

•The Healing Way•

Client Appreciation Days!

Friday, April 3rd from 4 pm-8 pm

Saturday, April 4th from 9 am-2 pm

Please accept our thank you for your patronage!

To our NAET clients past and present we will be offering **FREE TREATMENTS** these days only for the new Coronavirus, Vaccine Mix, Immune System, or Smoke.

FREE allergy scans for food or seasonal allergies for clients, friends and family!

Plus:

- **1/2 price** Foot Ionizers & select Rife Treatments
- **Free** Chair Massages
- **Free** Mini Bioenergetic Therapy Sessions
- **Free** Biomechanical Chiropractic Assessment
- **Free** Blood Pressure Screenings
- **Free** Mini Tai Chi Classes
- **Hypnotherapy** Information
- **Learning Arts Center** program information & activities
- **Lyme Disease**/General Medical Information
- Information on **Hormone Level Testing**

10% OFF ALL supplements while supplies last!

Plus **FREE** Gift Drawings.
No appointments necessary!
All are welcome



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Breast Thermography

Breast Thermography is invaluable in alerting to changes that can indicate early stage breast disease. It is a 15-minute test that is totally painless, effective, and approved by the FDA. The technique uses no radiation. The cost is \$260 for breast and \$425 for full body scans. Dates for 2020 are as follows:

Tuesday, April 14th, Thursday, July 16th, & Tuesday, October 13th

Schedule well in advance as time slots do fill up!

Please Note:

During the months of June, July, & August, we will not have Saturday appointments available.

We will resume those appointments in September.



Learning Arts Center
is now on Facebook!

Interested in volunteering?

Learning Arts Center is always looking for qualified volunteers to help with our programming.

Contact us at
learningartscenter@gmail.com
or 219-232-9637.

New for 2020!



Learning Arts Center Begins!

For many years, Healing Arts Center has offered quality health care services to the community. Now we begin a new era by adding Learning Arts Center! At Learning Arts, we will provide quality health and life skills education for both children and adults, helping to achieve their full potential. We will also address the educational needs of those with learning and developmental disabilities, such as Down Syndrome, autism, and ADD/ADHD. We will also be initiating programming specific for dementia-related illnesses as well as family and caregiver support and education. We are working cooperatively with other health and community organizations to provide these services and will foster volunteer activities to strengthen community support and mutual understanding. All of these programs will be offered free of charge or by donation only.

For a full listing of our calendar of events, please visit our website under the Learning Arts tab, and please like our Learning Arts Center Facebook page to keep updated! We thank all community members who have worked so diligently to make Learning Arts a reality, and we look forward to serving you all! Please feel free to call us at any time for more information, and share your ideas and suggestions too!

Welcome Ruth Johnston, M.Ed!

Ruth Johnston has been named Program Coordinator for Learning Arts Center. Ruth taught in the education department of Valparaiso University since January of 2000 and has accepted this new position at Learning Arts starting March 1st of this year. She began by volunteering for our special needs programming efforts and the rest is history! Ruth comes with a wealth of education experience and offers us many community contacts for further programming and volunteer opportunities. Welcome Ruth—we're so happy to have you!

Mei Zen Cosmetic Acupuncture

Here is a healthy option for looking and feeling younger! Cosmetic acupuncture is true anti-aging medicine – a relatively non-invasive procedure that brings amazing results and improves your overall health and well-being. Benefits include softer skin, a reduction in deep wrinkles, possible elimination of fine lines, and improvement in jaw lines. Besides the obvious visual changes, people have reported improved digestion, better quality sleep, reduction of hot flashes, improvement in mild depression and anxiety, and improved energy. You leave not only looking younger but feeling younger! From a Western medicine standpoint, Mei Zen cosmetic acupuncture works because the needling can cause micro-traumas to which the body responds by increasing blood flow and collagen and elastin production. From the Chinese medical perspective, Qi and blood is brought to the face, bringing the body's energetic systems into balance.

Acupuncture for Weight Loss

Thinking about acupuncture for weight loss? You should! Any health condition, whether it be headaches, low energy, hormonal imbalance, pain, etc. represents a disruption of energy flow or stagnation. This disruption also effects the brain which controls the rate of hunger, hormone production, and impacts negatively on fat accumulation in the body. It also predisposes us to water retention and physical and emotional stress, resulting in extra pounds. Acupuncture improves all body functions and promotes natural self-healing by stimulating the release of specific neurotransmitters in the body. Most importantly, it helps suppress appetite, and stress and diet are the major influencers of weight gain.

Call Healing Arts Center for a free acupuncture consultation today! See how good you can look and feel!



Do you suffer from poor memory, brain fog, excessive hair, low libido, PMS, easily disrupted sleep, or hot flashes? These symptoms are more common than you think and may all be related to your hormones. Hormone levels can be affected by a number of factors including food choices, environment, attitude, aging, stress, genetics, and even different chemicals.

At Healing Arts, we provide bio-identical hormone restorative therapy. This means we are not replacing your hormones with substitutes or drug-manufactured products but using bio-identical hormones. They are the exact chemical structures as the endogenous hormones that your body produces. This means the body cannot distinguish between what your body naturally produces and hormone therapy. Contact us today and start your journey to a better you!

5 Misconceptions of Hypnosis

by Randi Light, MS, CH

Have you ever been driving down a familiar road and the next thing you know you are pulling up in your driveway barely remembering the route? As a hypnotherapist, we call that highway hypnosis. Did you know that being guided into a hypnotic state by a professional can provide you with numerous benefits for your body, mind and life? Since Hollywood tends to dramatize and exaggerate, especially when it comes to hypnosis, I thought I would share with you 5 misconceptions of hypnosis, because the bottom line is as a clinical hypnotherapist, I do Healing Hypnosis, not Hollywood Hypnosis.

#1: I can't be hypnotized. "I am too analytical. I am too controlling. I am too intelligent." The truth is, anyone who has an IQ above 70 and wants to be hypnotized, can be hypnotized. It's actually a natural, common, everyday occurrence. Hypnosis is a focused state of awareness in which you are more open and receptive to receive positive suggestions. I like to think of hypnosis as meditation with a goal or a purpose.

In hypnosis, your brain waves slow down from the active thinking state of Beta down to Alpha, "The Zone", a state in which you are focused and present, completely absorbed in what you are doing. When you are watching a movie, reading a book, or deep breathing, your brainwaves slow down into Alpha, which is a light state of hypnosis or meditation.

#2: The hypnotist will be able to control me, and I will do or say things against my will. In actuality, if a hypnotist had the types of control Hollywood portrays, my clinical practice would consist of a line out the door because everyone would be in perfect health and of course their ideal weight. People in hypnosis can actually do amazing feats but nothing against their will. Sometimes, clients don't want to say what's happening during the session and that's okay, because all I need is the context—not actually the content—to help you breakthrough a negative feeling or situation. You might feel embarrassed or believe it's too private to share.

Here's an example: When I regressed a teenager back to the root cause of his embarrassed feelings, he went back to a memory of when he was 5 years old, playing with 'Barbie dolls' with a little girl. In hypnosis he didn't want to tell me, but he decided to tell me after the session. The point of regression is to release stored emotions, discover the belief or conclusion, and then reframe it to a true and more empowering belief.

#3: Hypnosis conflicts with my religious beliefs. Healing hypnosis is very different than people or clergy might realize. It's truly a misunderstood subject. I believe that if given the opportunity to learn what it is and how beneficial it can be for many issues, religious organizations could easily align with the



practice of meditation and self-hypnosis. For example, hypnotherapy can assist you in feeling even closer to God or to your Higher Self,

For many hypnotherapists, we help you feel more loved, spiritual, and closer to your Creator. We are more like life coaches that help you become your best version of yourself as well as learn how to use your thoughts and imagination to live a more fulfilled life.

#4: I will be unconscious or asleep while in hypnosis and won't remember anything. When you are in a hypnotic or meditative state, your brain waves slow down into the Alpha and Theta brain wave states. Beta is your everyday awake experience. In Alpha, your brain waves slow down and you are in a light state of hypnosis or meditation. Theta is a deeper state of hypnosis or meditation. Delta is sleep. Your conscious mind goes to sleep in Delta but your subconscious mind is always active and listening. In hypnosis, you hear sounds around you, but you just don't pay much attention to them. Most people remember the session, just like you would in a normal conversation. I want my clients to remember the experiences and I encourage them to journal their sessions in the manual I give them.

#5: Highly intelligent or analytical people can't be hypnotized. High achievers can be easily hypnotized because they are good at focusing on the task at hand. Analyzers can be good at hypnosis too but may not believe they are in hypnosis, yet still reap many benefits.

If you are curious or want to make a breakthrough, go ahead and schedule a free consultation or an appointment to get you to that next level of success. I work with both children and adults. I specialize in overcoming feelings of depression and anxiety as well as insomnia, weight loss and creating peak performance. For best results, get scheduled now by contacting the Healing Arts Center at 219-510-5623.

Complimentary Hypnosis Meditation with Randi Light

March 31st, April 28th, & May 19th, from 6:30 to 7:30 pm

Join Randi in a guided experience that can help you sleep better, reduce negative thoughts and feelings, as well as get you on your success path. She will share information and insights into the healing and transformational benefits of hypnotherapy and guide you into a hypnotic state to help you be your best version of yourself.

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Healing Arts Center
Valparaiso



@healingartscentervalpo

Hours of operation:

Monday-Thursday
9 am-6 pm

Friday
9 am-8 pm

Select Saturdays
9 am-1 pm



March Specials

**Free Rife treatment for anxiety
or depression**

**10% off 1st time Dry & Live
Blood Hemographics**

**10% off 1st Healthy Movement
Session**

10% off digestive enzymes