

## CHANGING YOUR MIND FOR GOOD FEARS AND PHOBIA ELIMINATION: Sliding Anchors

Part 18 in a series

In the past few articles we learned what “anchors” are and we learned to “set” one on our arm or thigh that relates to the “negative” emotions and experience of significant earlier events that “trigger” our fear and phobic responses.

This article uses the same sort of technique to help establish a very positive emotional “anchor” on the same arm or thigh that your “negative” anchor is...just a few inches or about a foot away from each other. To set the positive anchor, close your eyes, go back in memory, get deeply into imagining/recalling all sorts of good things, rewards, great feelings of love and joy. As these feelings and images are experienced, set the new anchor.

Again, if working with a therapist, after setting that anchor of good feelings, you will be asked to “open your eyes and be in present time.” The therapist will ask unrelated questions to help “break the state” before testing the strength of the new anchor. “How many windows are in The White House?” or “How many legs do centipedes actually have?” are typical.

Then, when you are asked to touch the new anchor area, you should suddenly experience the feelings of love, joy, acceptance. Repeat this entire exercise until those feelings are elicited.

ed. When they are, you are ready for improving your life in many ways.

Honing your ability to set both positive and negative anchors will help diffuse many otherwise tense situations....

Here’s how: Assuming that you have a fear of snakes, we go through the process of setting the “fearful/negative feeling” anchor, break the state, then set the “joyous/positive feeling anchor” near it, break the state again. With eyes closed, imagine seeing the snakes(s) as you touch the negative anchor...but then slide your hand quickly to the positive anchor, and hold it there. You will notice the intensity level of the fear lessen dramatically. Repeating this will help reduce the fear further.

Next month: The Fast Phobia Relief Technique

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

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Charles Domm

Connect with someone special. A loved one is a gift to treasure. — Cheryl Richardson

### FROM THE COVER

## Older Models Are Making Fashion News

By Francine Parnes

In a profession where age 25 can mean washed-up and mandate retirement, 40- and 50+-year-old models are defying the odds and returning to the runway.

Call it the old girl network. The latest crop of American supermodels might resemble the same women from two decades ago—that’s because many are.

Up until recently, mature women were rarely used in American designer shows. Expensive clothes purchased primarily by older women were being modeled by teenagers. In fact, some of the best-paid bodies had yet to finish high school.



Mary Liz

That concept is changing. On the cover of *Town and Country* magazine is Rosie Vela, a quintessential golden girl of the 1970s. She’s featured in a six-page spread wearing creations from Geoffrey Beene.

In another show Vela was a showstopper on Calvin Klein’s runway. Klein is gaining a reputation as one of the fashion mavens breaking barriers and challenging old stereotypes of beauty. His 1992 ad campaign revived Lisa Taylor, another familiar face from the 1970s.

“I don’t care how young they are or how old they are,” Klein said, referring to his models. “In the show I had them younger than 17 and older than 50. I wanted to show clothes for women of all ages.”

Others in the old guard are Lauren Hutton and Jane Hitchcock.

Hutton, 50+, is arguably the most famous of Klein’s older crew. Having made her mark as a film and TV actress, she still continues to draw big paychecks from modeling. She returned to the fashion scene in 1989 after photographer Steven Meisel convinced her to pose for a chic New York-based store.

In the 1970s, Hutton distinguished herself as the first model to negotiate a major cosmetic deal which she did with Revlon.

Meisel also has kept Hitchcock, 40+, in the public eye. He photographed her for a promotional video and press kit to introduce Esprit’s Signature Line.

“Esprit has never been about a certain age; it’s about an attitude and Jane’s individual style and look were a perfect match for the new line,” said Cassie Hughes, Esprit Manager in San Francisco.

This attitude means new jobs in the marketplace.

“I’ve found that photographers are happy to work with models they can talk to,” Hitchcock told *Mirabella* magazine. “The things you thought were your flaws when you were young become character as you age.”

(Model credit: Mary Liz  
Mary Liz is over 50, lives in Virginia and Boca Raton, has had a successful career as a photographic model and remains in great demand as an “over 50” model. She has formulated a skin care line, “Mary Liz Cosmetics” that I have found keeps my skin more youthful looking. For information or a brochure, call 561-251-9171.)

## Healthy Fats

A ready source of energy, healthy fats are one of three types of stamina-boosting foods in the diet. The most common fat-containing foods are cream, oily fish, butter, fatty meats, vegetable oils, eggs, nuts, and seeds. Try to consume 20-30 percent of your daily calories from healthy fats.

(From: 365 ways to ENERGIZE mind, body & soul)



## Keeping Your Family Member At Home

In years past, the emphasis in caring for sick and frail seniors has not been on receiving home health care. In the majority of cases, family members have shouldered the burden of all assistance provided, and nursing homes have been the only place to turn when skilled nursing care became a necessity. And yet, how many people do we hear express that they would like to live out their last days in a nursing home? To the contrary, the thought of a nursing home is usually one of last resort, regardless of the quality of care provided. Seniors desire to spend the end of their lives in their own familiar surroundings—at home and with loved ones.

Providing care for the loved ones of our generation, however, has presented a new set of problems. A current 90-year-old *Champion* patient was taken in by her daughter and son-in-law who still have children living at home. The responsibilities involved in being “sandwiched” with responsibilities in this way have caused the adult children to seek out the help of a “live-in” home health aide to care for their mother, while another family in similar circumstances has requested care for their father while they are at work. Many of the seniors *Champion* cares for are living alone, while adult children live in other states. These children find comfort in knowing a caring individual is there for Mom or Dad when

they can’t be, whether it be continuous care or just a few hours a week.

Facing the countless decisions involved in caring for a loved one, even in the most ideal situation, can definitely be overwhelming, but there is good news! Regardless of the location of family members or the situation which has made assistance necessary, seniors can still choose to spend their final years and moments at home, enjoying the familiar surroundings and activities that have made their lives unique.

At *Champion Home Health Care*, we believe our job is to respect that choice. We visit each and every person who requests our services because we want to know each one as an individual.

If living at home is your choice, or you would like to honor a loved one who has made that choice, *Champion Home Health Care* exists to help you do so.

Renee Risnear is Director of Operations for *Champion Home Health Care*.

*Champion Home Health Care* provides well trained, personable and reliable caregivers to individuals needing home health care as well as to those institutions requiring medical staffing. Our services enhance the individual’s quality of life and maintain the person’s independence by allowing the client to remain in the comfort of their own home.

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