



Take Control Of Your Life With Hypnosis:

Eliminate negative habits; Create healthy changes; Achieve optimal well-being.

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You Can Change Your Genes

The above title may sound preposterous to many, but Bruce Lipton, Ph.D., has devoted his life to understanding Human biology and behavior. He has dedicated his research to epigenetics: “the study of inherited changes in phenotype (appearance) or gene expression caused by mechanisms other than changes in the underlying DNA sequence.” [1] Lipton’s research, and that of colleagues, is forcing the American Medical Association – and us – to change our thinking.

The AMA philosophy regards the human body the same way an auto mechanic considers a car. When parts break, they get replaced. The problem is that while medical practitioners understand the body isn’t working, they blame it for what went wrong, because they believe we are controlled by genes. Epigenetics reveals that the driver, not the genes, is responsible for the breakdown. “The chemistry of the body’s blood determines the nature of the cell’s environment within you. The blood’s chemistry is largely impacted by the chemicals emitted from your brain. Brain chemistry adjusts the composition of the blood based upon your perceptions of life. So this means that your perception of any given thing, at any given moment, can influence the brain chemistry, which, in turn, affects the environment where cells reside and controls their fate. **In other words, your thoughts and perceptions have a direct and overwhelmingly significant affect on cells.**” [2] “This echoes from a highly scientific point of view, what the intuitive and spiritual leaders (and cutting-edge hypnotherapists) have been advocating for years: your mind can and does contribute to both the cause and healing of whatever ails you – including cancer.” [3]

Lipton goes on to suggest that: “If the perception in your mind is reflected in the chemistry of your body, and if your nervous system reads and interprets the environment and then controls the blood’s chemistry, then you can literally change the fate of your cells by altering your thoughts.” [4] He elaborates that the nucleus of the cell contains the gene programs, which can be rewritten by changing the blood chemistry.

Neuroscience has recognized that the subconscious mind controls 95% of our lives.” Jesuits used to say, ‘Give me a child until age six or seven and he’ll be with the church for the rest of his life.’” [5] Some people, Louise Hay for one, believe our subconscious minds are pretty much

programmed by the age of three. Our conscious minds tell us what to do and how to do it while we are awake. But they are like the messenger. They have no idea they are being controlled by subconscious programming virtually all the time. “So when you are trying to heal from a conscious level – citing affirmations and telling yourself you are healthy – there may be an invisible subconscious program that’s sabotaging you.” [6]

Lipton suggests that once you become aware that invisible programs from the subconscious mind are running your life, then you can master them. “Becoming aware means accessing the behavioral programs in your subconscious mind so that you can change the underlying limiting or self-sabotaging thoughts that don’t serve you.” [7] Lipton does recognize that “3 to 5 % of disease is due to ‘birth defects’ - alteration of the genetic code that occurred before birth.” [8]

While there are many ways of dealing with subconscious programming – and remember, it can be positive as well as negative – it’s the repetition of experiences, messages and influences that take hold in the subconscious mind as habits. Sometimes habits can result from one powerful or traumatic experience. Lipton suggests many ways to rewire yourself: “hypnosis, subliminal tapes, the religious use of affirmations, Buddhist mindfulness, or a series of reprogramming modalities collectively referred to as energy psychology, such a PSYCH-K, Emotional Self-Management, Eye Movement Desensitization and Reprocessing, and Emotional Freedom Techniques, among others.” [9]

While most practitioners would believe their modality is “the best,” from speaking with clients who have experienced most of the above modalities, I firmly believe hypnosis has the potential to be the most effective, if one follows it’s three R’s: Release what you need to – by getting a complete understanding from the subconscious mind of the roots of the problem; Replace that with the way you want to be – new perceptions of the new you; and Reinforce all aspects of the new you with a personal affirmation, in both the conscious and subconscious states, and a personalized CD/MP3, especially in the self-hypnotic state. You can change your genes.

[1] *You Can Change Your Genes: The Power of Epigenetics*, by Leigh Fortson, Well Being Journal, Sept/Oct 2013, p. 4.

[2] *Ibid.*, p. 6.

[3] *Ibid.*, p. 6.

[4] *Ibid.*, p. 6.

[5] *Ibid.*, p. 7.

[6] *Ibid.*, p. 7.

[7] *Ibid.*, p. 8.

[8] *Ibid.*, p. 8.

[9] *Ibid.*, p. 9.

HEALTH TIPS

Fight cholesterol with fat. A group of 17 Australian men with high cholesterol swapped macadamia nuts for 15 percent of the calories in their diets, and their total cholesterol dropped by between 3 and 5 percent, while their HDL (good) cholesterol rose by nearly 8 percent. The reason: Macadamias are the best natural source of monounsaturated fat.*

*(Retrieved from http://www.menshealth.com/health/100-ways-live-forever?cm_mmc=MSNBC--Cancer-ProofYourBody--Article--1000Ways0to0Live0Forever)

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Remember: *Hypnosis can be done in the office, by phone and via Skype.*