



Take Control Of Your Life With Hypnosis:

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

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**AN ANSWER TO CANCER**

**CANCER** is one of the most powerful words in relation to the response it elicits in us. And if it rolls off the lips of a doctor, it's impact can be deadening. A client who had been suffering from a rare form of cancer called for an appointment. She arrived at the Hypno-Health office, seeming weary and worn down and simply living out the one-year-to-live sentence given by her doctor 10 months previously. As we began to communicate with her subconscious mind, she discovered experiences, behaviors, attitudes and responses that had been connected with the cancer developing. The apparent message was: "if she wanted to survive, she would need to made significant changes in her life."

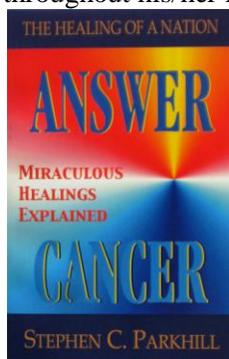
During each of our six sessions, she disconnected the influences of the specific cancer connections and replaced them with positive perceptions of how she envisioned becoming. She saw herself glowing outwardly and free of pain, with the glow shining on the cancer lesions and nipping them in the bud. She also imagined her own inner healer in the form of a drop of blood that moved down through her body and flushed away the physical and mental toxins, enabling her to be free of cancer. With continued "releasing and replacing", she took control of her life and reveled in feeling empowered and becoming well. After her platelet levels stabilized and she was given a 3-month reprieve from chemotherapy, she expressed the following sentiments.

"The medical community has been incredibly helpful in suggesting treatments, providing blood analysis that keeps me healthy and stable and working with me to ensure that quality of life is my major focus. However, there is a piece of treatment that I sought that went beyond the tangible, analysis and statistics, it was my work with Hugh Sadlier in the art of hypnotism. The skills I learned from Hugh I continually draw upon to help me relax when overwhelmed, understand what is driving a given situation, and know that I can change my life. For example, hypnotism is particularly helpful when undergoing medical scans. I've had 3-hour MRI's and have drawn upon hypnotism to keep me still and comfortable during the procedure. More importantly, my connection with my subconscious has opened up a deeper meaning of my world. I find myself able to live in the moment more, experience a profound connection to nature, embrace a gentle and genuine spirituality, and deeply love. I believe that hypnotism is a major component that is helping me move toward healing and health."

Research and powerful statements from various authorities substantiate the potential for healing cancer expressed in the above synopsis. Gary Elkins, director of the Mind Body Medicine Research Laboratory in the Department of Psychology and Neuroscience at Baylor University in Waco, Texas, states: "One of the benefits of hypnosis is to empower people, to give them a sense of control. That's especially important

in cancer treatment, since the disease often makes people feel as if their bodies have gone out of control." [1] In my December, 2013 Hypno-Healthgram (You Can Change Your Genes), I quoted Bruce Lipton, Ph.D., who has devoted his whole life to researching epigenetics. **"In other words, your thoughts and perceptions have a direct and overwhelmingly significant affect on cells."** [2] "This echoes from a highly scientific point of view, what the intuitive and spiritual leaders (and cutting-edge hypnotists) have been advocating for years: **your mind can and does contribute to both the cause and healing of whatever ails you - including cancer.**" [3] **"Neuroscience has recognized that the subconscious mind controls 95% of our lives."** [4] Dr. Christian Boukaram, a Radiation Oncologist, explains in his book *Healer of Cancer: The Power of the Mind*, the close link between emotional and physical health. "He provides a scientific explanation of the connection between mental and physical health using a multifactorial and biopsychosocial cancer paradigm. This book also describes 'mind-body' complimentary tools that can promote healing and be safely used in conjunction with conventional therapy." [5] Dr. Mercola, the online medical watchdog, states in # 11 of his 12 Tips to Reduce Your Risk of Cancer Now: **"Even the CDC (Center for Disease Control) states that 85% of disease is caused by emotions."** [6]

Invariably, in my work with clients - including those with cancer, the presenting issue (cancer) is merely a symptom of something else: thoughts, perceptions, experiences, and messages that took hold as habits in the subconscious mind, perhaps by the age of 3 - 4, and have continued to negatively impact a person throughout his/her life. Those influences eventually, through repetitive compounding, cause dis-ease in



the mind and body. Hypnotherapist Stephen C. Parkhill describes that process in his book *ANSWER CANCER*. "Therefore, the general cause for disease and disorder is an execution of a subconscious calling for self-mutilation or punishment or limitation. The specific cause of disease is a compounding of perception, built from accumulated experience that is all viewed through a filter called the critical faculty. That filter learns which ideas to accept and which to reject from the initial happenings of the individual's life. So the attachments that we find ourselves stuck to - all of them, good and bad - are the prescriptions of thought. Disease and disorder are the tools the subconscious mind has at its disposal when it is programmed to punish, or hold back or sabotage. Health and ease remain the fruit of life when a mind is programmed to look for the good in life, in self and in others.

When we see the doctor-identified disorders as creatively selected tools of the subconscious mind, the subconscious motive becomes the important issue. The individual labels that separate one disease from another become unimportant. *Whatever the look of the symptom, buried in that symptom is memory of a circumstance with unresolved issues that are calling for mutilation.* The symptom is the answer to that calling." [7]

[1] [http://www.aarp.org/health/conditions-treatments/info-04-2010/hypnosis\\_.print.html](http://www.aarp.org/health/conditions-treatments/info-04-2010/hypnosis_.print.html)

[2] You Can Change Your Genes: The Power of Epigenetics, by Leigh Fortson, Wellbeing Journal, Sept/Oct 2013, p.4.

[3] Ibid., p.6.

[4] Ibid., p.5.

[5] [drboukaram.com/en/](http://drboukaram.com/en/)

[6] <http://www.healthiertalk.com/20-cancer-symptoms-women-are-most-likely-to-ignore-0699>

[7] Parkhill, Stephen C (1995). *Answer Cancer*. DeLand, FL: Omni Hypnosis Press. pp. 80-81.

## **HEALTH TIPS**

(Retrieved from <http://www.healthiertalk.com/20-cancer-symptoms-women-are-most-likely-ignore-0699>)

### **12 Tips to Reduce Your Risk of Cancer Now - Dr Mercola**

As I said earlier, living an anti-cancer lifestyle now will help your body to stay healthy and in balance, and avoid developing cancer in the first place. Here are the top tips I recommend to start living your healthier lifestyle now:

- **1.** Normalize your vitamin D levels by getting plenty of sunlight exposure and consider careful supplementation when this is not possible. If you take oral vitamin D and have a cancer, it would be very prudent to [monitor your vitamin D blood levels regularly](#).
- **2.** Reduce or eliminate your [processed food, sugar and grain carbohydrate intake](#). Yes, this is even true for whole unprocessed organic grains, as they tend to rapidly break down and drive your insulin and leptin levels up, which is the last thing you need to have happening if you are seeking to resolve or prevent cancer.
- **3.** Control your fasting [insulin and leptin levels](#). This is the end result, and can be easily monitored with the use of simple and relatively inexpensive blood tests.
- **4.** Normalize your ratio of omega-3 to omega-6 fats by taking a high-quality animal-based omega-3 fat like krill oil and reducing your intake of most processed vegetable oils.
- **5.** Get [regular exercise](#). One of the primary reasons exercise works is that it drives your insulin levels down. Controlling insulin levels is one of the most powerful ways to reduce your cancer risks.
- **6.** [Get regular, good sleep](#).
- **7.** Eat according to your [nutritional type](#). The potent anti-cancer effects of this principle are very much underappreciated. When we treat cancer patients in our clinic this is one of the most powerful anti-cancer strategies we have.
- **8.** Reduce your exposure to [environmental toxins](#) like pesticides, household chemical cleaners, synthetic air fresheners and air pollution.
- **9.** Limit your exposure and provide protection for yourself from [radiation produced by cell phones](#), cell phone towers, base stations and WiFi stations.

- **10.** Avoid [frying or charbroiling your food](#). Boil, poach or steam your foods instead.
- **11.** Have a tool to permanently reprogram the neurological short-circuiting that can activate cancer genes. Even the CDC states that 85 percent of disease is caused by emotions. It is likely that this factor may be more important than all the other physical ones listed here, so make sure this is addressed. One of the best approaches and my particular favorite tool is the [Meridian Tapping Technique](#).
- **12.** Eat at least [one-third of your food raw](#). Personally my goal is 85% raw and I am usually able to achieve that.

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

Happy Health!

*Hugh*