

CHANGING YOUR MIND FOR GOOD

FEARS AND PHOBIAS: Fatal Mind Deceptions

Part 16 in a series

Last month I promised to begin the NLP technique that essentially is used by practitioners to help reduce and usually eliminate client fears and/or phobias. This month, here is information about “anchors.”

In NLP and other psychological treatments, we refer to “anchors” as associations (often very subconscious ones) between an emotional response (fear, for example) and stimulus (seeing a snake, feeling the touch of a crawling insect, hearing the sound of insect wings flapping or of jet engines juicing up for a cross country flight, whiffing the smell of decaying meat...). Since a practitioner’s job is to help clients get “unstuck” from harmful patterns of the

association that brings on fear/phobic reaction, we use “anchors” in many ways, replacing the debilitating ones with one or more pleasant ones (“stacked anchors”) that allow the client to move forward into the things he or she wanted to do. Working in the garden is much easier if one does not fear snakes (respecting them of course, but not fearing their appearance as though they will kill everyone instantly). Visiting grandchildren who live 2,000 miles away is easier to do when one is not particularly worried about their plane crashing on every flight.

What a NLP practitioners does is help the client “collapse” unwanted anchors that often are triggered by some “frightening” stimulus (snake or plane, as examples) AND then help the client create different associations that are not frightening but are pleasant and rewarding instead. It is a shift of focus that is created by the practitioner on the subconscious levels that works! Let’s say that the ideas of gardening or of visiting the grandchildren are filled with joy, delight, feeling loved, being in touch with nature, having a sense of satisfaction (rather than the sense of “impending doom”).

Next month, we will get into the types of “anchors,” how easy it is to “set” or to “collapse” these emotional associations, and why NLP practitioners “stack” the rewarding/pleasing anchors with several different experiences and sequences to assure that they are reinforced and functional for permanent change. You will be surprised at how easy and useful these fear/phobia releasing techniques are.

*This entire series is available on the Internet or through requesting back copies at \$1 each.

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Charles Domm

Eat Breakfast To Help Lose Weight

By Marcie Gorman

Let’s face it! Too many of us don’t eat breakfast. Many skip it because we don’t have the time, we haven’t yet programmed our hunger cycle to have an appetite in the morning, or we just want a few more zzz’s. But, did you know that skipping breakfast could actually sabotage your weight loss efforts? What, you say? How can NOT eating hurt my weight loss?

At night, your body’s metabolism slows down. Fewer calories are being burned during the sleep cycle. In the morning, your body needs the fuel that breakfast provides to reactivate its metabolism. This meal will kick-start the brain into action and improves concentration levels for the morning ahead.

By eating right first thing in the day, you’ll be less likely to pick unhealthy choices later on. So make the time in your morning to eat a balanced meal before tackling your busy day. It not only will give you the energy you require, but also will help you stick to your weight-loss plan.

Another advantage of eating breakfast is that starting your day with a sufficient amount of nutrients, vitamins, and minerals can help you avoid cravings later on when you’ll be tempted to grab something that isn’t necessarily healthy. Those who don’t eat breakfast often make up for the lost calories at other meals by eating more or indulging in less nutritious foods

later in the day. In fact, a recent study conducted by the National Weight Control Registry at the University of Colorado found that those who had lost and maintained at least 30 pounds for at least one year ate breakfast every day.

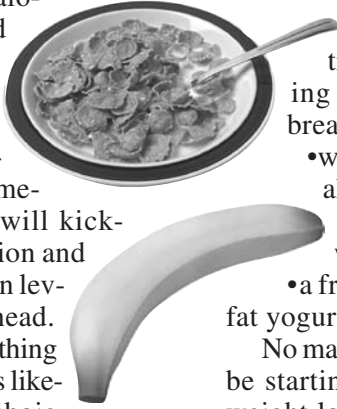
The moral of the story? Take some time and eat. If you find yourself crunched for time try low fat fruit yogurt and a banana for a quick meal or even grab a piece of cheese and a few crackers on the way to your car. If you’ve got more time, any one of the following would make for a healthy breakfast at home:

- whole-wheat breakfast cereal, with chopped up fresh fruit
- scrambled egg on whole-wheat toast
- a fruit smoothie made with low fat yogurt and fresh fruit

No matter which you choose, you’ll be starting your day right and your weight loss plan won’t suffer! What a win-win combination!

Marcie Gorman is President and CEO of Weight Watchers of Palm Beach County, Inc., the area from Boca Raton to Titusville.

Weight Watchers is America’s trusted name in weight loss and the global leader in weight-loss services, with approximately 46,000 weekly meetings in 30 countries. Weight Watchers’ mission is to help people reach and maintain a healthy weight. At the heart of Weight Watchers are weekly meetings which provide the coaching and tools to help people make the positive changes required to lose weight and keep it off. Weight Watchers also offers two subscription products for people wanting to follow Weight Watchers online. To learn more, call 1-800-651-6000 or log on to the Weight Watchers of Palm Beach County, Inc. website at www.wwpbc.com.



FROM THE COVER



Power Marriage Of Dance!

Maximum Dance, Ballet Gamonet Merge for Innovative Era in Contemporary Ballet Collaborative

In a powerful union that will result in a new choreographic tour de force, Maximum Dance Company and Ballet Gamonet officially merged in March 2005.

The new dance entity, initially called “Maximum Dance Company presents Ballet Gamonet,” is the result of negotiations that have been taking place between the leadership of the two Companies since last fall.

The merger will benefit the parties both financially, as dance companies around the country face funding shortfalls, and artistically, as the fusion of seasoned talent adds a more sweeping panorama to the region’s culture landscape.

“This is an absolute dream come true,” Gamonet said. “I’ve always envisioned having my own company here in Miami and collaborating with spectacular choreographers and dancers. Coming together with Maximum Dance Company makes all this possible, more than I’d ever imagined.”

With Gamonet as Artistic Director-in-Chief and Yanis Pikieris and David Palmer as Artistic Directors, the three choreographers will manage, rehearse and restage primarily their own works. Altogether, the new Company will have an expanded repertoire of close to 60 different ballets. The Company has also hired former Ballet Florida Executive Director and Dance USA board member Juan Escalante as its Executive Director.

“This merger is the most astute business and artistic decision that both Maximum Dance and Ballet Gamonet could have made at this time,” said Stephen Lyon, President of the new board. “Together we are stronger, and together we will work to grow the audiences for dance, build upon the creativity of the directors’ artistry, and expand the artistic possibilities of the new company as well. It’s a win-win for everyone, most especially for dance in Miami.”

“The relocation of some of the world’s most talented dancers and their new company to downtown is thrilling for those of us committed to the revitalization of downtown Miami,” Miami City Commissioner Johnny Winton explained. “The fact that a dance company of this caliber will not only be performing here in downtown, but has made it its home base, gives the world all the more reason to live, work, and play here. And that spells renaissance for our economy.”

The new Company will makes its debut on May 6 and 7 at the Gusman Center for the Performing Arts in downtown Miami, and on May 13 and 14 at Bailey Concert Hall on the campus of Nova Southeast University in Davie.

Subscriptions for all of the 2005-2006 Season will be available in early April. For more information or to purchase tickets, call the Company’s box office at toll-free 1-866-MAX-DANCE or online at www.maximumdancecompany.com.

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Marcie Gorman

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