

APA Newsletter – December

UPCOMING EVENTS

- **HAPPY HOLIDAYS!**
- **Free* Working With the Law Class**
Dec. 13
- **World Hypnotism Day**
Jan. 4
- **Hypnotherapy Certification Course #101**
Jan. 23-25
- **The Big Reveal**
Jan. 25
- **Free* Past Life Regression Workshop**
Jan. 31
- **Neuro-Subliminal Communication**
Feb. 21-22
- **Past Life Regression Certification**
Apr. 3-5

HAVE YOU HEARD?

***) Free Workshops...** You may already be familiar with the Past Life Regression workshop. Your fun will begin at 10 AM and will continue until 1PM. Come on January 31 by yourself or bring your friends... The trick is that advanced registration is required for free attendance.

At the door, it will be \$35. The same is true for our second workshop that's coming in December. This free workshop "**Working with the Law**", will unleash the true principles for successful living.

During our hypnotherapy certification training we covered three universal laws. Has it occurred to you that there could be more than that? Actually, there are **11** of them. This class is prepared by Reverend Patti Pipia, who is our graduate and Certified Hypnotherapist. As a minister and spiritual counselor, she has been invited to speak about the laws of the universe in many places and now YOU can benefit from her knowledge as well.

To register for both events, visit FreeWorkshops.APAToday.com or call **847-760-5000** now. When calling, remember to let us know if you are bringing a friend.

Neuro-Subliminal Communication Class... Even though the Ns-C class is scheduled to take place in February, please mark your calendar **now** to make sure that you take advantage of the "early bird" tuition and you take it this time. It could very well be another year before it comes back again. We use NsC all the time when speaking with people. It's also very helpful with clients.

This class will be presented by Art Leidecker, the founder of our school and the creator of this course. To enroll, call **847-760-5000**. "Early bird" tuition is \$295 and will expire on Jan. 18th; after that it will be \$325 until February 15th.

This is one of the ways we can encourage you to respect the time of our instructors, allowing them to prepare for the training properly and without additional stress.

The Big Reveal... The big reveal it is 😊 - You will find out about it on January 25th. Why the 25th? - Because it is my "Angel" day. (That's right, in Russia we have birthdays and "Angel" days that are celebrated pretty much on the same level as birthdays. So, January 25th is an official **Tatiana's Day** in Russia.)

Past Life and Regression Certification training will take place on April 3-4-5 of the next year and will be presented by Paul Aurand. **You will learn in depth:** age regression, womb regression, and past life regression. Registration for this course has already begun. Early bird tuition is **\$595** and **will expire on Jan. 3rd**; after that it will be \$625 until Feb. 28th. (Payment plan with some restriction is available.) To enroll, call **847-760-5000**.

If you are interested to take your skills to the next level, it's time for me to let the cat out of the bag and tell you that I was talking to Paul about bringing to you **Life Between Lives (LBL) Hypnotherapy Regression** certification training that's provided through the Michael Newton Institute. Paul Aurand is a lead trainer and President of this institute.

As per his comment, this **6-day** comprehensive training has a couple of **pre-requisites**:
1) Hypnotherapy Certification; 2) Past Life Regression training. So, if your goal is to grow and be able to help your clients to grow as well, I thought that you would like to know what's in store for you. We are planning to have LBL training later on next year. But... **first things first**: Past Life Regression Certification training.

And last but not least... Update on our **Clinical Hypnotism Certification**. As you may already know, we are working on making this program better and adding a lot of good things to it. This update will come with some new "regulations" that **may** affect you.

Please keep your eye on the next newsletter for more details.

To YOUR SUCCESS!

Making New Year YOUR year...

Perhaps it was you who submitted these training requests at www.APATraining.com... Or perhaps you just have this knowing, this gnawing sensation somewhere in the back of your mind that in this economy your practice would do much better if you knew how to increase traffic to your practice without increasing your marketing budget or how to market your CDs – so you have your residual income paying your bills... Or perhaps you just desire to break beyond the barrier between part-time practice and THE PRACTICE...

Whatever your desire is in terms of growing your practice, I would like to give you a New Year gift. We've decided to schedule (and may be record) a series of 1-hour classes to help you to **solve YOUR business growth challenges** and have 2009 to be the best year ever.

However... Your participation IS required. The biggest (and most expensive) mistake we can make is to assume (whatever we decide to assume)... So, instead of assuming what your biggest challenge is in terms of starting/growing your practice may be, I am asking you this question: **What is your biggest challenge right now?**

I will allocate my time based on your requests. Visit ToMySuccess.APAToday.com and submit your request(s) **now**, before the holiday season's "To-Do" list re-arranges your priorities. **Please note:** this page will become unavailable on Dec. 25th.

This is this time of the year when we ask ourselves, when *now* would be a good time to stop for a moment and bring our attention to our goals and true desires and make a first (or may be next) step towards them?

YOUR success is just one click away; I can show you the door, but **you** are the one who has to open it ►► ToMySuccess.APAToday.com

Happy Holidays!



We Wish You to Experience and Enjoy Fully ALL Your Desires!!!

The question is... just how much joy and deep pleasure from changing another life, and success can you stand?

We're here to help you get there...

As you **accept** our **holiday gift**, and **allow** us to point you in the right direction and to help you to clearly see the big picture of "getting there" in a simple step-by-step way, I wonder how you will **feel** when your frustration or feeling of not knowing what to do next is no longer an issue?

And isn't it nice to know that the only thing you have to do now is to **visit** ToMySuccess.APAToday.com and **let us know what is** that thing (or things) that stays in the way to your success?

Go to ToMySuccess.APAToday.com *now*

CONVERSATION CORNER

Using Hypnosis to Treat Nausea in Cancer Patients Receiving Chemotherapy (Natural News)

The Journal of Oncology discussed a study on chemotherapy patients who experienced nausea and vomiting and the effects of hypnotherapy as an adjunctive treatment. The results were positive and showed that Hypnotherapy had a positive effect on patients suffering from anticipatory nausea, which comes prior to chemotherapy treatment.

Nausea and vomiting are very common side effects of chemotherapy. A number of drugs are often used to control nausea.

A study appeared in the Journal of Oncology in 2000 that discussed the efficacy of hypnosis in treating nausea and vomiting in cancer patients receiving chemotherapy. They not only wanted to see if hypnosis played a role in reducing nausea and vomiting after receiving chemotherapy, but before as well. Many cancer patients have anticipatory nausea and vomiting just before receiving treatment.

The study consisted of **16 cancer patients** who were experiencing anticipatory nausea and vomiting due to chemotherapy. All participants had had at least 4 chemotherapy sessions. The patients received hypnotherapy involving an induction and then suggestions to help prevent nausea and vomiting.

The results of the study were highly significant. **All 16 participants' anticipatory nausea and vomiting disappeared**, meaning they no longer experienced nausea and vomiting prior to their chemotherapy treatments. Many of the participants even saw a reduction in vomiting after receiving chemotherapy.

The results showed that hypnosis is highly effective in treating anticipatory nausea and vomiting. The study also showed that hypnosis can help treat vomiting due to chemotherapy treatments. Hypnosis is a natural way to help reduce the occurrence of nausea and vomiting, helping increase the well-being of cancer patients.

Hypnotherapy and its Role on Boys with Nocturnal Enuresis

A study published in The Journal of Norwegian Medical Association found that hypnotherapy has a positive effect on children who experience problems with Nocturnal Enuresis. Nocturnal Enuresis is another name for bedwetting, which most frequently occurs in children.

Hypnotherapy has been tested on subjects to show that, with the help of hypnotherapy, they were able to almost completely stop wetting their beds. A study appeared in The Journal of Norwegian Medical Association about using hypnotherapy to treat patients with chronic nocturnal enuresis. The study consisted of 12 boys ranging in age from 8 to 16. All of the boys had been diagnosed with primary nocturnal enuresis and four were also diagnosed with diurnal enuresis (daytime accidental urination). All 12 reported an average of **0** dry nights per week.

The boys had between 2 and 8 hypnotherapy sessions as part of the study. Two follow-ups were performed at 3 months and one year intervals after the hypnotherapy sessions. During both follow-ups, 9 out of the 12 participants reported **7** out of **7** dry nights per week.

WHAT – WHEN – WHERE – WHY - HOW

Did you know that January 4th is the **World Hypnotism Day**? It's a day when professionals in the field of hypnotism from many different organizations around the world will be sharing their expertise and promoting the truths and benefits of hypnosis.

There has been an enormous amount of research in the field of hypnosis (as you can read in this newsletter). People have experienced great benefits from hypnosis in various aspects of their lives. There's no doubt that hypnosis is becoming more and more acceptable by doctors in the medical field and by the average person.

I believe that people no longer wish to depend on prescription medication. In fact, just this morning I had a phone conversation with one of our "future students" who said that he has noticed how much more popularity hypnosis has gained during the past few years. And it is understandable...

With the number of "drug recalls" and the law suits related to them, it is no wonder why people feel more and more that if there is a more natural way to approach their problems, why not consider it?

I truly believe that it is important for people to become informed on the topic of hypnosis. It's a great and powerful tool to bring about positive changes in their and our lives – be it personal achievement or improving health. Many of our clients, as well as yours, have achieved great success with hypnotherapy as a tool.

And what would be a better way of celebrating this day than raising awareness about the power of hypnosis and hypnotherapy? (It is also a great opportunity for you to practice and master your public speaking skills...😊)

"UKRAINIAN GRANDMA SECRETS"

Easing arthritis with... Apple cider vinegar: drink four times per day a glass of water with 1 teaspoon-to-tablespoon of vinegar. Also... You may choose to eat minced raw garlic and rub the affected parts with garlic or garlic oil. Or...

Apply packs of warmed castor oil, moistened comfrey tea leaves, or grated raw potato; or stir ¼ cup cayenne pepper and 4 teaspoons lightly crushed mustard seed into 1 pint of whisky and simmer for a few minutes, then apply compresses of cloth saturated in the liquid.

Asthma & Emphysema... Garlic, again 😊 - one of the oldest and the most trusted "healers" since "forever". In fact, for centuries people were eating minced raw garlic or a spoonful of garlic cooked with vinegar and sugar before breakfast each morning to cure asthma.

You can also incorporate the following as preventive maintenance: spear honey over thin slices of onion on a plate, cover overnight, then take a teaspoon of the liquid four times a day. Or... take 5 drops of anise oil mixed with a teaspoon of honey before each meal. Or... take 1 tablespoon of lightly crushed mustard seed mixed with water each morning and evening. Or... take 2 teaspoons of bee pollen granules every day.

HAPPY & HEALTHY NEW YEAR TO YOU AND YOUR FAMILY!