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Diet and Communication Drive the Bus of Our Behavior

Nicholas Pollak / December 30, 2013 /

OP-ED (<http://www.thefrontpageonline.com/category/op-ed>)

It amazes me that many clients do not understand the importance of a good diet. They also have trouble communicating, and scarcely understand their own behaviors.

I cover the importance of diet in their first session along with communication or “suggestibility.” The diet, as I have written, is a low carbohydrate, high protein diet agenda. I advise consuming a small, nutritious protein snack at least every two hours.

When we do not eat properly our blood sugar levels drop, causing us to not think as clearly or as unemotionally as when we are properly nourished.

Disciplined dieting prevents flip-flops between very high and very low, but close to the middle where our normal blood sugar level line would be. This stabilizes one’s As moods, energy, thinking and it eels off weight.

explain himself. I could not help him.

With Mom's Help

As a hypnotist, I must understand a client's suggestibility because that allows me to create a hypnotic trance and to offer insights.

Suggestibility is learned from our primary caretakers, our mothers.

We communicate in a mixture of two ways, direct and literal, and the other way is by inference. If a client is literal and the hypnotist speaks to him in inference, a cure will not take. In 23 years of clinical hypnotherapy I have only met three people who were 100 percent literal or inferential. The most recent, four months ago, was 100 percent literal.

Here is an example of literal: *"No food or drink is permitted in the store."*

An example of inference: *"Thanks for leaving your food and drink outside."*

You can see the difference. One actually tells you not to bring in food, the other presumes you have. They are saying the same thing but differently.

Until 1975 only 50 percent of the population was hypnotizable. Those people were literal. No one had figured out that inference was also a key factor. Dr. John Kappas, Ph.D, discovered inference in 1975, meaning the entire population now was hypnotizable. Literals always would hypnotize more quickly, more deeply at first than those using inference. They tend to be more analytical about what is said to them. Consequently, they do not go deeply into hypnosis during their first and second sessions. By the third session they are familiar with the way hypnosis works and have established a greater trust.

Both Ways Necessary

It is equally important to understand how we speak out. You do not speak out the way you take in information. You speak out 180 percent the opposite way. If you take in information in 100 percent literally, you will speak out 100 percent inferentially. It becomes even more important to listen to how a person is speaking to you and to listen to how you speak out.

are crucial skills, and when you know what to listen for, your words and those of others will have a greater impact.

Years ago when I was a salesperson for an insurance company, my supervisor could not understand why I was much more successful than my colleagues. At that time I was training to become a hypnotherapist, and I had learned about suggestibility. This enabled me to communicate more effectively than my colleagues because I knew what to listen for and how to respond.

Remember to listen to others and how they speak to you. It is just as necessary to hear yourself. Modify how you speak based on what you hear from the other person.

Do not hesitate to contact me by telephone, 310.204.3321, or by email at nickpollak@hypnotherapy4you.net (mailto:nickpollak@hypnotherapy4you.net). See my website at www.hypnotherapy4you.net (http://www.hypnotherapy4you.net)



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