



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

Hi Everyone! With this first issue of Hypno-Healthgram, I'm launching a monthly newsletter that will provide you, family and friends with insights into the world of hypnosis and tips to help you stay healthy.

November 2010

HYPNOSIS FOR STROKE SURVIVORS

I recently attended an all-day workshop in Boston. Titled: "REWIRE THE BRAIN WITH HYPNOSIS FOR STROKE SURVIVORS", it introduced me to an exciting use of hypnosis that I hadn't considered or encountered during my twenty years as a hypnotherapist. The material was made all the more compelling because it was presented by Don Mottin, Vice President of the National Guild of Hypnotists, of which I have been a member since 1991. Four years ago I saw Don (who had suffered a stroke) being pushed around in a wheelchair at the National Guild's annual convention and not looking very healthy. He had been told that the best he could expect would be to someday operate a motorized wheelchair. When he was introduced at the workshop earlier this year, it was obvious that he had made a seemingly miraculous recovery, which he attributed to "using self-hypnosis over a dozen times each and every day". He walked and talked briskly and maintained an energized presence throughout the eight-hour workshop.

A stroke occurs when a blood clot blocks an artery or a blood vessel breaks, interrupting the flow of blood to the brain. As brain cells die, abilities controlled by that area of the brain are diminished or lost. But the brain has the ability, called neuroplasticity, to grow new tissue, create neural pathways, bypass areas that are damaged and possibly activate dormant ones. Neuroscientist Dr. Michael Merzenrich is a leading developer of therapies based on brain plasticity, which he defines as: "the capacity of the brain to change itself. It actually changes physically, functionally, in ways that you can measure."[\[1\]](#)

Just as hypnosis has been able to stimulate the subconscious mind to optimize healing in a multitude of mind-body-connection ways, so can it help stroke survivors optimally recover their faculties. Wendi Friesen, Certified Clinical Hypnotherapist, used hypnosis with a woman who had no movement in her arm for twenty years following a stroke. During the first session, the woman was able to move the fingers of that dormant arm.[\[2\]](#)

Case reports documenting the successful use of hypnosis in conjunction with rehabilitation therapy for stroke survivors date back to the 1950s. In some cases, hypnosis extended patients' recovery time beyond the expected six month limit.[3] Today, traditional beliefs that stroke survivors can only regain their faculties in the six months following a stroke are being challenged and reconsidered.

Hypnosis can enhance the efforts of medical and rehabilitation personnel and family members with stroke survivors in the following ways: increasing the client's motivation to put forth extra physical effort in his/her physical rehabilitation; creating positive expectations of a high recovery level; helping overcome the stress that is always present after a stroke; increasing confidence in one's medical and rehabilitation team; controlling and reducing pain; increasing self-esteem; removing imprints; relaxing muscles; improving sleep quality; altering perceptions that may take hold following a stroke; and stimulating the brain to maximize the use of its neuroplastic abilities.

"The [afflictions] suffered by the body, the soul sees with shut eyes." - Hippocrates

[1] <http://www.cbsnews.com/stories/2006/01/15/Sunday/main1209916.shtml>

[2] Diamond, S.G., et.al. (2006) Contemporary Hypnosis. 23(4): 173

[3] <http://www.wendi.com/html/stroke.html>

HEALTH TIPS

- A new study suggests that women who walk regularly at a 3 to 4 mile per hour pace have a reduced risk for developing breast cancer after menopause, and it's never too late to start. <http://www.msnbc.msn.com/id/39871210/from/toolbar>
- Researchers at Brown and Duke universities found that 61% of people who weighed in daily maintained their weight within 5 pounds. Tracking your weight helps you be aware of fluctuations so you can take steps to maintain your healthiest weight. You can print out a graph at muschealth.com/weight/graph.htm

Happy Health!

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