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*Diane Agate, Co-Founder*  
1945 - 2015



Tuesday, December 22nd 2015



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## 📄 When You Are Sick of Being Sick

Nicholas Pollak / December 21, 2015 /

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***Mr. Pollak***

A new client has been suffering from Lyme disease since the age of 11. A year ago she became seriously ill. Unfortunately there is no real cure for Lyme disease. Sometimes antibiotics work. This leads to further complications. Symptoms occur randomly with varying levels of intensity.

My client was raised in a chaotic environment, and her Lyme disease complicated her life.

Another negative is that we learn to be the people we become between birth and age 12. My client learned how to be sick. Understand, she never intends to be sick, but she is on a daily basis, as she had learned.

Hypnosis is useful for this kind of dilemma. It will not cure my client, but will help her to live with it in a better way. Hypno-therapy teaches relaxation and subconscious programming.

Relaxation is crucial. The more relaxed you are, tension and pain will diminish. Pain levels increase when the body tenses.

## Programming the subconscious is equally important.

Remember, the way we grew up made us what we are today. When we were young we made decisions that may not have been the best. But the decision created a habit, and now you are stuck with it.

The subconscious does not know what is bad or good. Our conscious minds make those determinations. The subconscious is an amazing hard drive, storing everything we have done.

My client never had learned to live in a healthy way because of her constant sickness. She did not want to feel that way but in spite of herself she felt sick. This is how her subconscious has been programmed.

The depths of ingrained behavior could have been a huge problem unless my client was willing to recognize what she had contributed to her sickness.

Once she understood that her subconscious had been programmed to be sick, we worked hard to change the imagery within her subconscious. In time, we changed her self-image from being sick all the time to being healthy all the time.

Learning to relax and tolerate her illness, she gained energy and a positive outlook. The new woman was energetic, happier and experienced fewer symptoms. She considerably reduced their effect.

She always will have this sickness, but her attitude toward it has come a long way back.

***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)***

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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](mailto:jim@raetzlaw.com)

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