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How to Make a 35-Year-Old Problem Vanish, Without Losing Face



Nicholas Pollak / April 5, 2010 /

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

One never knows whom one will meet anyplace at any time. Walking a dog, going shopping, walking in a park, on a beach, going to a museum or library.

Getting out, meeting people.

Sounds simple.

For many, though, agoraphobia is a reality, a nightmare. Your whole quality of life has suffered, so gradually you are not aware, until, one day you find excuse after excuse to stay indoors. You suffer isolationism, fear, tremors, sweats, hypersensitivity..

Among clients I have seen for this condition, there is a common theme:

How To Make a 35-Year-Old Problem Which Without L-Carnitine Break Down Into Sugars Quickly! Unless replaced fast, a 35-year-old person develops mood swings, irritability and hypersensitivity.

The brain constantly is looking for sugar, which causes this hyper-alertness. When there is not enough sugar, it starts to panic in its search. Take this feeling and add it to a situation that was traumatic and stressful for the client and you have a connection, which the subconscious has absorbed and now reacts to.

Let me illustrate. I know of a 60-year-old man with four Ph.Ds. He had several severe facial ticks that were completely out of his control. He had suffered for 35 years. People constantly ridiculed him behind his back, and so he absorbed himself in solitary study. He preferred studying at home because he didn't like going outside.

What a Coincidence

He had been this way since returning from two years of volunteer service in Haiti 35 years ago.

As he related his story, the hypnotist came to see clearly what the issue was and how to resolve it.

The client explained that the day before he left for Haiti as a college grad, he and his friends had been drinking solidly for 36 hours before his flight. He had eaten little. He had not slept.

Unable to relax on his flight, he arrived in Haiti with an excited, hyper-vigilant attitude. The same day, a new colleague invited him to a voodoo ceremony. He joked that "it was too good to miss," wink, wink.

By now, with little sleep, wildly fluctuating sugar levels, a brain more focused on its sugar search rather than higher thinking levels, he witnessed the voodoo ceremony that changed his life. What he saw so horrified him that the facial ticks he was demonstrating now, were those of the shock, horror and fear he experienced at the ceremony.

This further stressed his body, drawing even more strongly on his already depleted sugar levels, creating more of a primitive fight or flight reflex rather than a thinking state. This embedded itself in his subconscious.

While the client was in a hypnotic state, the hypnotist was able to suggest he actually had control over these movements. When tested, he was shown he could.

This was an encouraging sign.

Under carefully controlled conditions, the hypnotist had the client re-live the event but this time from a relaxed, detached perspective.

With this therapeutic conditioning and a higher protein diet to ensure his continued higher thinking levels, the client became more desensitized to the original event. Soon his ticks began to lessen. Within six weeks, they had disappeared.

Creating a sugar level that is close to constant is the ideal in most circumstances. This means eating an appropriate amount of low carbohydrate foods and protein in small quantities, but often.

By maintaining an even sugar level, your ability to stay focused and to think clearly is much improved.

Mood swings will ease. Sweats will vanish. You will sleep better, have more energy and become less fearful.

You may even find yourself going outside again.

Happy Trails.

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



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