

# HOLISTIC HEALTH & HYPNOSIS

## Newsletter

Gina Orlando, MA, CH

FEBRUARY, 2008

### Gottlieb Programs

- **Get Rid of Tobacco Cravings**
- **Zap Fat with Hypnosis and Lose Weight**
- **Anti-Aging with Hypnosis: a Holistic Mind/Body Approach**

### Other Programs

*At Gina's office:*

**Weight Release Support Group**

*The programs below are at Integrative Therapies Wellness Center:*

**A Holistic Approach to Irritable Bowel Syndrome**

**Panic/Anxiety**

### HYPNOSIS, EFT AND OTHER MIND-BODY-SPIRIT TECHNIQUES HELP YOU ALLOW YOUR HEALTHY CHANGES

**Acceptance and honesty** are good places to start for healthy changes. The New Year feels like a good time to allow the space and time for these new changes. So what are the changes you desire? I can help you connect with those rich parts of your mind/body/spirit and energy to allow your healthful changes to happen more easily. **Positive change is what my practice is all about.** As a coach and facilitator, I use tools such as hypnosis, EFT (Emotional Freedom Techniques), The Wise Mind Technique, Transformational Healing Method, Be Set Free Fast and NLP in private sessions and in groups. These amazing techniques allow the changes to occur more easily, more deeply.

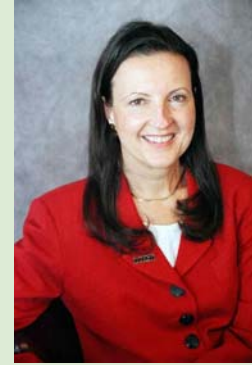
#### The changes I work and play with include:

- **Smoking Cessation** (The *Smoke Free Illinois Act* took effect on January 1. My four-session program tracked a 91% success rate in quitting smoking!)
- **Stress Reduction**, Self-Esteem, Overwhelm Relief to allow Positive Expectations for Kids and Adults (I work as a Relaxation Coach for kids!)
- **Weight Release** through habit changes and dealing with the emotions, sabotage, resistance to planning, shopping, cooking and eating healthy
- **Anxiety and Panic**
- **Fears and Phobias**
- **Performance Improvement** (Sports, School, Sales, etc.)
- **IBS** (Irritable Bowel Syndrome)
- **Pain Management**
- **Surgery Prep**

## Get Rid of Tobacco Cravings!

**Monday, February 4 7-9 pm**

You will learn how to use hypnosis and EFT to reduce and eliminate your cravings, so you can then quit successfully. This one session will give you tools to quit. You'll have a choice then if you want to quit with hypnosis and see Gina for some private sessions or use some other method. Early registration required by Thursday, January 31. **The fee is \$40 paid at registration and includes one hypnosis CD.** *At Gottlieb Health & Fitness Center, Melrose Park.*



## Zap Fat with Hypnosis and Lose Weight

**Thursdays February 7, 21, March 6, 20  
(4-session series every other week) 7-9 pm**

This series will help you deal with your cravings, resistance and sabotage with the power of your mind. Join this class to FINALLY get to the source issues of your eating habit. With the support of hypnosis and other mind-body techniques you'll have some fun and lose some weight the easy way! Registration deadline is Saturday, February 1. **The class fee of \$135 is paid at time of registration and includes two hypnosis CDs and great handouts.** *At Gottlieb Health & Fitness Center, Melrose Park.*

## Anti-Aging with Hypnosis: a Holistic Mind/Body Approach

**Alternating Tuesdays: February 12, February 26, March 11 7-9 pm**

Learning healthy ways to age will be your best bet for a happier, more vital and financially secure life and retirement. In this **3-session workshop** you will be introduced to hypnosis and a holistic way to approach your health and wellness. Gina has had the opportunity to train for the last two years at the American Academy of Anti-Aging Medicine conference. With her 26 years of experience in the holistic health, wellness and prevention fields, and her Master's degree in a mind-body-spirit approach to health, she will share her passion for vibrant health with you. **The fee is \$95 and is due at time of registration.** It includes one hypnosis CD and some great handouts. Tell your friends! *At Gottlieb Health & Fitness Center, Melrose Park.*

## Weight Release Support Group with Hypnosis and EFT: A Holistic Mind-Body Approach

**February 28, March 13, March 27 and April 10 from 7:30 - 9 pm**

It's a great time for support for this complex issue of weight release. I will be hosting a 4-week, every other week WEIGHT LOSS support class on Thursday evenings starting on February 28. Each session we will learn a new technique or tip, experience hypnosis and have time for positive support. Feel free to call with any questions.

**Fee is \$95 including a new hypnosis CD.** Pre-registration is necessary by mailing your check to Gina at **915 Pleasant, Oak Park 60302**. The group is limited to 11 people. Come join us! *At my office in Oak Park.*

**NEW Holistic Programs for IBS, Anxiety** at  
**Integrative Therapies Wellness Center, River Forest**

**Irritable Bowel Syndrome/IBS** and **Anxiety/Panic** can be frustrating and difficult conditions. Patients with these conditions often are frustrated too, and are looking for answers. Many prefer an effective holistic approach and to avoid pharmaceuticals, or have already discontinued their medication due to side effects or ineffectiveness.

Along with my colleague, **Dr. Carlos Reynes, M.D.**, we have developed new treatment protocols that, for most patients, effectively address potential causes and treatments for IBS and Anxiety/Panic. These **new programs are self-contained and scientifically backed integrative medical programs for IBS and Anxiety/Panic.**

These programs require one or more consultations with Dr. Reynes, including probable testing. The clients will also attend three to six sessions with Gina Orlando for hypnosis. These programs are state-of-the-art and cutting edge. Since insurance doesn't always support a holistic approach, out-of-pocket expenses will be discussed.

**Dr. Reynes is hosting an introductory evening program** with Gina Orlando to explain this natural, holistic approach at his new **Integrative Therapies Wellness Center, 7756 W. Madison St. River Forest, IL 60305.**

**Introduction for the Anxiety Program:**

**Monday February 25** 7:15 - 8:15 pm **\$30** (includes lecture, handouts and a self-hypnosis CD)

**Introduction for the IBS Program:**

**Monday February 11 or March 10** 7:15 - 8:15 pm **\$30**

You must call to register at **(708) 771-3471** at least **5 days** before the program. Payment is due at time of registration. Fee is not refundable, but we can switch your attendance to the next class if you have to cancel. No-shows will **not** be transferred. *At Integrative Therapies Wellness Center, 7756 W. Madison St.*

*River Forest*

People have told me that they enjoy my newsletters, but some say that they're a little too long. In response to that, I'm going to experiment with a second, shorter newsletter this month with more inspirational material and other information which we couldn't fit into this one. I'd love to have your feedback on that way of doing it.

**Yours in good health,**

**Gina**

**(708) 524-9103**

**[GOrlandoMA@aol.com](mailto:GOrlandoMA@aol.com)**

**COUPON**  
**Save**  
**\$25**

Happy, Healthy New Year! If you already have broken your New Year's Resolutions, there is a **ReSOLUTION**. I can help with hypnosis, EFT and a holistic, fun approach. This is a \$25 coupon off a series of three sessions through February **and** a FREE additional hypnosis CD. Check out the list of issues I can help you with (above) or see my website, [www.ginaorlando.com](http://www.ginaorlando.com).

**I appreciate your referrals!**

Offer Expires: February 29, 2008