



UNLEASH THE POWER OF YOUR MIND TO BECOME YOUR BEST!



**By: Colleen Stone
Certified Hypnotherapist**

You may be wondering who could use hypnotherapy, so I like to ask people or start talks by saying, "Do you know anyone who wants to lose weight, stop smoking, relieve pain, manage stress, stop addictions, improve their sleep, relationships, self confidence, motivation or athlete performance?" That includes nearly everyone, says Colleen Stone, Certified Hypnotherapist.

What is Hypnosis? Hypnosis, which is sometimes referred to as hypnotherapy or hypnotic suggestion, can be used as a powerful therapeutic tool for accessing the subconscious mind and gaining more control over your behavior, emotions or physical well-being to achieve personal goals or affecting desired change.

Despite its awesome power, there are few procedures less understood, or more plagued by misconceptions. Hypnosis, in one form or another has been around for more than 200 years. Common misconceptions prevent many people, who could benefit from hypnotherapy, from ever trying it. Hypnosis began credibility as a medical tool and accepted by the American Medical Association in 1958 as a viable option, as early decades of the past century of psychiatry and psychoanalysis began to show how the subconscious mind often rules daily life. Its usefulness was cemented when combat physicians reported using it during World War II.

In 1996, a National Institutes of Health panel

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ruled hypnosis as an effective intervention "for alleviating pain from cancer and other chronic conditions".

Hypnosis is not sleep, unconsciousness or mind control. In fact it is a heightened state of awareness. In most cases the subject is fully aware and able to respond to requests, either verbally or by signal. There is no surrender of control, no magic. No one can be hypnotized against their will; and no person can be forced to do anything against their will.

However you think of it, hypnosis is a method of communicating directly with the subconscious mind. Few people realize the awesome power their subconscious mind has over their lives. The causes for many "bad habits" are rooted in memories or perceptions that may be forgotten by the conscious mind but retained in the subconscious. Hypnosis helps to access the subconscious and change those habits more quickly and easily.

Although hypnosis is not a magic wand, hypnosis is a tool anyone can use and everyone should understand and there are many areas where it has been proven to be tremendously effective including weight loss, smoking cessation, memory enhancement, insomnia, test taking, sports performance, pain management, anti-aging, substance abuse, stress, overcoming phobias and many more.

Colleen has individual sessions with clients for a multitude of issues and says that the process is very concise with most issues being resolved with six to ten sessions. The

side effects of hypnotherapy are all positive, and include better sleep, inner peace, improved relationships, self-confidence and self love.

Colleen Stone is a Certified Hypnotherapist through the Banyan Hypnosis Center in California and a member of National Guild of Hypnotist, Inc. www.ngh.net. She has a successful business, ADVANCED HYPNOTHERAPY OF DELAWARE, www.ahode.com, located in Felton, DE. Colleen is also certified in Anti-Aging Principles and Natural Hormone Replacement Theory through Giovane Medical Services Inc., member of American Academy of Anti-Aging Medicine, and sells natural hormone transdermal creams. She is trained in Energy Medicine by Donna Eden through Omega Institute in New York, and all of Colleen's clients are taught how to use EFT (Emotional Freedom Technique) a form of acupuncture, and Self-Hypnosis.

Colleen holds a Bachelors Degree of Education with thirty plus hours of graduate work. She spent sixteen years in the classroom teaching in addition to four years at the Caesar Rodney School District Office training teachers and presenting workshop across the country through involvement in two national projects. This nurturing, giving quality and her trusted rapport has carried over to her practice by helping her clients achieve positive changes in their lives through hypnosis seven years.

Ms. Stone provides workshops and talks in many of the titles listed below. Specialties and Focus of Practice:

WEIGHT LOSS STRESS
STOP SMOKING
ANTI-AGING INSOMNIA
ADDICTIONS
SEXUAL ISSUES
EATING DISORDERS
TEST ANXIETY
GOAL SETTING
CAREER SKILLS
PHOBIAS GAMBLING
GRIEF & LOSS
SPORTS PERFORMANCE
PAIN CONTROL
MOTIVATION
ABUSE ISSUES
SELF-ESTEEM
MOTIVATION
STUTTERING
PUBLIC SPEAKING
ANXIETY SELF-IMAGE

Testimonials:

"Dear DR., Thank you so much for referring me to Colleen Stone. I am so grateful. In a short amount of time I went from fifteen medications down to only five. I have lost fifty pounds without trying. I have learned tools to manage my anxiety, and I have not had ANY **fibromyalgia** symptoms since my second visit with Colleen. My work with her has changed and even saved my life!" ~Andrea

"Just wanted to thank you for all you did for me through our hypnotherapy sessions. I have had IBS since 1973, and I have been to many doctors and taken many medications but nothing has worked like those sessions. I feel much better in so many ways I can't begin to explain." ~Bonnie C.

"I just wanted to thank you for helping me find the real me again. I feel as if I have been reborn. I have to admit that I was very skeptical about your program, I thought it would never work for me, after all, I failed at all previous attempts to lose weight.

Diet and exercise are great tools, but if you don't know why or what triggers your out of control behavior, you cannot be successful. Now, I am starting out on a wonderful new journey.

*Secondly, thank you for introducing me to Restored Balance PMS cream. I have been trying to stop hormone therapy for the past 2 years, but unfortunately I still have symptoms (hot flashes). My gynecologist has reduced my dosage over the years, but everytime I tried to really cut back, my symptoms would reappear. I have read volumes of info on soy and other supplements and have tried most of the popular remedies without success. **I am now totally off hormones and using only the PMS cream. I feel great, my skin is soooo soft, and hot flashes are gone!!!** I really cannot believe it. I can't wait to tell my gynecologist. **I am grateful for the positive impact that you have had on my life. There is just no stopping me now!**" ~J. Protack*

"The progress I have gone through by working with you, Colleen, has changed my life. You have given me the gift of my SELF. The amazing work that we have done with my subconscious has proven to me that I have untapped resources. With your help I see unlimited potential growth for all areas in my life." ~Dennis

"After five rehabs and several years of programs in jail, I have finally been able to identify my "triggers" that caused me to use drugs, and find new healthy ways to deal with stress and life. I am amazed that hypnotherapy was so powerful."

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Colleen M. Stone, B.A., C.H. (Certified Hypnotherapist)

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• PAIN MANAGEMENT • MOTIVATION •

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