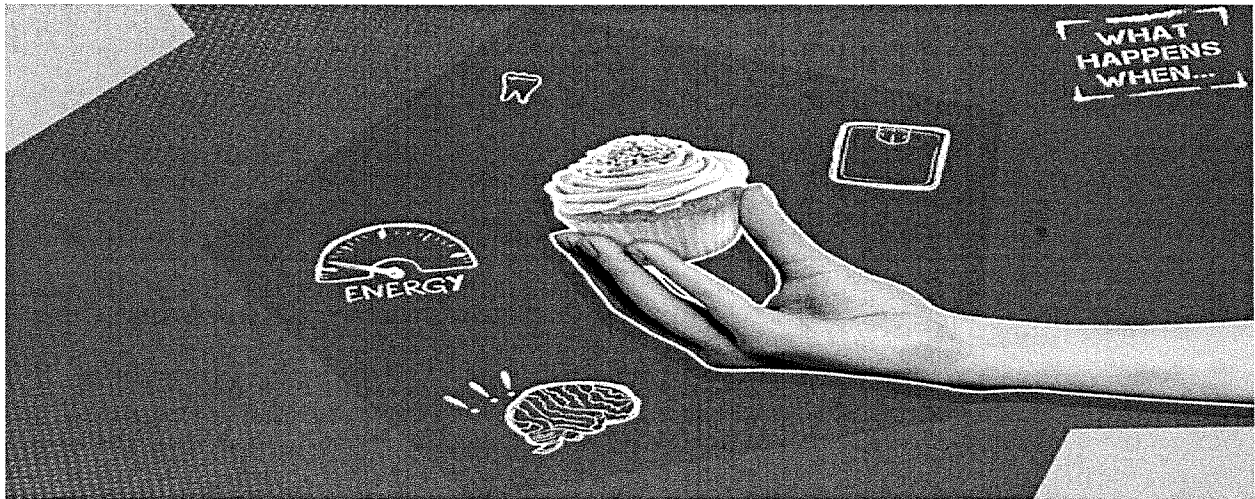
9 [www.healthnowwealthforever.com/health/the-toxicity-of-sugar/June 21, 2010](#)

What Really Happens to Your Body When You Eat Refined Sugar

By Christine Yu

February 25, 2020

You've heard it all over the news: Refined sugar is bad for you. But refined or added sugar is basically everywhere, from sweet treats like cake, cookies and pie to cereal, flavored yogurt and energy drinks. It's even in products like tomato sauce and salad dressing.



Credit: LIVESTRONG.com Creative

So it's not surprising that the average American consumes nearly 20 teaspoons of added sugar every day, according to the University of California San Francisco. While that may not seem like a lot, it's three times the amount the American Heart Association recommends for women (6 teaspoons) and more than double the recommended amount for men (9 teaspoons), Jerlyn Jones, RDN, LD, spokesperson for the Academy of Nutrition and Dietetics, tells LIVESTRONG.com.

Refined sugar includes sugar that's been processed from sugar cane or sugar beet (think white and brown sugar) as well as high-fructose corn syrup and even agave syrup. It's often referred to as processed sugar because the original sources are stripped of fiber and other good-for-you compounds.

"We process and refine these sugars until all of the plant material is gone except for the pure sugar. In doing so we have concentrated the sugar down to being more sugar than our bodies have the ability to handle safely," Kimber Stanhope, PhD, RD, research nutritional biologist at University of California Davis, tells LIVESTRONG.com.

That's the key difference between added and natural sugars: While your body can't necessarily tell the difference, added sugars are typically much more concentrated and often come in packages void of redeeming nutrients like fiber and vitamins, according to Harvard University.

While you know that you probably should cut back on your added sugar intake, you may wonder what exactly happens when you eat refined sugar. It turns out — a lot. Here are all the effects of sugar on the body.

Your Brain

If it feels like your body needs sugar from time to time, it's not all in your head. Refined sugar activates the brain's reward system, according to an October 2013 study in *The American Journal of Clinical Nutrition*, which can make you want more and more of it.

While tools to study the reward system in the human brain are still relatively new technology, a March 2014 study in *Neurochemical Research* found that the receptors that help regulate the reward system were altered in rats that were fed high-sugar diets, which may explain the addictive-like nature of sugar.

Refined sugar can also affect your mental health. Research published in August 2014 in *The American Journal of Clinical Nutrition* found that women who consumed approximately 16 teaspoons of sugar a day, on average, were at 23 percent greater risk for clinical depression compared to women who consumed 3.5 teaspoons of sugar daily.

This holds true for men, too. Men who ate 13.4 teaspoons or more of sugar a day had a 23 percent greater risk for depression, per a July 2017 study in *Scientific Reports*.

Read more: [4 Ways Your Food and Your Mood Are Linked](#)

Your Teeth

It's true: Consuming refined sugar can increase your risk for dental cavities. According to a January 2016 study in the *Journal of Dental Research*, high sugar consumers has a 66 percent higher prevalence of cavities compared to those who consumed a low amount of sugar.

But it's not sugar itself that leads to the breakdown in the tooth's enamel. It's what happens after you consume sugar that's to blame. According to a October 2015 study also published in the *Journal of Dental Research*, sugar feeds bacteria in the mouth, encouraging these colonies to grow and form hard, sticky plaque. And when these bacteria flourish, they produce acids that leech minerals from your tooth enamel — the hard surface protecting your teeth. This can wear down and weaken the enamel and lead to cavities.

Your Heart and Cardiovascular System

Consuming refined sugar puts you at greater risk of dying from heart disease, according to an April 2014 study published in *JAMA Internal Medicine*. Researchers found that over the course of the 15-year study, people who consumed between 17 and 21 percent of their total calories as added sugar had a 38 percent higher risk of dying from cardiovascular disease compared to those whose diet was comprised of just 8 percent added sugar.

While it may surprise you, there are a few reasons why refined sugar may damage your cardiovascular system. For one, when your liver is overloaded with refined sugar, particularly fructose, it converts sugar to fat. "The extra liver fat increases the amount of triglyceride and cholesterol that gets sent into the blood and that increases risk for cardiovascular disease," Stanhope says.

An April 2010 study in *JAMA* found that sugar intake was significantly associated with higher levels of triglyceride and LDL cholesterol (aka the "bad" cholesterol) and lower levels of HDL cholesterol (the "good" cholesterol).

Not only that, but added sugar can ramp up inflammation in the body, which can — you guessed it — increase your risk for heart disease. For example, consuming sugar-sweetened beverages, which are full of refined sugars, increases levels of high-sensitivity C-reactive protein, an inflammatory marker in the body, according to a December 2014 study in the journal *Lipids in Health and Disease*.

Your Liver

After you eat refined sugar, it travels from your intestines to your liver, which takes the brunt of sugar's ill effects. When refined sugar breaks down into glucose and fructose, the liver decides what to do with it.

While the liver has an enzyme to control how much glucose comes in and how much gets diverted to the bloodstream, it doesn't have an on-off switch for fructose, Stanhope says. That means nearly all the fructose we ingest is pulled into the liver, even when we don't need it. "We end up with a huge overload of fructose in the liver, especially if we just drank an extra-large soda," she says.

The liver converts some fructose to energy, some for storage as glycogen and some to lactate. But excess fructose gets converted to fat, which can be problematic over time. In fact, a May 2018 study in the *Journal of Hepatology* suggests that refined sugar such as fructose is a major driver of non-alcoholic fatty liver disease.

Read more: What Really Happens to Your Body When You Give Up Soda

Your Energy

If you feel an afternoon slump coming on, your first instinct may be to grab a cookie or soda. After all, a jolt of sugar is just what you need to get through the day, right? Not quite.

It's true that added sugar can give you a quick energy boost. The sugar in these types of foods enters your bloodstream quickly, causing your blood glucose levels to spike. In response, your pancreas releases insulin, which helps to convert glucose to energy and stabilize your blood sugar levels. But there's a downside: "The high insulin levels can lead to a rapid fall in blood sugar," Jones says, which can leave you feeling even more tired and depleted in the long run.

Your Hormones

Over time, too much sugar can make your body resistant to insulin, meaning the hormone doesn't do its job well. A March 2013 study of 55 men published in the journal *Obesity* found that just one week of excess refined sugar was enough to decrease insulin sensitivity.

Insulin resistance doesn't just put you at risk for type 2 diabetes — it can also instigate or exacerbate other chronic conditions like high blood pressure, metabolic syndrome and cardiovascular disease, Stanhope says.

Your Weight

Not only does insulin cause your blood sugar to undulate like a roller coaster, the sudden dip in blood sugar can cause a rebound effect. "The low blood sugar levels signal to the body that it needs more energy," Jones says. "It triggers your appetite and encourages you to eat and keep eating."

Read more: 7 Surprising Reasons You're Hankering for Junk Food — and How to Quash the Cravings

And when you continue to eat more calories than your body needs, it can lead to weight gain. In fact, according to a January 2013 systematic review and meta-analysis in the *BMJ*, increased sugar intake was associated with a gain of 1.7 pounds in less than eight weeks and 6 pounds over more than eight weeks.

Plus, when you ingest more glucose than your body needs, your body converts the glucose and stores it as fat, Marilyn Cornelis, PhD, assistant professor at Northwestern University Feinberg School of Medicine, tells LIVESTRONG.com.

Did you know that keeping a food diary is one of the most effective ways to manage your weight? Download the MyPlate app to easily track calories, stay focused and achieve your goals!

Your Gut

It's been said that the key to overall health is diversity — in your gut microbiome that is. Your body depends on this diverse ecosystem of trillions of microorganisms residing in your gastrointestinal tract. But it turns out that refined sugar can throw your microbiome out of whack.

A September 2012 review published in *Obesity Reviews* highlighted that sugar, especially fructose, led to an overgrowth of "bad" microorganisms and loss of microbial diversity, altering the microbiome as a whole.

According to an August 2014 study in *Cell Metabolism*, a diet high in refined sugars changes the production of short-chain fatty acids in the gut, which have been shown to play a role in maintaining the gut barrier function and have anti-inflammatory effects in the body.

Read more: 10 Anti-Inflammatory Foods to Add to Your Diet

Your Skin

If you've ever looked in the mirror after a night of overindulging in sweets packed with refined sugar, you know that sugar doesn't just affect the organs and systems inside your body. It can affect your skin, too, which may end up looking dull and puffy.

Refined sugar can cause inflammation throughout the body, and that includes your skin. Consuming a large amount of the sweet stuff can make inflammatory conditions like acne worse. Research has found a connection between foods and beverages high in sugar and acne. Elevated blood sugar increases the body's production of insulin, which in turn can stimulate the production of oil in the skin and acne, according to an August 2015 study published in *Advances in Dermatology and Allergology*.

Plus, sugar may hasten the skin's aging process too. A November 2015 paper from the Baylor College of Medicine's Department of Dermatology suggests that a diet high in sugar can lead to the formation of advanced glycation end products (AGEs). In the skin, these molecules can damage collagen and elastin — which help keep the skin smooth and plump — making them stiff and brittle instead. This can lead to wrinkles, sagging and older-looking skin.

Read more: What Really Happens to Your Body When You Stop Eating Sugar

Tips to Nix Refined Sugar From Your Diet

If you're trying to reduce the amount of refined sugar in your diet, you don't have to go cold turkey. Sure, you want to consume smaller portions of high-sugar foods and eat them less frequently, but small tweaks are the name of the game. Jones suggests starting with one or two of these helpful tips to slowly tame your sweet tooth.

1. Skip the sugar-sweetened beverages. One quick fix to reduce the amount of refined sugar in your diet? Quit drinking soda, sports drinks and other sugar-sweetened beverages, which make up 47 percent of our added sugar intake, according to Jones. Try switching to water, seltzer or unsweetened tea and coffee.

2. Read nutrition labels. The nutrition facts label on packaged foods and beverages provides a wealth of information, including the amount of added sugar in a product. Added sugars on the nutrition facts label indicates the amount of sugar added during food processing (like sucrose) as well as sugars from syrups, honey and concentrated fruit and vegetable juices (aka refined sugars).

Read more: A Detox Plan to Kick Your Sugar Habit for Good

3. Switch up your afternoon snack. Instead of grabbing a candy bar or other sweet treat when that 3:00 slump hits, Jones recommends rethinking your snack choices. Stick with foods that are higher in complex carbohydrates and combine them with protein. Plain yogurt with berries and

nuts is a filling snack that keeps your energy levels high, she says. "It doesn't put you in that vicious cycle where your blood glucose levels drop."

4. Choose sugars from natural sources. Next time you're craving something sweet, grab a piece of fruit. "The natural sugar in fruit, that is most likely a level of sugar that our bodies can easily handle without any negative metabolic effects," Stanhope says. "Not only that, that piece of fruit contains thousands of bioactives that in general are very good for our bodies. And don't forget the fiber, which slows the speed in which sugar races to our liver and our blood." If you choose canned fruit, look for those canned in water, not natural syrups, Jones adds.

5. Don't forget your spice rack. Instead of adding sugar to your meals to make them taste better, try experimenting with spices, Jones suggests. Think cinnamon, nutmeg, ginger, allspice and even vanilla extract, which can add a little sweetness.

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Hypnosis, when combined with professional counseling skills (as at Hypno-Health), produces an ideal state for achieving your goals in a minimal amount of time.

Although approved for use by the British Medical Association in 1955 and the American Medical Association in 1958, hypnosis still suffers from misconceptions.

Let's explore some hypnosis facts and fictions:

- Hypnosis is not mind control, magic, unconsciousness or sleep.
- Hypnosis is a relaxed state of heightened suggestibility during which a person is receptive to "acceptable" suggestions.
- Hypnosis is a process which frees us from analytical, unbending thinking (conscious mind) and lets us use creative and imaginative resources (subconscious mind).
- Hypnosis is a tool used by (trained) hypnotherapists to stimulate the body's healing powers, resulting in self-healing and self-improvement.

Q. What is it like to be hypnotized?

A. Most people say being hypnotized produces a deep, peaceful state of relaxation. The feelings may vary from person to person and within one person who becomes hypnotized several times.

Q. Is hypnosis safe?

A. Yes. Hypnosis is a natural experience that happens to most of us each day. You easily go into spontaneous states of hypnosis when you become absorbed in doing something such as driving, working, reading or watching television.

Q. Can a person be forced into hypnosis?

A. No. You must want hypnosis and be both willing and cooperative with the hypnotherapist if it is to work and produce results.

Q. Does a hypnotized person "lose control"?

A. No. Actually it's just the opposite. You will only say and do under hypnosis what you would normally say and do in a fully conscious state. You cannot be made to do anything against your will while in hypnosis. You are in control at all times.

Q. Does a person go to sleep in hypnosis?

A. No, but all the muscles, ligaments, tendon, fibers and tissues of the body become deeply relaxed, just as they do during sleep.

Q. Does a person become unconscious in hypnosis?

A. No. Your senses are always alert and awake during hypnosis. You are aware of everything around you and you will remember everything after you return to full consciousness.

Q. Can someone get “stuck” in hypnosis?

A. No. Sometimes you enjoy the feeling of being in hypnosis so much you prefer to stay there longer. But you will return to full consciousness whenever you want to or feel the need to.

Q. Is hypnosis more effective than consciously repeated affirmations?

A. Yes. While conscious affirmations can produce desired changes, hypnosis is said to be 25 to 100 more effective. Because they compliment each other, however, you can use hypnosis and affirmations simultaneously.

Q. How many sessions will I need?

A. This varies with the individual and the degree or severity of the situation. People usually achieve success in an average of four sessions.

Q. What is age regression?

A. Age regression enables you to return to an earlier experience in your life and review it as it originally happened.

Q. What is past-life regression?

A. Past-life regression is like entering a time machine and re-experiencing, in exact detail, events in a past life. If those events are connected with and influencing an issue in this life, understanding and resolving them can do the same for the current issue. (These experiences rarely happen spontaneously.)

A Sampling of Issues and Situations Improved by Hypnosis:

Abandonment
 Abuse
 (emotional, physical, sexual)
 Anger
 Anxiety
 Arthritis
 Asthma
 Bed-wetting
 Cancer
 Childbirth
 Eczema
 Headaches
 Hopelessness
 Hypertension
 Insomnia
 Nail-biting
 Phobias
 Procrastination
 Psoriasis
 Public speaking
 Self-esteem
 Sexual dysfunction
 Smoking
 Sports performance
 Surgery
 Stress
 Test-taking
 Warts
 Weight

TESTIMONIALS

"I have known and worked with Mr. Sadlier for the past two years in developing the Coastal Counseling Network. I have the highest respect for his clinical skills, especially his work with hypnosis and have referred several of my patients from my Bangor office to him because of my respect and trust in his skills."

David Mills, Ph.D., Licensed Psychologist

"My professional contact with Mr. Sadlier has consisted of referrals of three clients for hypnosis. I have been impressed with the high level of expertise and careful precision with which Mr. Sadlier conducts his interviews. At no time does he use inference or interpretation, staying closely with the content provided by the client, and organizing the material in a helpful and therapeutic manner. My meeting with Hugh revealed him to be a positive, energetic, straightforward . . . open, warm, and empathetic person."

Joan M. Settin, Ph.D., Licensed Psychologist

"Hugh Sadlier has my utmost respect and admiration as both a clinical hypnotist and counselor. He was completely successful in helping to end my 20-year addiction to nicotine by hypnosis."

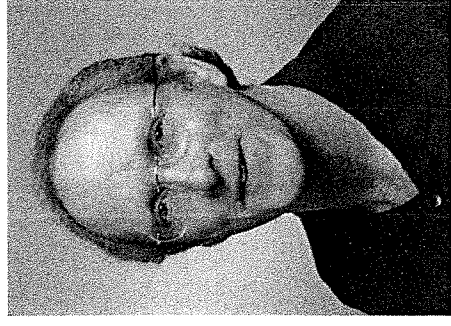
"Under hypnosis, I was able to free myself from reliving traumatic memories. I have not had a single bout of depression during the past year. Hugh's work and caring are genuine, his manner professional. Hypnosis has proven to be very effective for me."

Professional Credentials
 Certified Hypnotherapist, National Guild of Hypnotists; Additional Certification in: Complementary Medical Hypnosis, Advanced Scientific Hypnosis, and Sports Hypnosis.

Annual attendance at fifteen hours of seminars and workshops to maintain hypnotherapy certification through the National Guild of Hypnotists.

M.Ed. degree in Therapeutic Recreation and Psychology, plus fifteen additional masters level counseling credits. Twenty years experience as a residential treatment recreation specialist, high school guidance counselor, and vocational rehabilitation counselor.

Healing with Hypnosis



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“Through hypnosis, I help people make changes within themselves and in their lives that enable them to achieve optimal mental, physical, and emotional well-being.”

HUGH SADLIER, Board Certified Hypnotherapist

ARE YOU READY FOR CHANGE?

If you're tired of struggling with an old habit, or if you want to improve your life in a specific way, consider hypnotherapy. Hypnotherapy works with the mind/body connection to help you make positive changes in your life.

By enabling you to access the life-long storehouse of information in your subconscious mind, hypnotherapy helps you reveal and remove the roots of your problems. Once identified, these negative influences can be eliminated to free you to accept new beliefs and adopt new behaviors. Rather than just dealing with and trying to control symptoms, you will have removed the underlying causes of your negative habits and beliefs.

HOW HYPNOSIS WORKS

You begin by sitting comfortably and settling into a deep state of relaxation, similar to when your body is actually asleep. But all your senses remain awake and alert and you are in control at all times. You say and do in hypnosis only what you would normally say and do in a fully conscious state and you can return to full consciousness at any time.



hold. Old behaviors and beliefs are replaced with new behaviors and beliefs, and you take control of your life.

THE HYPNOTIST'S ROLE

Board certified as a consulting hypnotist since 1991, Hugh Sadlier brings to each client session years of experience working with a wide range of issues. He carefully and skillfully guides you through the process, helping you delve deeply into your subconscious memories to uncover the influences affecting your life. Once you have identified the roots of your problem, he helps you fully understand and eliminate the negative impact of those influences.

Then Hugh works with you to reinforce the changes you wish to make in your life using positive, repetitive suggestions, visualizations, and images to establish a new mind/body connection that will support permanent changes. And finally, he creates a customized CD/MP3 for your personal use and teaches you how to use self-hypnosis, so you can reinforce this work on your own.

Hypnosis usually takes about four sessions, depending on the issue addressed. Each session may be one to two hours in length.

When completely relaxed, you begin the work of by-passing the conscious mind and accessing information from the subconscious mind. Once you have brought forward the negative influences and eliminated their impact, you replace old beliefs with new ones, creating positive programs that take hold in your mind.

A THOROUGH APPROACH

Using time-tested relaxation, visualization, and imagination techniques, hypnotherapy helps you uncover and eliminate blocks in your subconscious mind and create healthy changes within yourself. As you explore issues below the surface of your own consciousness, you discover even deeper connections. By releasing the impact of these connections, you release their influence on your beliefs and behaviors. Changes come easily and new intentions take

A black and white photograph of an iceberg floating in the ocean. The tip of the iceberg is visible above the water line, while the much larger, jagged base is submerged. Two text boxes are overlaid on the image: one on the tip of the iceberg and one on the submerged part.

CONSCIOUS MIND

SUBCONSCIOUS MIND

Hugh's Four Rs of Hypnosis

Recognize the roots of your issue.

Release the impact of the roots on you.

Replace them with positive thoughts, feelings, images.

Reinforce everything with your personal affirmation.

**HUGH SADLIER, BCH
BOARD CERTIFIED HYPNOTHERAPIST**

Hypno-Health

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REINFORCEMENT TOOLS AND TECHNIQUES

The following tools and techniques are integral parts of the change process after phone or Zoom sessions. By consistently using them for a minimum of four weeks, you will optimize your results. Remember: They all work nicely together, but techniques #2. and #3. are **much** more powerful than technique #1.

1. FINGER-COUNT AFFIRMATION (conscious state) should be done at least three times each day. During each series, repeat your "word(s)", out loud or in your mind, 20 times. Each time you say your word(s), touch the thumb of one hand to a different finger of the same hand and finally to the palm, thereby doing 5 repetitions. Repeat with the other hand and then with each hand once more (20 times in all).

2. SELF-HYPNOSIS should be done at least once (twice is even better) each day. The more you do self-hypnosis, the easier and more effective it becomes.

Begin by getting in a comfortable position (chair, bed, floor, even the shower, etc) where you will not be interrupted for about five minutes. Take a deep breath through your nose, as you exhale, close your eyelids, do your anchoring movement and return to your comfortably relaxed state.

Repeat your word(s) for conditioned response (out loud or in your mind) a comfortable number of times (you can't count while in hypnosis). Then, while still in self-hypnosis, imagine yourself at a fork in a road. Go to the road that represents the "former you", just for a moment; then make it disappear. Now go to the other road, representing the "new you." As you concentrate on the new road, positive perceptions of the "new you" come into mind and get powerfully reinforced. When ready, open your eyes: you will return to full consciousness feeling rested, relaxed and refreshed.

3. "OK SIGN" TECHNIQUE can be used in the conscious state if any aspect of your former habit tries to return. For about 30 seconds, press your thumb and index finger firmly together and, at the same time, say your affirmation out loud or in you mind. The combination of the neuro-connection (saying your affirmation) and the tactile connection (thumb and finger pressed firmly together) is so powerful it can prevent any aspects of your old habit from intruding. Repeated use of this technique can help the new habit become permanent.