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

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## Her Psychiatrist Was Not the Answer



Nicholas Pollak / March 5, 2012 /

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

 Nicholas D. Pollak  When a new client called recently to ask if hypnosis could help, I asked the nature of her issue. She was drinking too much, smoking too much, eating too much and feeling depressed.

She had been seeing a psychiatrist for over two years and felt no better. Two other hypnotherapists declined to take her case. They did not want to be involved with an alcoholic. I, on the other hand, have no such problem. I have helped numerous alcoholics recover.

I was not surprised to hear that she was not feeling better with her psychiatrist, and I told her so. Many psychiatrists do outstanding work. But their problem is threefold. First, they spend six months trying to figure out how you became the way you are so they may classify you through the DSM manual, a diagnostic book that allows them to form a diagnosis an insurance company will pay for. Secondly, they spend six more months

Thirdly, they are only interacting with the client's conscious mind.

Changes can occur for a person through constant repetition, but change happens much faster in a one's subconscious. Our subconscious holds everything we have ever seen, smelled, done, touched. It is all there. As a result of storing all this information, when the conscious mind asks for something, the subconscious has learned to give what is asked for.

## **Wrong Calculation**

If what is asked for is not what you want, the subconscious will still give what you ask for even if you want to change it. Of the brainpower we use (only about 5 percent) 10 percent is our conscious mind, 90 percent our subconscious. You can see therefore that to effect a change, 10 percent is going to have a hard time changing 90 percent. The subconscious continues to win and the old behaviors continue to present themselves.

Using hypnosis overcomes this issue. Hypnosis goes into the subconscious so that after some conditioning, the new behaviors begin to show themselves when the conscious mind asks for them. This creates change for a client far more quickly. In addition, the client spends much less time focusing on what he was and how he became that way. He will spend more time on what he wants to be.

When I met a psychiatrist recently at a party, I asked if she would like me to analyze her handwriting. To my amazement, she consented. Within two minutes I had given her a complete synopsis of her character. Astounded, she said my reading was 95 percent accurate. Normally, she said, it takes her six months to find out that much information from clients she sees on a weekly or biweekly basis.

## **Not Complicated**

It turned out that helping my new client was easy. Most of her problems were caused by loneliness. She only had been living in Los Angeles for a year. She was not enjoying her work. She was having trouble meeting people. Those of us used to living in L.A. understand that complaint.

Her depression was easy to deal with, caused by her diet, drinking and smoking. Everything she did interfered with her sugar levels, causing her sugar to rise. Her depression was easy to deal with, caused by her diet, drinking and smoking. Everything she did interfered with her sugar levels, causing her sugar to rise. The brain requires sugar to function effectively. Without it the brain begins to panic. Panic manifests in many ways. When a panic attack strikes, the person traces it to the activity he was doing at that moment, sparking panic whenever performing that activity. Fluctuating sugar levels create fluctuating moods, irritability, tiredness and depression. Carbohydrates break down to sugar quickly since there is nothing to sustain this quick increase in sugar, and the level drops fast. Protein slowly breaks down to sugar so that the sugar levels rise and fall slowly. This helps to maintain a more even tempered state of mind

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The answer for my client was simple. By gradually reducing the number of daily cigarettes, her alcohol intake, and eating protein-rich meals every two hours, her sugar levels soon stabilized. She began to mentally stabilize because her thinking no longer was on a primitive panic status but a higher functioning critical thinking level.

Her sugar levels stabilized, her nicotine and alcohol levels plunged and she was then able to quit both. Subsequently, she substituted exercise for her smoking and drinking. With increased exercising, she began to meet more people. Her energy level expanded, and now she wanted to go out more and do things. Clean, sober and a happier person with new friends, she is in a relationship that also is working out.

***If you have any questions please do not hesitate to contact me by telephone, 310.204.3321, or by email at [nickpollak@hypnotherapy4you.net](mailto:nickpollak@hypnotherapy4you.net) (mailto:nickpollak@hypnotherapy4you.net). See my website at [www.hypnotherapy4you.net](http://www.hypnotherapy4you.net) (http://www.hypnotherapy4you.net)***



OP-ED

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