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*Remove the Pain of Breaking Up with Self Hypnosis!*

*Turning Ideas into Products: Lessons Learned by*

*Philly's Creators and Producers*

*Love Your Body: Solutions for your "Problem Areas"*

*Hot Gifts for Guys*

*ABNORMAL PAP?! What to Do Next*

# Can You Remove the Pain of Breaking Up?

— By **Bryan D. Toder**, *Certified Hypnotist*

**"I'm** desperate," she cried, "I need you to help me forget about my ex!" I receive these calls from women often, and my response is always the same: Hypnosis cannot erase the ex from your memory, but it can turn down the volume of the pain. In other words, Hypnotism cannot remove your memories, but it can change the way you react to them.

Feeling hurt is normal. To some degree, we actually need to feel it (just a little bit) to remind us of why we should move on. If we didn't feel the pain, we would continue repeating our same destructive patterns—like going back to unhealthy relationships or finding another person just like him, etc. Further, not every memory of your ex is a bad one, right? But, if the pain disables you from moving on with your life, it's time to take the power back and change your situation. It's the hurtful ones you want out; the memories that keep you "attached" to the past or to him. I'm going to help you "turn down the volume," so you can release the pain from your mind and body.

Emotions can be very difficult to control, until you learn how to detach yourself from them. In hypnosis, we call this "disassociation". Most guys tend to dissociate quite naturally, which explains why a male can go out with his friends on the night of a breakup, while a female will sit home with her tissues, crying with her comfort food.

If you want to learn how to do this, here is a simple, yet powerful hypnosis exercise in Neuro-Linguistic Programming, (NLP) titled, "Turn Down The Volume of the Hurt".

## Self Hypnosis Activity! "Turn Down The Volume of the Hurt"

- 1: With your eyes open or closed, locate the pain or feeling of hurt within your body. Feel it. What is it like? Remember this feeling.
- 2: Where is that feeling? Is it in your chest, your head... all over? Take some time to find it.
- 3: When you do, imagine it's an object.
- 4: Begin moving the object out and away from your body (1-2 ft.)
- 5: Once the object is away from you, inspect it. Notice all of its qualities. Notice its shape and color. Is it flat or 3-D? Is it moving?
- 6: Now, change the color and make it smaller — the size of a postage stamp.
- 7: Here's the most important part: Move it away from you, preferably behind you. Imagine just pushing it away — far, far away. First, out of the room, then a block away, then and a mile away.
- 8: Open your eyes (if they're closed) and take a deep breath.
- 9: Notice how you feel now compared to when you started. You should feel a bit detached from the hurt feeling.
- 10: You can repeat this a few times a day, if you wish.

Now, in one of the most unique ways to get help from a magazine, (in fact, I never saw this anywhere) you will have an exclusive opportunity to be hypnotized! Follow the link below to find a recording of a 15-20 minute hypnosis session for you to do at home. It's safe, fun and effective. Your self-esteem will go up and your stress levels will go down. You'll love it.

<http://www.plymouthhypnosis.com/news/phlare-magazine>

*Bryan Toder is a Certified Hypnotist and the owner of Plymouth Hypnosis Center in Lafayette Hill, PA, where he helps his clients lose weight, quit smoking and manage stress. [www.PlymouthHypnosis.com](http://www.PlymouthHypnosis.com)  
[www.PhlareMagazine.com](http://www.PhlareMagazine.com)*

## Painful Fall? You Might Just Have Allergies!

— By **Qingyao Shi**, Lic. Acu

**E**very fall season, I see a higher percentage of patients suffering from pain. For instance, Cori visited recently complaining of sharp pains in her left shoulder and chest, while Valerie complained of having neck pain for two weeks, causing numbness in her hand. Lisa's knee hurt so much that she could hardly walk for a week. Then, Fay limped in for her appointment with a cane; one of her heels had been weak and swollen for a month. So, what's going on with them? Why do people experience increasing and various type of pain when the fall season hits?

Believe it or not, all of the patients above were suffering from fall allergies. Seasonal change leads to changes in the body. Allergens cause our aches and pains when there's a Yin deficiency in the body; the same condition causing old health problems flare up. It can help to rejuvenate the Yin energy after a long summer.

According to Chinese Medicine, there are five elements ruling the universe: Wood, Fire, Earth, Metal and Water. Summer is Fire and late summer is Earth. Normally, Fire supports Earth to help our body transition smoothly into its new phase. However, it depends on the strength of your immune system. Pathogenic summer heat has tendency of damaging Qi and depleting the body of its fluids, leading to exhaustion of both Qi and Yin energy. If your Qi or Yin has been deficient due to a long hot summer or a sub-healthy condition, you too may fall victim to fall allergies.

Nambudripad's Allergy Elimination Techniques, or NAET, is our solution to treating fall allergies and pain. Many patients experience positive results with treatment for grass, for example. According to Dr. Devi Nambudripad\*, founder of NAET, the energy system and brain identify a particular substance as being potentially harmful to the body (like pollen, grass or a food). Then, upon contact with the allergens, the brain will begin blocking energy channels to prevent its entrance into the body. The body's energy pathways freeze up, defending it against the allergen and block the channels, or meridians. If the condition persists, the overall function of body will be impacted. These antigen and antibody complexes may cause non-bacteria inflammation, resulting in swollen tissue and pain.

Three Steps for Treating Allergies with Acupuncture: NAET\* 1. Muscle testing. Different kinds of allergen vials are placed into the patient's hand and the muscle test determines if the patient's problem(s) are caused by a particular substance; e.g. grass, milk, and the organs that have been blocked by these substances. 2. Activate the organ excess points. Stimulate the patient's spine while she is still holding the allergen. This sends a signal to the brain and re-programs the body's reaction to the allergen. 3. Acupuncture. This is to have the body making changes neurologically and chemically, e.g. to get the enzymes turned on that hasn't been present in the past. 🔥