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 HEALING, HYPNOTHERAPY, AND COUNSELING CENTER
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For a Healthy Body, Mind and Soul

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AS FEATURED IN
477
 MAGAZINE

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Sharon Jackson, M.S., M.Msc.
 Counseling Psychologist, Certified Clinical Hypnotherapist
 Counseling, Hypnotherapy, and Reiki

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Volume I Seventh Edition

Happy Labor Day! SEPTEMBER 2012 MONTHLY NEWSLETTER



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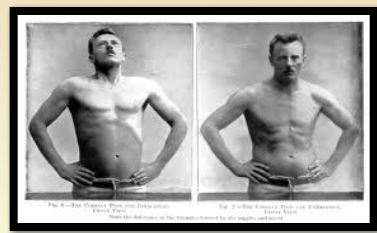
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The Benefits of Controlled Breathing

- HIGHER LEVELS OF OXYGENATED BLOOD
- STRENGTHENS THE HEART, LUNGS, AND NERVOUS SYSTEM
- DETOXIFIES AND RELEASES TOXINS
- RELEASES TENSION
- IMPROVES BLOOD QUALITY
- INCREASES DIGESTION AND ASSIMILATION OF FOOD
- IMPROVES CELLULAR REGENERATION
- ASSISTS IN WEIGHT CONTROL
- ELEVATES MOODS

Continued on other side or next page (eCopy) for article details and discount coupon

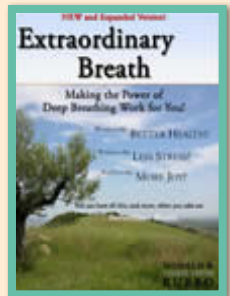
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Continued... Benefits of Controlled Breathing


**BREATHE
DEEP
AND
LET GO OF
THINGS**

How to Breathe properly?

In order to breathe properly, you need to breathe deeply into your abdomen not just your chest. Even in the old Greek and Roman times the doctors recommended deep breathing (voluntary holding of air in the lungs) believing that this exercise cleansed the system of impurities and gave strength. This certainly is of great value to you in your work in the world. Breathing exercises should be deep, slow, rhythmic, and through the nose, not through the mouth. The most important parts of deep breathing has to be regulating your breaths three to four seconds in, and three to four seconds out.

1. Inhale through your nose, expanding your belly, then fill your chest, counting to 5
2. Hold and Count to 3 feel all your cells filled with golden, healing, balancing sun light energy.

3. Exhale fully from slightly parted mouth and Feel all your cells releasing waste and emptying all old energy, counting to 5.

Schedule your deep breathing exercise just as you would schedule important business appointments. Set aside a minimum of two 10 minute segments of time everyday although you can begin with two five minutes segments if you prefer.

More benefits: Calms the body, Improves the flow of lymph, which contains white blood cells, helping boost your immune system.

Be sure and request your **FREE** eCopy of **Extraordinary Breath** to learn more about controlled breathing (see other side, for eCopy previous page) \$8.99 retail value

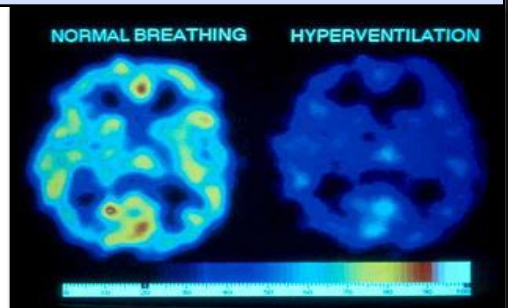
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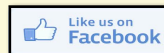


Effects of 1 minute of voluntary hyperventilation on brain oxygen levels (vasoconstriction due to lack of CO2)

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ASK SHARON QUESTIONS & ANSWERS:



QUESTION: How does hypnotherapy help with stress and anxiety?

ANSWER: Hypnotherapy promotes relaxation by slowing the brainwave frequency of the mind and body down. Relaxation and stress and anxiety cannot coexist. When you are under hypnosis you are relaxed preventing stress or anxiety from being present.

QUESTION: What if I cannot relax?

ANSWER: I use progressive relaxation techniques and guided imagery, which relaxes even these most resistant. Some may take longer to deepen, therefore I continue the process until I see the signs of complete relaxation.



If you have a question, please email powerofthemind@mail.com
(all answers are the opinions of Power of the Mind Healing, Hypnotherapy, and Counseling Center®)