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Right Way to be a Samaritan

Nicholas Pollak / July 6, 2015 /

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People are amazing in both a negative and a positive way. I am noticing how some people are becoming more self-centered, less conscious of others..

Take a client I just let go. She called me more than 10 times, each a 10-minute conversation where she kept repeating the same issue. She did not listen to my answers.

In addition to her harassment, even though asked to not call for two days while I recover from a back surgery, she called anyway. When I reminded her, she put aside my issue and focused on hers.

I had to hang up after telling her to not contact me for at least two weeks, not before she has consulted other medical professionals.

As a hypnotherapist, my obligation is to help anyone, anywhere, anytime. Once while riding my Harley in the local canyons, I came across a bad motorcycle accident. Two motorcycles had connected in the middle of the road. Each rider went to the center to negotiate a curve.

One rider was sitting by the side of the road dazed but otherwise uninjured. The other was on his back in the middle of the road with a broken arm, leg and hip, in extreme pain,

paramedics arrived. I asked someone to call 9-1-1. The rider had his helmet on and wanted to take it off which I told him not to do. In fact, I suggested he lie still until the paramedics arrived.

Within minutes, he was going into shock. Several of us stripped off our jackets to keep him warm. It was here that I went to work. To the rider in severe distress, I told him I was a hypnotist. Would he be willing to let me help him. He was. Utilizing a couple quick hypnosis techniques, the rider was hypnotized and much more relaxed.

Twenty minutes later the paramedics arrived. I let the paramedic know what I had seen and what I had done. What amazed the paramedics was that the injured rider had a normal to slightly low blood pressure, a steady, restful heart rate of 60 beats a minute and a slow, small blood loss. The rider was relaxed, and his pain was reduced through the hypnosis.

After he was transported to a local hospital, I received a call from the ER doctor to thank me for my prompt action. The hypnosis had worked effectively. The patient arrived free of shock and relaxed, making their work easier. The ER doctor wanted to know more about hypnosis.

Hypnosis is extraordinary for this kind of situation and for pre- and post-operative issues. Hypnosis will reduce blood loss, lower high blood pressure, slows a heartbeat as well as reduces infection. This kind of hypnosis has been around for hundreds of years and was used by Capt. James Braid in the mid- to late 1700s on for battlefield surgeries. Those patients who were wounded and were hypnotized actually healed more quickly and with less infection than those who were not willing (or able) to cooperate. Capt. Braid is considered the father of modern hypnosis.

We all have seen the best and the worst of people. But wherever a possible take a moment to think if blowing your cool is worth it at the time. A comedian was once asked whether it was true that he had never had an argument in his life. How did he do it?

“I use two words,” he said: “You’re right.”

Do not hesitate to contact me by telephone, 310.204.3321, or by email at nickpollak@hypnotherapy4you.net

See my website at www.hypnotherapy4you.net

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Thank you for all the support you have given me and the police officers of the Culver City Police Department over my career. After 31 years, I make my final laps around this City before I retire at the end of this year. I leave you in the caring capable hands of the next generation of officers.



Sincerely,
James T. Raetz
Serial Number 511
jim@raetzlaw.com

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