



Life-Enhancing Hypnosis:

Empowering people to achieve optimal mental, physical and emotional well-being.

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EXPECT A MIRACLE

Hypnosis is not magic, voodoo, or mind-control, but the results it produces often seem to be beyond conscious belief - and even miraculous! The following testimonials, sent spontaneously by Hypno-Health clients, attest to the power we all have within our subconscious minds to take control of our lives and make life-enhancing changes – permanently.

Alcoholism: “I just want to let you know that I am still alcohol-free, and have no desire to drink. I want to thank you so much for helping me overcome this problem.”

Aortic Aneurysm: “I just saw my surgeon and we just looked at my aortic aneurysm. And it shrunk! I had to tell you – it’s gone from 4.5 to 4.1. The comment was: ‘My God – it’s gotten smaller’. And we know why”.

Cancer: “Every two months since my last visit with you, I visit the oncologist. And what does he say, this cancer specialist? ‘I wish I could pat my own back for the way I’m treating you. But with no chemotherapy and no radiation I can’t find anything wrong with you and can’t take any credit.’ The real question is: DOES HYPNOTHERAPY WORK? The answer is: ASK MY ONCOLOGIST!”

Comfortable Childbirth: “With my first child I was in labor 30 hours. This one was 3 hours total. It was very fast, easy, comfortable and enjoyable”!!!

Depression: “Since the age of five, I have suffered with severe bouts of depression. I have relied on psychologists and psychiatrists for the past twenty years to help me, using a combination of therapy and antidepressant drugs. I was never able to break from my cycle of depression. I went to Hugh Sadlier in desperation; I just wanted relief from the sadness and depression. Under hypnosis, I was able to free myself from reliving traumatic memories. I have not had a single bout of depression during the past year. Hugh’s work and caring are genuine; his manner professional. Hypnotherapy has proven to be very effective for me.”

Diverticular Disease: “After doctors had recommended complete removal of my colon due to diverticular disease, you worked with me on this through hypnosis. I have not been hospitalized in many years and am still in possession of my colon. Many, many thanks.”

Emotional Issues: “My life has taken such a wonderful turn since seeing you. Thank you for being the catalyst in helping me let go of the pain and disappointment of the past. My life is full of wonder and delight now. I delight in each new day and experience. Life is grand and I’m very happy and grateful for your part in all these changes.”

Encopresis: “All my life I have suffered with gastrointestinal problems. Not only did I have constant pain and discomfort, but five years ago my encopresis began. Involuntary bowel movements, both at home and out in public, caused me extreme humiliation and embarrassment. Not knowing when my body would “let go” kept me stressed and tense. After many tests and biopsies, no one could figure out what was causing my problem. I sought the help of Hugh Sadlier. After my first session, I was able to do what I never thought possible. With Hugh’s help, all of my symptoms disappeared. My life is now filled with joy and I have heart-felt gratitude for the work Hugh Sadlier does.”

Fears: “I just wanted to let you know how much my life has changed since my hypnosis sessions with you! I was afraid of flying, courtroom testimony, and speaking to groups. Since my session with you I have accepted an invitation to speak at a local annual meeting, made an airline reservation and flew without my husband and without medication, testified in court, and instructed a class of 43 students. It is so freeing not to waste time and energy on fear and anxiety. Thank you so much for helping me change my life.”

Flying: “Guess who actually made it to London, enjoyed the flight and looked out the windows”!

Golf: “Monday I played in the Maine Seniors tourney. I had a 38 on the front nine, the lowest 9-hole score I have ever had on any course anywhere. Today, at the Portland CC, I had an 80, the lowest score ever for 18 holes – anywhere! None of this would have happened if I didn’t have a smooth consistent swing off the tee and fairway – my bugaboo of the past”.

Insomnia: “After more than a year of trying prescription drugs and naturopathic and homeopathic remedies which gave transient relief, I admitted to myself that I indeed had a serious problem. Sleepless nights became my norm. Hugh Sadlier, of Hypno-Health, instructed me in self-hypnosis. This technique allowed me to free myself from my many months of sleepless nights. For me, as a skeptic, it was truly a miracle! I am now a disciple of this mode of therapy. I am extremely grateful for Mr. Sadlier’s expertise in showing me the way to find a cure for a disorder which interfered with my life for so very long.”

Post Traumatic Stress: “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. As time went on, I realized I was building self-esteem. Then I eliminated former nightmares that had kept me from sleeping for decades. I now have hope and knowledge that with the aid of hypnosis I can do what I was taught in Navy boot camp: ‘To adapt, persevere, and overcome.’ One of my favorite things to say is: ‘my life is a grand adventure.’ I really believe that. I am so glad I made the

choice to give Hugh Sadlier a call. He told me he could help me overcome the effects of PTSD I had lived with since the age of five. He was sure of this fact – and now so am I”.

Smoking: “I never thought I could permanently quit smoking. I had quit a dozen times and for up to two years, but always felt cheated because I couldn’t smoke like others. After two sessions with Hugh Sadlier, I walked away without ever again having an urge to smoke. It is almost a year and far from feeling cheated, I feel free for the first time in 25 years!”

Surgery: “After badly cutting my hand on a piece of metal, to the extent that the surgeon said he’d have to: ‘reattach nerves and sew up muscle and tissue,’ I was terrified of having the surgery. You helped me prepare for the surgery and recover from it quickly, comfortably and completely. I just returned from the 1-year-follow-up with the doctor. He was pleased and amazed by the outcome. I have full mobility of my hand (including hyperextension) and even my light touch sensation is only minimally below the normal range. This, now 51-year-old man is very grateful for your services and recommends you highly!”

Test Taking: “I passed (R.N. Boards)! Thanks for your help! And I got a job”!

Weight #1: "I am, correction - I was - a severe overeater. My whole life I struggled with portion sizes (why eat one or two pieces of pizza when I can eat the whole pie?!). Eating until it hurt was an everyday occurrence, and I was able to out eat every boyfriend I ever had.

I decided it was time for a change and made an appointment with Hugh Sadlier at Hypno-Health. When I first arrived, I was nervous and scared. When I left I felt like moonwalking right out the door. As a result of my work with Hugh, I am the lightest I've been since 21 (ten years ago). I eat pizza and Thai food and sandwiches - all the things I used to, but in smaller amounts. And I don't feel deprived or hungry. I keep a bag of snack food in the house and it lasts me two weeks, rather than one evening.

Seeing Hugh was easily the best thing I have ever done for myself. If I have a single complaint, it would be that I only have one pair of jeans that still fit and even those now need a belt. My wardrobe is severely handicapped at the moment. ...And I absolutely LOVE IT!!!

Weight #2: I spoke with this gentleman 16 months after his final session at Hypno-Health. Although he was unable to provide a testimonial, he did give me the following statistics: “Weight: original 261, current 206; Triglycerides: original almost 1300, current 140; Cholesterol: original 230, current 164; Glucose: original 230, current 110; Hemoglobin: original 170, current 117.”

Gift Certificate

Print this certificate and bring it with you to receive

\$25

off the cost of an appointment with

Hugh Sadler, M.Ed., BCCH
Board Certified Consulting Hypnotist



Hugh

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