

HOLISTIC HEALTH & HYPNOSIS Newsletter

Gina Orlando, MA, CH

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"**Responsibility** -- *the ability to respond* -- is quite possibly the most powerful tool you can have for making positive, lasting change in your life. And the most amazing thing is the moment you declare 'I'm responsible' old doors close and new ones open...The word 'victor' replaces 'victim', and so many of the dreams you have forgotten come true. Pretty good deal, huh?"

-- John St. Augustine, Author of *Living An Uncommon Life*



As you take responsibility for your health, you are empowering yourself in dramatic ways. Imagine moving into your senior years very vital, free of chronic conditions and pain, with an alert mind, a bounce in your step and the light in your eyes. I think investing in your health is one of the best ways to prepare for retirement and protect your retirement income.

In the U.S., office visits to providers of complementary and alternative therapies now outnumber visits to primary care physicians.

So says Jerome Groopman, M.D., in a New York Times review of the book "The Cure Within: A History of Mind-Body Medicine" by Anne Harrington. Almost three-fourths of Americans now use complementary and alternative therapies on an occasional or regular basis as an affordable, non-invasive way to maintain good health or to mitigate the effects of acute or chronic disease.

That's great news. And we stay in business by referrals. I appreciate all of your wonderful referrals for private clients and group participants. I'd enjoy seeing you again, too! That's how I stay in business.

Upcoming Classes

Check out these upcoming classes! You can find details by clicking on:
www.ginaorlando.com

Lose Belly Fat and Carb Cravings with Hypnosis & EFT

Reduce Anxiety With Hypnosis And a Holistic Approach

R-E-L-A-X By Using Your Mind And a Holistic Approach

Effective Natural Help For IBS (Irritable Bowel Syndrome)

Get Rid of Tobacco Cravings! (two different locations)

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