



*Take Control Of Your Life With Hypnosis:
Eliminate negative habits; Create healthy changes; Achieve optimal well-being.*

Hi Everyone! This is the 24th issue of Hypno-Healthgram. You can access previous issues on the Newsletter page of my website: www.hypno-health.net

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Post Traumatic Stress Disorder

Recent social media articles express concern about the rising number of American veterans returning home with symptoms of Post Traumatic Stress Disorder. Those same articles review the standard Veteran's Administration's treatments (primarily talk therapy, support groups and medications) available to service men and women and the discouragingly low success rates they realize. Articles appear regularly in respected publications with titles like: A Veteran's Death, the Nation's Shame; The Financial loss of War beyond the Battlefield; Why Are We Drugging Our Soldiers; and Robin Milonas's WAR.

Retired Lieutenant Colonel Robin Milonas "now struggles against a personal enemy so fierce, it makes her afraid to hug her own grandchildren." [1] She spent 2 1/2 months in a VA women's trauma recovery program where she "was treated with medication, group and individual therapy, cognitive behavioral therapy, meditation and relaxation exercises." [2] "Two years later she checked herself into a local hospital because she was having thoughts of suicide." [3] She takes "a cocktail of antidepressants that has boosted her weight by 70 pounds a far cry from her Special Forces training when she completed a 10K road march with 80 pounds on her back." [4] Six years after her return from 2005 duty in Afghanistan, she is still "numbing more" and "afraid that if she lets her emotions show she won't be able to control them at all." [5]

Post Traumatic Stress Disorder entered the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders in 1980. Symptoms include: "hyper-vigilance, insomnia, anger, nightmares, flashbacks and hypersensitivity to noise." {6} I first encountered the powerful grip of PTSD when a Vietnam veteran called and asked if hypnosis could help relieve his symptoms. He was ready to commit suicide and thought he would make one last call. Only because of the openness of a psychologist at the VA hospital in Augusta, Maine, was I allowed to begin hypnotherapy with the veteran, who now comfortably projects a confident sense of self-esteem and recently wrote a nine-page testimonial about his healing journey. Excerpts from that heart-felt testimonial follow.

"When I first started working with Hugh Sadlier I was a complete mess. I sought his help to somehow lessen the effects of my PTSD so I could avoid having to kill myself. I had the means and method all prepared to end my life. As Hugh worked with me through hypnosis, I began to notice that I seemed to smile more and my general state was contented and happy. Also, one day it dawned on me that I hadn't thought about killing myself in a few weeks. I also discovered that I was finding my self-esteem and taking pride in myself, which keeps me motivated and aware of my health. I am now aware that I am a great guy with a lot of great qualities. One of my favorite things to say is: 'my life is a grand adventure.' I really believe this.

I am a work in progress and no longer a hopeless case, or a completely broken spirit. I have hope and I have knowledge that with the aid of hypnosis and daily reinforcement of self-hypnosis, I can do what I was taught in boot camp as a US Navy recruit: 'To adapt, persevere, and overcome.'

I am so glad that I made the choice to give Hugh Sadlier a call. It was then he told me that he could help me overcome the effects of PTSD I lived with since the age of five. He was sure of this fact - and now so am I."

Excited by our combined success, I wrote a passionate letter, including the nine-page testimonial, to a high ranking VA administrator in Maine, asking for a meeting to discuss the potential of hypnosis helping other veterans with PTSD. The letter went unanswered for three months. After repeated calls, I spoke with the administrator's superior - and was summarily brushed aside. Recently, the veteran moved to the mid-west and was told by a veteran's hospital psychiatrist that he was neurotic if he thought hypnosis could help PTSD. Go figure.

[1] more.com, *Robin Milonas's WAR*, June, 2011, p. 85

[2] Ibid, p. 88

[3] Ibid, p. 89

[4] Ibid, p. 89

[5] Ibid, p. 138

[6] Ibid, p. 87

HEALTH TIPS

The latest scientific research suggests that resveratrol : may lower the incidence of cardiovascular disease - despite fatty diets; can help skin age gracefully; appears to help prevent strokes; inhibits the growth of cancer cells; and is helpful in preventing and treating inflammatory and autoimmune disorders. Resveratrol studies can be found at www.pubmed.gov, the US National Library of Medicine, National Institutes of Health.

(*Resveratrol - An Antioxidant Superhero* by Elaine Ambrose, *Taste for Life*, September 2011, p. 20)



Happy Health!

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