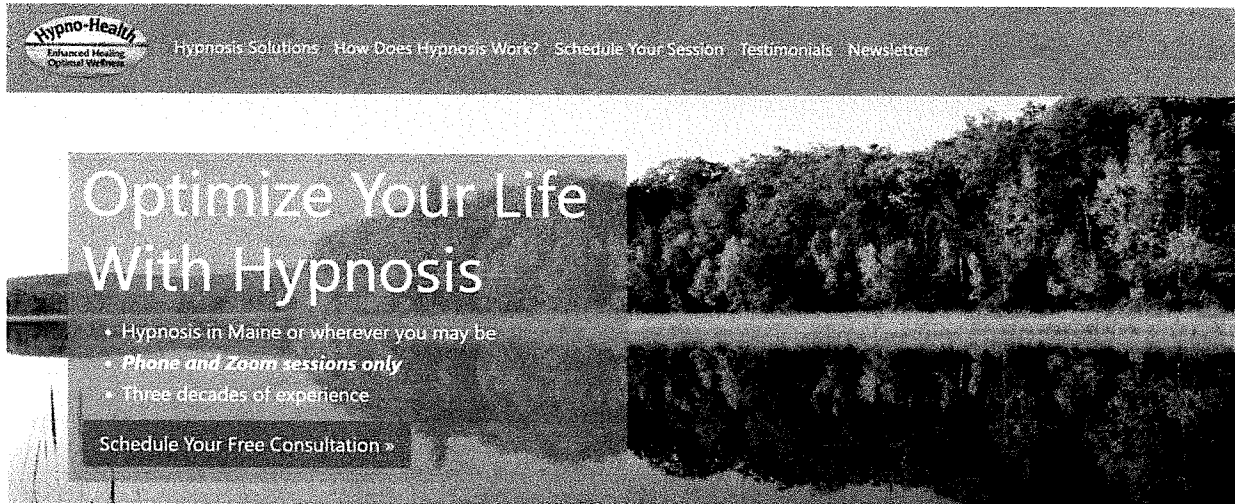


HYPNO-HEALTH WEBSITE: <http://hypno-health.net>



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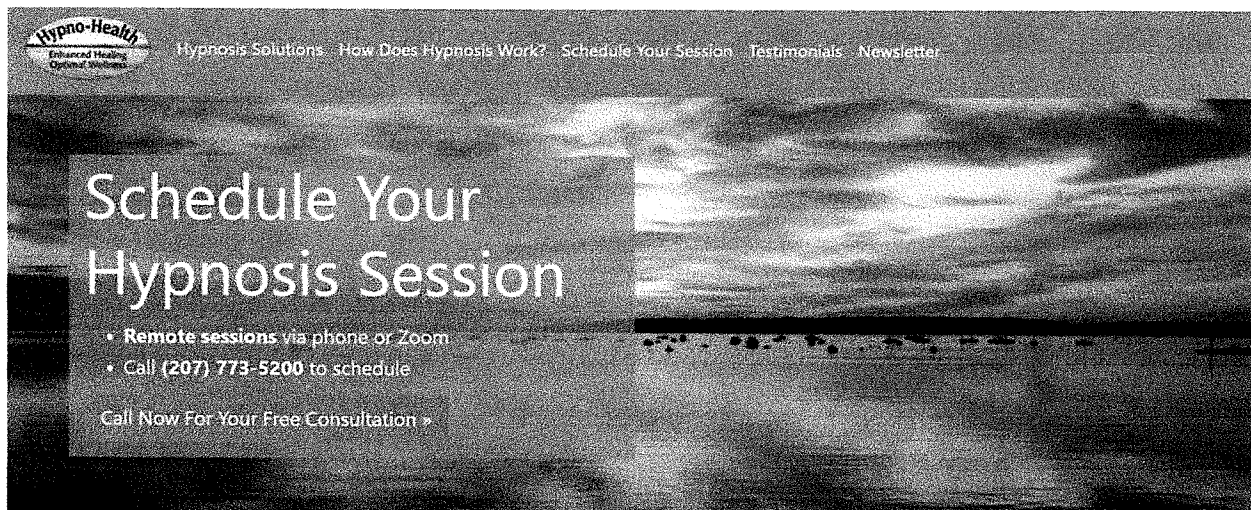
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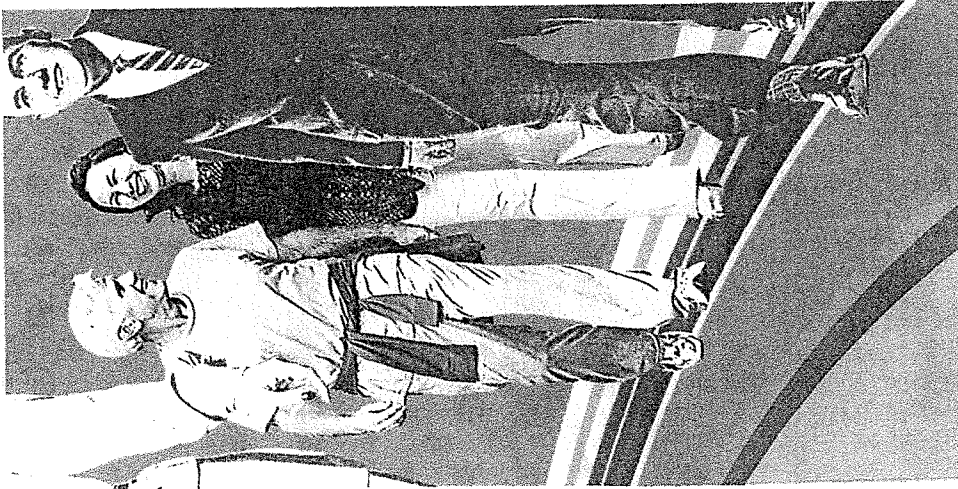
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The
Only
Exercise
You'll Ever
Need:

Walking

You can do this! 

Photo Illustrations by Sean McCabe



Walking:

"I have two doctors, my left leg and my right leg," wrote British author George Trevelyan in 1913 about the health benefits of walking. Nearly a century later, modern medical experts echo the same advice: Get up and walk.

By Candy Sagon Walking may be the single best—and easiest—exercise you can do to improve your health in 2012.

Not only will going for a daily walk help you feel better now, it will help you maintain your independence and ability to do daily tasks as you age, says Barbara Bushman, a health professor at Missouri State University who has helped older, sedentary men and women start a walking routine.

Research also has shown that walking regularly can help protect the aging brain against memory loss and dementia, help cut the risk of heart disease, and reduce the chance of developing type 2 diabetes in high-risk adults by a whopping 60 percent.

■ **Get a good pair of** walking shoes that fit well and have a flexible sole and an adequate cushion for your heel.

■ **Start with short distances** or time periods—five to 10 minutes at a time. Slowly increase your time by a couple of minutes every two weeks.

■ **Warm up with 5** minutes of slow walking, then walk briskly, then cool down with 5 minutes at a slower pace.

The Easiest Exercise

And we're not talking marathon walking either. The peak benefits come from 30 minutes of exercise several times a week, say experts.

Most of us do need to move more: Only 30 percent of people ages 45 to 64 say they engage in regular leisure-time physical activity, and that drops to 25 percent for those 65 to 74, according to the National Institute on Aging, which has launched a "get off your duff" campaign called Go4Life. And even if you weigh 400 pounds and can't climb a flight of stairs—you can start walking. Just ask Rick Genter.

Genter, a 51-year-old software engineer in Redwood City, Calif., was morbidly obese 10 years ago. He lived in the Boston area then and spent his whole day sitting at a computer. Walking up a flight of stairs left him gasping for breath.

"My whole family is obese," he says. "My mother died at age 56. My father is at least 150 pounds overweight and

on all sorts of medication. I had high cholesterol, high triglycerides and I was convinced I was on my way to diabetes, a heart attack, or both."

Genter joined a medically supervised weight loss program. They told him he needed to do some kind of exercise every day.

"They said, 'Do anything as long as you like it,'" he recalls.

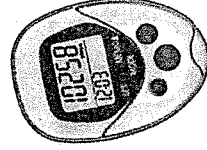
Walking seemed doable, so he started out slowly, walking 30 minutes each day on his lunch break.

"I found I really liked it. And as I started to lose weight, it got easier," Genter says.

As the pounds came off, he began walking to work—seven miles each way—even in winter.

"It felt so great. It made me understand what was meant by 'a runner's high.'"

Nearly a year after he started dieting and walking, Genter had lost 186 pounds and was down to his goal weight of 200 pounds. He got a new



■ **Wear a pedometer.** Taking 5,000 steps or fewer daily is considered sedentary. Work your way up to 10,000 steps, which is considered active.

■ **Break it up.** If your goal is 30 minutes, try a 15-minute walk twice a day. Or break it into three 10-minute walks.

job in Northern California, and last year he got married.

He and his wife now have a dog, and walking it twice a day for 20 to 25 minutes is part of his daily exercise routine.

He also makes sure he gets up from his computer at work several times a day and takes a brisk 30-minute walk.

Today he weighs 125, he says proudly. "It's been nine years and I've kept it off. And walking is a big reason why."

Genter didn't join a gym, hire a trainer or buy an exercise machine. He just walked.

So how do you get started? Slowly.

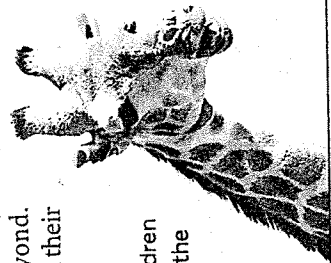
"Don't set a really large goal. Set a small one first, like walking one block, then gradually add on to that," suggests Sharon Brangman, M.D., chief of geriatric medicine at SUNY Upstate Medical University in Syracuse, N.Y. Her patients are all over 65, many in their 80s and beyond. "I've had women in their

70s who tell me they feel sluggish and can't lose weight even though they eat like a bird," she says. But once they start walking daily, "they sleep better, feel better and even lose some weight. One woman told me, 'I don't know why I didn't do this before.'"

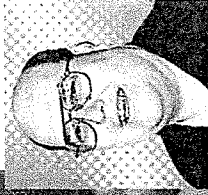
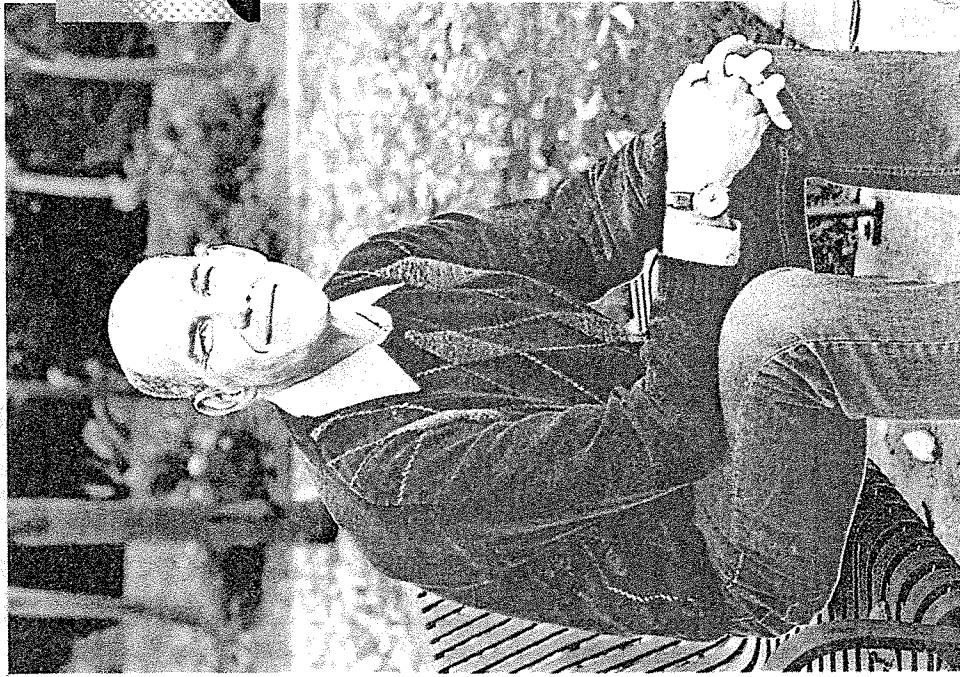
Start with a short walk, even five to 10 minutes, and gradually increase to 30 minutes five days a week. "And it doesn't have to be 30 minutes continuously. You could even split it into three 10-minute walks during the day," says Bushman, who is also editor of the new American College of Sports Medicine's *Complete Guide to Fitness and Health*.

Just be sure to check with your doctor before you start any exercise program, especially if you recently have been inactive or are substantially increasing your activity level. □

Candy Sagon writes about health and food for the AARP Bulletin.



■ **Take the grandchildren** to the zoo instead of the movies. Walk with a colleague to discuss business matters.



Rick Genter, before (above) and after he lost a total of 186 pounds by walking and eating right.

■ **Walk the mall** if you can't walk outside in your neighborhood. If you can afford it, get a treadmill.

■ **Keep track** of your time and distance walked each day. Keeping a daily log lets you see your progress and keeps you motivated.

COVER AND AFTER PHOTOS: JONATHAN SPRAGUE/REDUX, BEFORE: COURTESY GENTER

Sitting: Hazardous to Your Health

By
Elizabeth
Pope

Here's another easy, no-sweat way to markedly improve your health in the new year—stop sitting so much. You'll live longer. Mounting evidence suggests that sitting for long periods increases the risk

of obesity, diabetes, cancer and early death, even for people who exercise daily. And yet Americans now sit more than they sleep, spending an average of 10 hours a day in a car, at work and in front of a television. Older adults

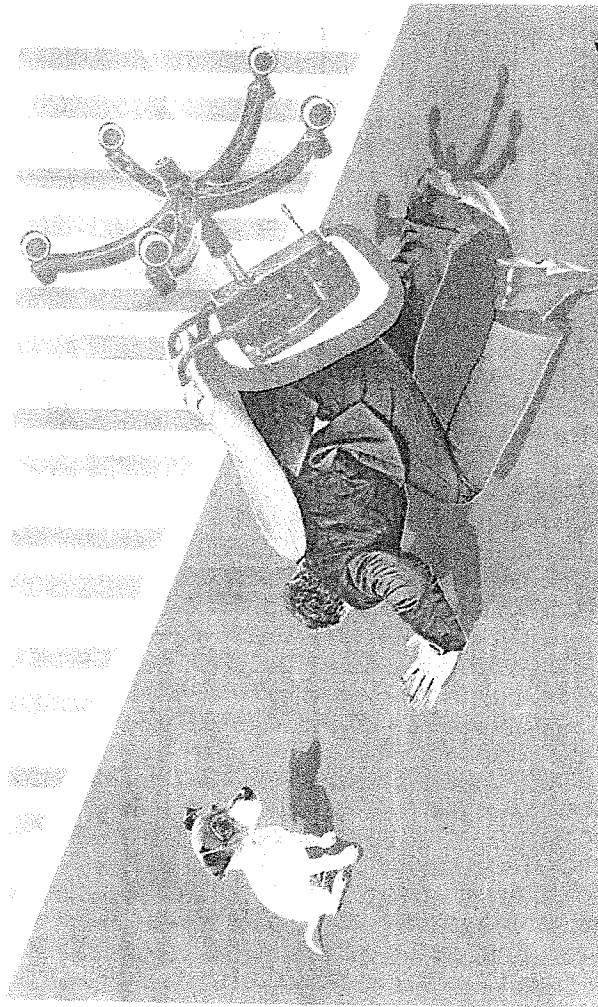
are the worst offenders, according to federal government statistics: Almost three-quarters are sedentary, and more than four in 10 get no leisure-time physical activity at all.

To reduce your cancer risk, the American Institute of Cancer Research is urging Americans to add mini-breaks from sitting to a daily regimen of getting at least 30 minutes a day of moderate-to-vigorous exercise.

"If you reduce sitting by five minutes an hour, at the end of a long day, you've shaved an hour off your total sitting time," says Alpa Patel, M.D., senior epidemiologist with the American Cancer Society. That advice applies as well to "active couch potatoes," who hit the gym or take that daily brisk walk, because some research indicates daily exercise is not enough protection from the harmful effects of a sedentary lifestyle.

Women who reported sitting more than six hours a day outside of work had a 34 percent higher risk of death than those who sat fewer than three

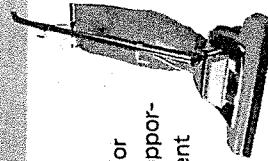
Get in
Shape
The
Easy
Way



Think of ways to add physical activity to your workday and leisure time.

Reduce TV viewing. Stand up when fast-forwarding or changing channels.

Look at minor chores as an opportunity to prevent disease.

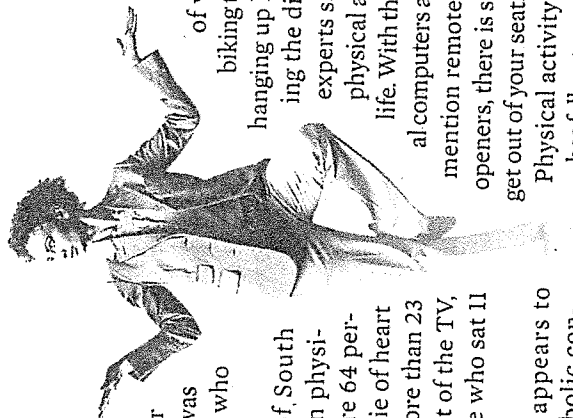


Put your computer on a plastic milk crate on the desk and work standing up.

hours daily, according to a recent American Cancer Society study. This was true even for women who exercised regularly.

In a University of South Carolina study, even physically active men were 64 percent more likely to die of heart disease if they sat more than 23 hours a week in front of the TV, compared with those who sat 11 hours a week or less.

Prolonged sitting appears to have powerful metabolic consequences, disrupting processes that break down fats and sugars in the blood. In animal studies, inactive mice and rats quickly develop higher blood fats and lower levels of good cholesterol, which together increase the risk of cardiovascular disease. An Australian study suggests a link between a sedentary lifestyle and several key biological indicators of cancer risk, including insulin resistance, inflammation and body weight.



Older adults will remember pre-soccer-mom days of walking to school, biking to baseball practice, hanging up laundry and washing the dishes. Technology, experts say, has engineered physical activity out of daily life. With the advent of personal computers and cable TV, not to mention remotes and garage door openers, there is scarcely a reason to get out of your seat.

Physical activity in the workplace has fallen, too, according to a recent study. Fifty years ago, more than half of American jobs involved moderate physical activity, often in manufacturing or agriculture, reports Pennington

Biomedical Research Center in Baton Rouge, La. "Today it's less than 20 percent—we're tied to our desks," says Tim Church, M.D., a Pennington professor and the study's lead author. Last year, registered dietitian Jill Weisenberger wrote a book and started worrying about sitting too much.

"I jog every morning, but what about the other 23 hours a day? I've read that sitting makes the blood vessels less elastic, and I didn't want to be a jogger and a dietitian with heart disease," says Weisenberger, 50, of Yorktown, Va. At home she began walking a circuit while cooking dinner. Then she bought a desk equipped to fit over a treadmill and now logs 30 to 35 miles a week walking at 1.4 miles per hour. "I can type, read email, surf the Net—anything except have pretty handwriting," she says.

The Cancer Society's Patel stands during conference calls, uses a printer in another office, and eschews email and the telephone to walk over to a colleague's office. She also sits on an exercise ball. "It's called 'active sitting.' If you slouch you fall off," she says. She takes a brisk 20-minute walk at lunch, adding longer walks before or after work. By reducing sitting time and ramping up physical activity, Patel also lost 40 pounds in six months. □

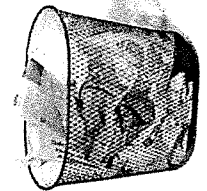
Elizabeth Pope is a writer based in Portland, Maine.

■ Deliver messages to colleagues in person instead of texting or emailing.

■ Set your computer to remind you to stand up and stretch every 30 minutes.

■ Stand up when the phone rings.

■ Place the stapler and wastebasket on the other side of the office.



■ Use the bathroom down a flight of stairs.

See More Online!

Want to get fitter, eat healthier, live longer? Here's an easy resolution to start you on that path. Learn how at aarp.org/fitness. Whatever your level of fitness, you can get expert advice there to help you start, expand or perfect your own exercise regime—and learn more about healthy eating and weight loss.

This Beginner Walking Program Builds Cardio and Strength in 4 Weeks – Livestrong.com

By Bojana Galic Reviewed by K. Aleisha Feters, CSCS

April 5, 2021

<https://www.livestrong.com/article/13731147-4-week-beginner-walking-program/>

- **Note: You should check with your doctor and receive their “OK” before starting any exercise program.**

Let's face it, "power walking" doesn't sound all that fun. But, fortunately, you don't need to wear ankle weights and pump your arms to benefit from a walking program. After all, the best exercise is the one you love doing. And what's more enjoyable than going for a stroll?

Walking supports heart health, promotes energy and helps decrease stress, so it's no surprise it's the country's most popular form of exercise. More than 30 percent of Americans walks on an average day, according to the U.S. Bureau of Labor Statistics.

To get moving, try this four-week beginner walking program, from New York-based physical therapist and trainer Sam Becourtney, DPT, CSCS. By the end of the plan, you'll tackle a 30-minute walking workout in stride. Read on and get ready to put one foot in front of the other.

Get ready for each walking workout with four warm-up exercises (see below). You can also do them on recovery days for a feel-good stretch.

3 Tips to Get the Most from Your Beginner Walking Program

1. Wear Walking Shoes

Before you kickstart your walking program, equip yourself with a pair of proper walking shoes that are best for your feet and needs. For example, you'll need different shoes if you're walking on pavement or on a rocky trail. And your shoes should always fit any pronation or stability concerns you have.

2. Stand Tall

Bring your shoulders down and back and keeping your eyes up at all times, no matter how tempting it may be to look at the ground. According to Harvard Health Publishing, hunching your shoulders while you walk can limit airflow into and out of your lungs.

3. Warm Up and Cool Down

Particularly in the beginning stages of your walking plan, you'll want start each walk with a few of the dynamic stretches listed above. This will help increase blood flow through your body and prep your muscles.

And even if you don't break a sweat during your walks, it's best to finish up with a cool-down routine, Becourtney says. Cool-down stretches don't have to take too long — even just 3 minutes will do. Try holding a few static lunges or doing the cat-cow yoga pose.

As you grow more comfortable with walking, it'll probably be even more tempting to skip these parts of your workout. Stick with them to stay on an injury-free path.

LIVESTRONG.COM

YOUR 4-WEEK WALKING PLAN

Kickstart a walking habit and get fit in one month

WEEK 1	MON	TUES	WED	THUR	FRI	SAT	SUN
	Walk 5 minutes	Rest	Walk 10 minutes	Rest	Walk 15 minutes	Rest	Walk 5 minutes
WEEK 2	MON	TUES	WED	THUR	FRI	SAT	SUN
	Walk 10 minutes	Rest	Walk 20 minutes	Recovery	Walk 15 minutes	Rest	Walk 10 minutes
WEEK 3	MON	TUES	WED	THUR	FRI	SAT	SUN
	Walk 25 minutes	Rest	Walk 10 minutes	Recovery	Walk 25 minutes	Rest	Walk 10 minutes
WEEK 4	MON	TUES	WED	THUR	FRI	SAT	SUN
	Rest	Walk 15 minutes	Recovery	Walk 15 minutes	Rest	Walk 30 minutes	Rest

WARM-UP AND RECOVERY EXERCISES:



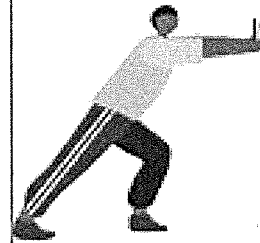
Standing
Knee Pull



Standing
Quad Pull



Hamstring
Scoop



Runner's
Calf Stretch

Week 1

During this first week, don't worry about speed-walking down the block. Instead, keep a gentle pace and even, controlled breaths, Becourtney says.

On rest days, kick up your heels. If you feel up to it, you can do 15 to 20 minutes of dynamic leg stretches (like the ones listed below!) to loosen things up and get your blood flowing.

- **Monday:** Walk 5 minutes
- **Tuesday:** Rest
- **Wednesday:** Walk 10 minutes
- **Thursday:** Rest
- **Friday:** Walk 15 minutes
- **Saturday:** Rest
- **Sunday:** Walk 5 minutes

Week 1 Total: 35 minutes

Tip

Feel free to move around the listed rest days. Remember, this is your first week with a new activity. Prioritize your body's needs over the above schedule, Becourtney says.

Week 2

This week, you start to build your speed and endurance. During 10- and 15-minute walking workouts, try to increase your pace from last week. On Wednesday, you have a 20-minute walk planned. Your pace can and should be slightly slower.

- **Monday:** Walk 10 minutes
- **Tuesday:** Rest
- **Wednesday:** Walk 20 minutes
- **Thursday:** Recovery
- **Friday:** Walk 15 minutes
- **Saturday:** Rest
- **Sunday:** Walk 10 minutes

Week 2 Total: 55 minutes

Tip

"Start to play around with the length of your strides to determine the preferred distance of your steps to improve your walking pattern," Becourtney says.

Week 3

During this third week, your total distance and time will increase beyond an hour (what a great achievement). During your longer walks, take pauses to rest as needed, Becourtney says.

- **Monday:** Walk 25 minutes
- **Tuesday:** Rest
- **Wednesday:** Walk 10 minutes
- **Thursday:** Recovery
- **Friday:** Walk 25 minutes
- **Saturday:** Rest
- **Sunday:** Walk 10 minutes

Week 3 Total: 70 minutes

Tip

As your walks get longer — especially in warm weather — make sure to bring a reusable water bottle with you.

Week 4

On these days, start slower than you want to. When you're about halfway through each walk, try to pick up the pace, Becourtney advises.

This week will get you to a 30-minute walk in one session — an excellent accomplishment.

- **Monday:** Rest
- **Tuesday:** Walk 15 minutes
- **Wednesday:** Recovery
- **Thursday:** Walk 15 minutes

- **Friday:** Rest
- **Saturday:** Walk 30 minutes
- **Sunday:** Rest

Week 4 Total: 60 minutes

Tip

This week is shorter in total time than last week, but includes a longer walk in one session. Keep a comfortable pace and consider bringing some headphones and workout music on the road with you.

Do These 4 Warm-Up and Recovery Exercises

Before your workout, always prep your body with a dynamic walking warm-up. "I generally recommend some dynamic mobility stretches before walking and potentially more prolonged stretches after more vigorous walking," he says. "I recommend standing stretches since these most directly correlate to the activity of walking."

Gentle exercises are also great for rest and recovery days to ease any delayed-onset muscle soreness.

He recommends these four dynamic stretches. Do 2 sets of 12 reps per leg.

Move 1: Standing Knee Pull



Image Credit: LIVESTRONG.com

SKILL LEVEL: All Levels

ACTIVITY: Stretching

REGION: Lower Body

1. Stand tall with your feet together.
2. Keeping a flat back, hug one knee to your chest
3. Holding the stretch for a few seconds.
4. Lower your foot to the floor, then switch sides.

Show Instructions

Tip

If you're having trouble staying balanced, place one hand on a wall or sturdy piece of furniture for support.

Move 2: Standing Quad Pull



Image Credit: LIVESTRONG.com

SKILL LEVEL: All Levels

ACTIVITY: Stretching

REGION: Lower Body

1. Stand tall with your feet together.
2. Bend one knee and gently grab your ankle with that side's hand.
3. Slowly pull your heel toward your glutes.
4. Squeeze your glutes and make sure your knees are in line with each other.

5. Hold for a few seconds, then switch sides.

Move 3: Standing Hamstring Scoop

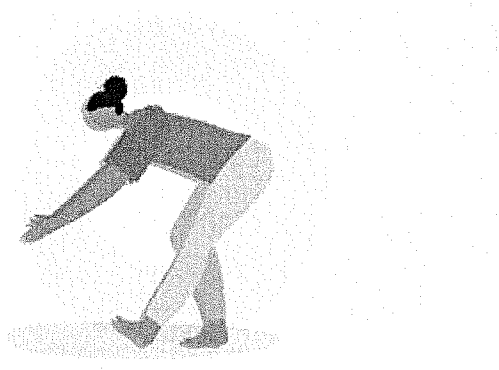


Image Credit: LIVESTRONG.com

SKILL LEVEL: All Levels

ACTIVITY: Stretching

REGION: Full Body

1. Stand tall with your feet together.
2. Step one foot in front of you with your heel down and toes pointed toward the ceiling.
3. Keeping your knee straight, slowly hinge your hips behind you and let your torso fall forward. At the same time, scoop your arms down toward the floor in front of you.
4. Raise back up to stand.
5. Do all reps, then switch sides.

Move 4: Runner's Calf Stretch

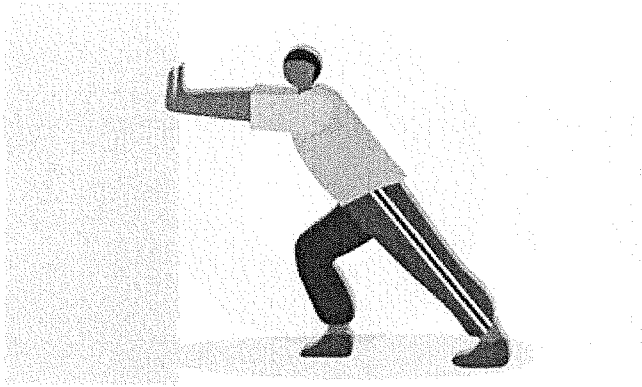


Image Credit: LIVESTRONG.com

SKILL LEVEL: All Levels

ACTIVITY: Stretching

REGION: Lower Body

1. Stand tall with your feet together, and step one leg in front of you.
2. Keeping your back leg straight and heel against the floor, slowly bend your front knee and shift your weight forward. You should feel a stretch in your back leg's calf.
3. Hold for a few seconds, then straighten your front knee to release the stretch.
4. Do all reps, then switch sides.

HUGH SADLIER, M. Ed., BCH
Board Certified Hypnotherapist
Hypno-Health

Phone: (207) 773-5200 ~ Email: sadlier@hypno-health.net ~ Website: www.hypnohealth.net

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."

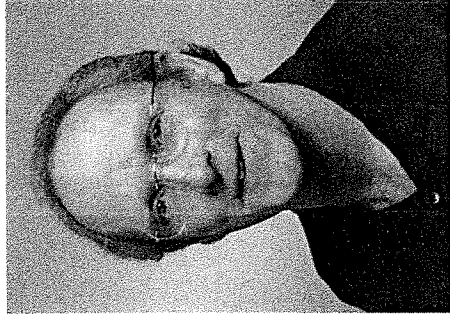
Professional Credentials

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

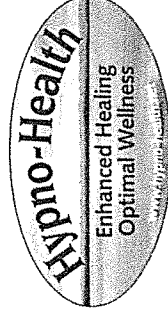
Annual attendance at fifteen hours of seminars and workshops to maintain hypnotherapy certification through the National Guild of Hypnotists.

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



HUGH SADLIER, M.Ed., BCCH
 Board Certified
 Hypnotherapist



Since 1991

sadlier@hypno-health.net
 www.hypno-health.net
 207-773-5200

Offices:

Integrative Health Center of Maine

Suite 102

222 Auburn Street

Portland, Maine 04103

1280 Morgan Bay Road
 Blue Hill, Maine 04614

“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.

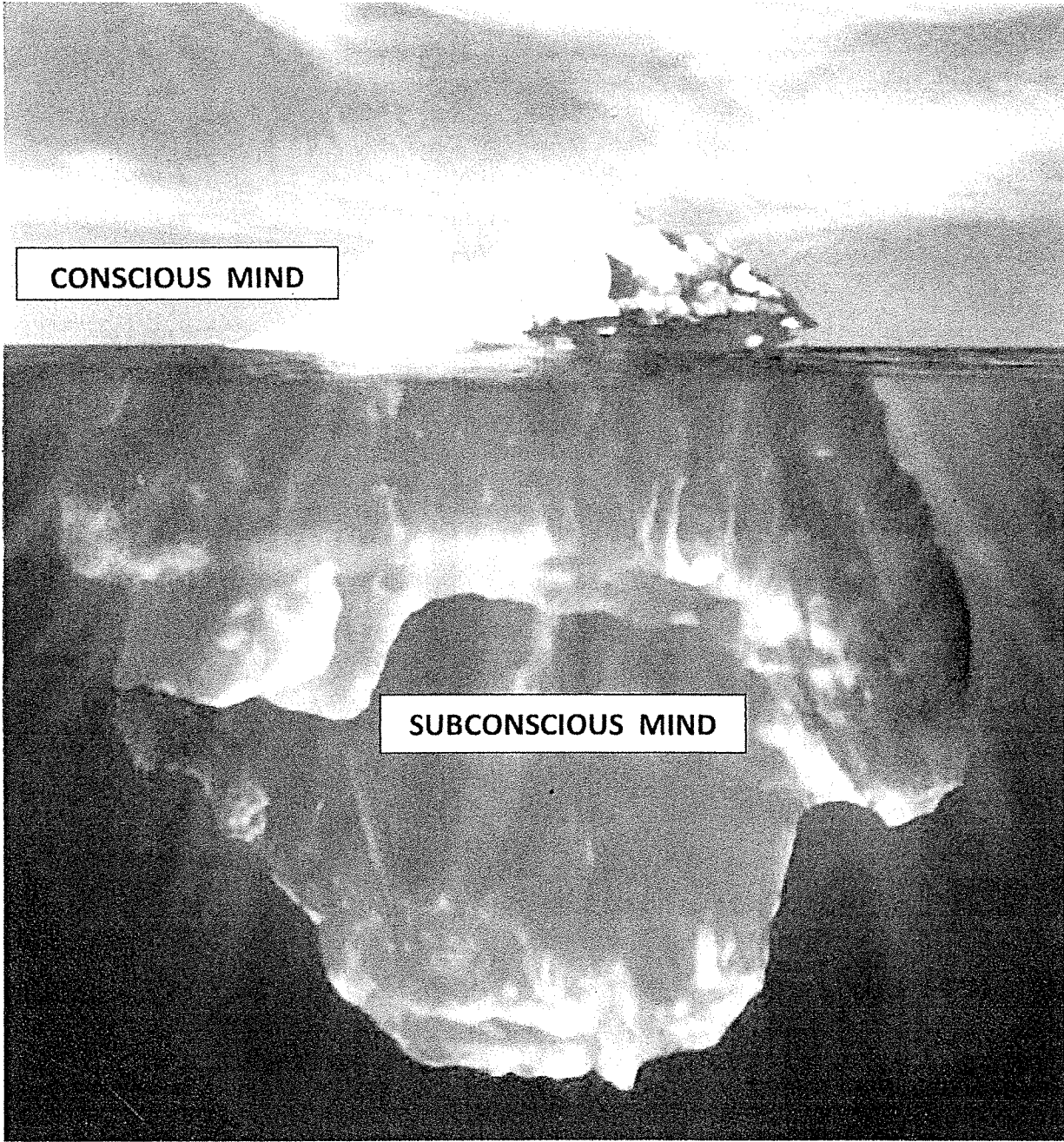
Then Hugh works with you to reinforce the changes you wish to make in your life using positive, repetitive suggestions, visualizations, and images to establish a new mind/body connection that will support permanent changes. And finally, he creates a customized CD/MP3 for your personal use and teaches 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 vast majority of the iceberg is submerged below the surface. The water is dark and calm, reflecting the sky. The sky is light and cloudy. Two white rectangular boxes with black borders are overlaid on the image. The first box is positioned on the tip of the iceberg, and the second box is positioned within the submerged part of the iceberg.

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

Phone: (207) 773-5200 ~ E-mail: sadlier@hypno-health.net ~ Website: www.hypno-health.net

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.