



Take Control Of Your Life With Hypnosis:

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

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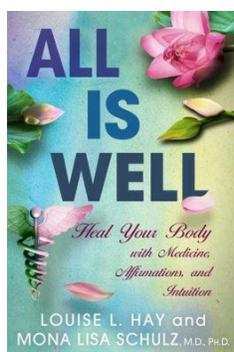
INTEGRATING HEALING METHODS

You might remember (read it on the Newsletters page of my website, if you haven't already done so) my June 2012 Hypno-Healthgram - *You Can Heal Your Life*. I wrote about Louise Hay and her inspiring journey from horrendous childhood to healer and author of many books sold to millions of people around the world. I discovered Louise's book, *You Can Heal Your Life*, in 1991, about the time I began practicing hypnotherapy. Her philosophy resonated with me immediately and helped enormously as I began shifting from the directed, one-size-fits-all hypnotic approach I had been taught to an open-ended, each-person-is-unique one. I evolved from telling people what to do to asking questions and encouraging and supporting them in doing what they wanted and needed to do themselves. Many examples of successes resulting from Louise's positive healing philosophy, combined with my hypnotic approach, were mentioned.

Imagine expanding that combination exponentially. How is that possible, you ask? While browsing the May/June 2013 edition of *Well Being Journal*, I read an article entitled "Integrating Healing Methods," by Mona Lisa Schulz, M.D., Ph.D. She had discovered Louise Hay's first book, *Heal Your Body: The Mental Causes for Physical Illness and the Metaphysical Way to Overcome Them*. That book was her companion through medical school and later, as she spent years researching the brain while earning her Ph.D. She was intrigued by the repeated accuracy of Louise's book, but could never figure out how she created her affirmation system. "What motivated her (Louise), nearly 35 years ago, 'to start her clinical observation study' on the association between human thoughts and health? How could someone with no scientific background or medical training observe client after client, see a consistent correlation between certain thought patterns and their associated health problems, and then write a book that so accurately addresses our health concerns? Her prescriptions worked but I didn't know how or why. It simply drove me crazy." [1]

Dr. Schulz decided to explore the science behind Louise Hay’s affirmation system by mapping out the emotional aspects of illness in the brain and body. The correlations she found helped her create a treatment system that guided her through over 25 years as a physician, scientist and intuitive consultant. But it wasn’t until later that she “realized how powerful combining her healing methods with Louise’s affirmations could be.”[2]

While there are many reasons one’s body can break down and get sick, as Louise Hay found in her career, and published in her first book, *Heal Your Body*, “every illness is affected by emotional factors. And decades after Louise presented her conclusions, the scientific community has put forth studies that support them.”[3] Research has shown that emotions like fear, anger, sadness, love and joy have specific effects on the body, from illness-causing to healing. While anger makes blood vessels constrict and may lead to hypertension and restricted blood flow, love and joy can bring relaxation and joy back to the heart. “Specific thought patterns affect our bodies in predicable ways, releasing certain chemicals in response to each emotion.” [4]



Dr. Schulz has also found that “while emotions travel everywhere in the body, they affect organs differently depending on what is happening in our life and that often, if we are not aware of an emotional situation in our life or the life of a loved one, this information comes to us through intuition.” [5] She suggests that if we are to heal completely, we must listen to the messages our bodies relay through intuition, but also need both logic and facts to fully understand the imbalances that are affecting our health. “By working to invest our energy among various areas of our life – family, money, work, relationships, communication, education, and spirituality – we can create physical and emotional health.”{6} Dr. Mona Lisa Schulz, M.D.,Ph.D., explains her theories more fully in her book: *All is Well: Heal Your Body with Medicine, Affirmations, and Intuition*. She is a practicing neuropsychiatrist and an associate professor of psychiatry at the University of Vermont School of Medicine.

[1] Schulz, M.L. (May/June 2013). Integrating healing methods. *Well Being Journal*. 22(3): 31.

[2] Ibid, 31

[3] Ibid, 32

[4] Ibid, 32

[5] Ibid, 32

[6] Ibid, 33

HEALTH TIPS

“Researchers at University of Pittsburgh looked at rates of death and chronic health conditions among participants of the Women’s Health Initiative study, which has followed more than 100,000 women ages 50 and over since 1994. Women who were optimistic — those who expect good rather than bad things to happen — were 14 percent less likely to die from any cause than pessimists and 30 percent less likely to die from heart disease after eight years of follow up in the study. Optimists also were also less likely to have high blood pressure, diabetes or smoke cigarettes. Cynically hostile women (those highly mistrustful of other people) were 16 percent more likely to die (during the study period) compared to women who were the least cynically hostile. They were also 23 percent more likely to die from cancer.”

(Retrieved from URL: <http://www.msnbc.msn.com/id/29535635/>)

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Happy Health!
Hugh

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