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
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He Lays a Trap and She Leaps Into It

Nicholas Pollak / July 26, 2010 /

[OP-ED \(http://www.thefrontpageonline.com/category/op-ed\)](http://www.thefrontpageonline.com/category/op-ed)



left|Nicholas D. Pollak||no_popup[/img]Just recently, I was invited to give a one-hour workshop on “Using Your Brain...for a Change.” To put it another way, “It’s all in your head.”

The seminar went well. The crowd had a great time learning to use their brains... for a change.

Afterward, a woman asked if hypnosis would help her with an issue that had been troubling her for some time.

Here is what she told me:

“My shakras are all out of alignment. My abdominal muscles are not as tight as they should be, which, in turn, is causing me to stoop, which is causing me to have to look up toward a person speaking to me.

He L... This leaves me with a feeling of someone pushing my head from behind, which is causing my left eye to droop, which causes pressure on the left side of my head.

“I am also very sensitive to any kind of electronic equipment, in particular cell phones. Computers cause the same sensations that I was telling you about. Also, I am very anxious all the time.”

Reversing Direction

After she finished, I said (guardedly) I thought that I could help and that she should book a session.

The woman also said she was unable to drive. Was it possible for me to go to her home for the session?

Although not my usual custom, her issue intrigued me enough to say yes.

It should also be noted she was very thin, which gave me cause for concern. A yogic healer had told her that she needed to eat plenty of brown rice, to keep her “grounded.”

Before going to see her, I was already sure about the nature of her problem. I decided to test my theory.

Upon arrival, I was asked to remove my shoes.

We went into her dining room, and as I sat down I placed my cell phone on top of what appeared to be a leather-bound notepad.

Deliberately, I placed all articles on the table in front of her. She asked me to turn off my cell. It was causing her negative vibrations.

I said I needed it to be on, and that perhaps there was somewhere it would not disturb her. She took it outside to the patio. After three minutes, she said the phone still was disturbing her. I said she could put the phone wherever she needed so she would be comfortable.

We addressed her anxiety, and I found it would easily be resolved by ensuring that she follow a more protein rich diet.

Her sugar levels would remain at a more even state, her brain would not be so hyper-vigilant in its quest for more sugar, and her anxiety would disappear.

The Way Diet Works

A person who eats a high carbohydrate diet with little protein leaves himself open to wildly fluctuating sugar levels. This causes wild mood swings and anxiousness because the brain is functioning from a primitive fear state rather than from a higher level.

This is common among those who do not understand the importance of a protein rich diet.

Frequently, it will lead to not only anxiety but panic attacks in the brain's search for the sugar it needs to function effectively. Carbohydrate converts to sugar rapidly, and it is consumed just as rapidly.

Protein, however, breaks down to sugar more slowly and evenly. Provided protein is eaten every two hours, the brain will operate more effectively at higher levels, eliminating mood swings as well as reducing a person's anxiety.

Having explained this to her, I conducted my regular suggestibility tests to ensure that I would hypnotize her in the most effective way possible. The hypnosis went well. By the end, she was feeling more relaxed.

Throughout the session, my leather-bound notepad remained closed. It had been in front of her the whole time.

I put on my shoes, collected my cell phone and said to her, "If you recall the seminar I gave a few days ago, I emphasized how many things people were concerned about often resulted from a belief each of us creates for himself or herself.

"You believe that electronic equipment is the cause of your "shakras" misalignment. I want you to know I laid a trap and you fell into it."

He L She looked perplexed until I showed her the trap. The leather bound notepad was in fact an I-pad, which I left on for the entire session.

Clearly, she had no idea I had done that. She looked completely non-plussed. I had broken her belief system, and she was uncertain as to how to respond.

When leaving, I reminded her that as I had said during the seminar, “It’s all in your head. Use your brain... for a change.”

A few days later she called to say her anxiety was lessening because of her new diet. She was going to cancel her follow-up session, having felt a little weird after our first visit.

Hardly surprising.

She had built her recent life around a concern regarding electronic equipment as the source of her ills. But when that notion was put to bed she had no knowledge of how to act after finding out she was living a lie. Electronic devices were not the cause of her troubles.

Yes. It’s all in your head.

A clinical hypnotherapist, handwriting analyst and expert master hypnotist, Nicholas Pollak may be contacted at [***nickpollak@hypnotherapy4you.net***](mailto:nickpollak@hypnotherapy4you.net) ([***\(mailto:nickpollak@hypnotherapy4you.net\)***](mailto:nickpollak@hypnotherapy4you.net))



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