



Hi Everyone! Here is the 17th issue of the Hypno-Healthgram. You can access previous issues on the Newsletter page of my website: www.hypno-health.net

Take Control Of Your Life With Hypnosis

Eliminate Negative Habits; Create Health Change; Achieve Optimal Well-being

March 2012

SPRING CLEANING

As we transition into Spring, we're aware of more minutes of light each day, milder temperatures, and a sense of having emerged from the grip of winter and melded with the "spring green" time of growth and renewal. A lightness and brightness can enhance our thoughts and feelings as we spend more time outside. Grass grows, flowers bloom, trees leaf out as we identify with this time of renewal and re-creation. And what a perfect time to think about renewing ourselves.

Hypnosis can help us with some "spring cleaning" that can clear out old beliefs, habits and issues that have accumulated over the years and are in the way of our enjoying a more healthful, calmer daily life. We can discard what we no longer want or need (habits, behaviors, attitudes, "dis"-eases, other health issues [1], etc.) and replace them with something new and positive. With hypnosis and the subconscious mind as our "clean out" tools, we can declutter our internal house. While similar to inventorying the stuff in each room of our physical house before spring cleaning, hypnosis enables people to effectively inventory everything within their mind and body. Rather than enlisting only the conscious mind's help, we can use hypnosis to tap the power of the subconscious mind and achieve faster, more thorough and permanent results.

Perhaps you've had an enlightening dream, a déjà vu flashback, or an awareness of something that needs your mental attention. Maybe you have been thinking about something you know requires a resolution. You may have several issues that need to be "cleaned up" or old habits that need to be "cleaned out," so that you can get on to improved health. Going into the hypnotic state provides the ideal way to gather information, release what is no longer needed, and replace it with a new, positive connection. It's the three Rs of hypnosis – Release, Replace, and Reinforce – that produce the desired outcomes. Using hypnosis to tap into your subconscious mind will allow you to "declutter" your inner house in all the ways that are necessary – and enjoy the results!

[1] <http://www.prevention.com/article/0,5778,s1-1-52-160-6610-1---,00.html>

HEALTH TIPS

From: Stay-Healthy Tips for Women.

[www.health.com/health/calendar\(0,20357822,00.html?viewdate=5](http://www.health.com/health/calendar(0,20357822,00.html?viewdate=5)

- **Boost Your Mood with Exercise:** In addition to lowering your risk of conditions like arthritis, diabetes, and heart disease, exercise can also improve your mood. One recent study found that exercise was as effective for people with depression as antidepressant medication.
- **Stay Connected:** Greater longevity is associated with having a good network of friends and family and loneliness is associated with a greater risk of heart disease.
- **Eat Your Beans and Berries:** Red beans top the list of foods with the highest concentration of antioxidants, says the U.S. Department of Agriculture. Beans took three of the top five slots and blueberries took the other two.
- **Live with Purpose:** Research shows that people who are happy and have a purpose in life are less likely to develop cognitive impairment and Alzheimer's disease.



Happy Health!

Hugh Sadlier

Hugh Sadlier, M.Ed., BCH
Board Certified Consulting Hypnotist

Portland Office:
Integrative Health Center of Maine
Suite 102
222 Auburn Street

Portland, Maine 04103
Phone: (207) 773-5200

Blue Hill Office:
1280 Morgan Bay Road
Blue Hill, Maine 04614
(207) 773-5200

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