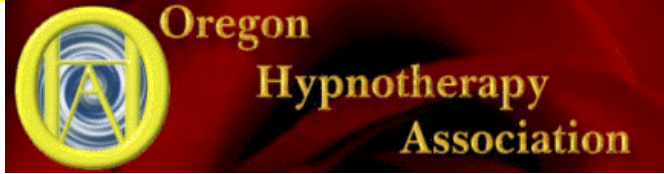




# OHA Journal

Oregon Hypnotherapy Association—Preserving Professionalism In Hypnotherapy  
Vol 27 February 2007

**WEB SITE:**  
[www.hypnosis-oregon.com](http://www.hypnosis-oregon.com)  
Web Master: Joseph Bennette



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Horace Simmons, BA CHt

**ADMINISTRATIVE REPORT**  
Horace Simmons, President

### Allergies as Conditioned Response

Let's consider the evidence that allergies are not diseases at all, but instead are the result of conditioned response.

Perhaps the first thing to do is to notice that the allergen itself cannot harm the body. The medicine that a person takes to suppress the symptoms connected with the allergy do not immunize the way a vaccine does, nor kill the invader the way antibiotics do. The allergen is still present in the person's body, but the body's response is disabled by the medication.

Imagine what would happen to the person if they had pneumonia and the doctor gave an immune suppressant. Or what if a person had mumps or measles and the doctor gave a medicine to limit the body's natural response. The outcome would not be good.

Frequently the treatment for an allergy is injections of the allergen. Again, consider the likely outcome of a doctor injecting additional pneumonia bacteria into a patient suffering from pneumonia.

No, allergens do not harm the body directly; it is the body's immune system response that causes the discomfort. It could be compared to the "one-trial learning" that produces a phobia. The body has developed a phobic response to the presence of the allergen. Or, one could say that

### Hypnosis or guided imagery can resolve allergies in about 45 minutes.

the immune system has a virtual panic attack at the presence of the allergen and overreacts with a full-fledged counterattack. This overreaction can be fatal in those with bee sting allergies, so we should not underestimate the seriousness of the panic attack.

If a person were shopping in a large mall, and came to a bakery cooking bread, cookies, or cinnamon rolls, the scent of the goodies cooking might well cause the mouth to water. The person will have no say in this happening: it is a conditioned response.

Walking further along the mall, the person might encounter a flower shop with roses out front by the door. If the person has an allergy to roses, the eyes and nose might begin to water. The person will have no say in this happening: it is a conditioned response.

Why do people never go to the doctor for allergy medicine for their "allergy" to the scent of cookies or cinnamon rolls, when they do go for the "allergy" to roses? It is because the association to the goodies is pleasant. Past experiences were that the food was tasty. Maybe it was eaten with friends or family around the table: the memories are good.

The allergy to roses is connected to a bad memory; perhaps a loss of a loved one, with lots of roses at the funeral.

### Inside this issue:

**Page 1 Administrative Report Notice of Meeting**

**Page 2-4 Emotional Freedom Technique.**

**Page 5 Notice of OHA Meeting**  
To be held on **Saturday, June 16, 2007**

**OHA Board of Directors**  
Horace Simmons, BA, CHt, President  
Nancy Wheeler, MPH, CHt.  
Julie Sorick, CHt, M.NLP  
Patricia E Peterson MD  
Clare Katner, CHt  
Debbie Vaughan, BA, CHt  
Carole Orcher, CHt.  
Howard Hamilton, CHt.

**Telephone:**  
503 635-1900  
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503 635-4346

**Next Meeting of the OHA Saturday, June 16, 2007**  
**All-day Seminar** at Fairfield Inn, 6100 SW Meadows Road, Lake Oswego, Oregon  
Starting 12:00 and ending 5:00 pm. 5 hours of continuing education  
Members \$45, Non-Members \$55 and Students \$35  
Application form enclosed on page 5 or apply to OHA,

## EMOTIONAL FREEDOM TECHNIQUE (EFT)



**Deepak Chopra, MD**

EFT offers great healing benefits."



**Donna Eden**

Co-Author of [The Promise of Energy Psychology](#).

"EFT is easy, effective, and produces amazing results. I think it should be taught in elementary school."



**Candace Pert, PhD**

Author of [Molecules of Emotion](#).

"EFT is at the forefront of the new healing movement."



**Eric Robins, MD**

Co-author of [Your Hands Can Heal you](#).

"I frequently use EFT for my patients with great results."

If you haven't explored the use of EFT as a therapy, you may want to visit <http://www.emofree.com/> and order some of the training videos.



**Norm Shealy, MD**

Author of [Soul Medicine](#).

"Meridian-based therapies such as EFT...can have effects out of all proportion to their cost and complexity."



**Cheryl Richardson**

Author of [The Unmistakable Touch of Grace](#).

"EFT is destined to be a top healing tool for the 21st Century"



**Bruce Lipton, PhD**

Author of [The Biology of Belief](#).

"EFT is a simple, powerful process that can profoundly influence gene activity, health and behavior."

# Emotional Freedom Technique

Based on impressive new discoveries regarding the body's subtle energies, Emotional Freedom Techniques (EFT) has been proven successful in thousands of clinical cases. It applies to just about every emotional, health and performance issue you can name and **it often works where nothing else will.**

For proof, here is a sampling of our actual cases. They are written for you by everyday citizens, physicians and therapists: [Pain Management](#), [Addictions](#), [Weight loss](#), [Allergies](#), [Children's Issues](#), [Animals](#), [Vision](#), [Headaches](#), [Panic/Anxiety](#), [Asthma](#), [Trauma](#), [PTSD](#), [Abuse](#), [Depression](#), [Dyslexia](#), [Carpal Tunnel](#), [Anger](#), [ADD-ADHD](#), [Fears/phobias](#), [Eating disorders](#), [OCD](#), [Blood Pressure](#), [Diabetes](#), [Neuropathy](#), [Fear of Flying](#), [Claustrophobia](#), [Agoraphobia](#), [Anorexia/Bulimia](#), [Sports and other Performance](#)

Chances are you came here because you have either thrown loads of time and money at your health issues and received very little help ... OR ... you are a physician, therapist or life coach and you know your profession is missing that "vital something" that could open new doors for millions. Things just aren't working and you know intuitively there must be another way ... another approach ... perhaps a deeper cause that you aren't addressing.

If so, you came to the right place. [Start with "What is EFT?"](#) and proceed from there. You will find this a loving and gentle place. EFT'ers are a caring bunch and you will sense that in every page.

Also, anyone can use EFT and you don't need specialized schooling for it. In most cases, common sense will do. No meds or surgeries involved either. Further, we've made it easily affordable and [you can get started for free.](#)

With gratitude for your presence here,

Gary Craig  
EFT Founder

P.S. This quote by Eric Robins, MD captures the essence of EFT:

*"Some day the medical profession will wake up and realize that unresolved emotional issues are the main cause of 85% of all illnesses. When EFT will be one of their primary healing tools .... as it is for me."*

- Eric Robins, MD -

## What is EFT?

### Gary Craig, Founder

EFT is based on a new discovery that has provided thousands with relief from pain, diseases and emotional issues. Simply stated, it is an emotional version of acupuncture except needles aren't necessary. Instead, you stimulate well established energy meridian points on your body by tapping on them with your fingertips. The process is easy to memorize and is portable so you can do it anywhere. It launches off the EFT Discovery Statement which says...

*"The cause of all negative emotions is a disruption in the body's energy system."*

And because our physical pains and diseases are so obviously connected with our emotions the following statement has also proven to be true...

*"Our unresolved negative emotions are major contributors to most physical pains and diseases."*

This common sense approach draws its power from (1) **time-honored Eastern discoveries that have been around for over 5,000 years** and (2) **Albert Einstein**, who told us back in the 1920's that everything (including our bodies) is composed of energy. These ideas have been largely ignored by Western Healing Practices and that is why **EFT often works where nothing else will.** As you will clearly see, conventional healing methods have overlooked the obvious.

### More benefits await you...

## Possible EFT limitations

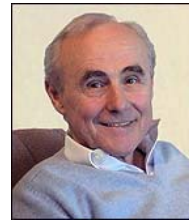
I'm not saying here that EFT is perfect. We don't get 100%. But it usually works well and the results are sometimes spectacular. It often works where nothing else will and it represents a Doorway to your new Healing High-Rise.

You will find that EFT is usually quite gentle and you can often achieve substantial relief with little or no pain. This is not true for everyone, however. Some people's issues are so intense that the mere mention of them causes emotional or physical pain. But, given time, even these are often resolved efficiently with EFT.

A small percentage of our population (best estimate is less than 3%) have serious emotional disabilities and thus newcomers to EFT are advised to exercise common sense in this regard. While you can use EFT to generate impressive relief for the vast majority of the world's population, please don't go where you aren't qualified.

*Note:*

*The Oregon Hypnotherapy Association requires not less than 150 hours hypnosis-related training and relevant experience for membership. In addition the Association requires continuing education in the amount of 30 hours per year for continued membership.*



## About Gary Craig

I am the founder of EFT and your host the website [www.emofree.com](http://www.emofree.com). Please know that I am neither a psychologist nor a licensed therapist. Rather, I am a Stanford engineering graduate and an ordained minister and, although we don't pound the table for God here, I do come at this procedure from a decidedly spiritual perspective.

My ordained ministry is with the Universal Church of God in Southern California which is non-denominational and embraces all religions. I am an avid student of A Course In Miracles but at no time is any EFT'er asked to follow any specific spiritual teaching.

**Other details:** I was born April 13, 1940 and have been intensely interested in personal improvement via psychology since my age 13. That was when I recognized that the quality of my thoughts was mirrored in the quality of my life. Since then I have been self taught in this field, seeking only those procedures that, in my opinion, produced results. EFT is my latest finding, the core of which I learned from Dr. Roger Callahan. I also have high regard for Neuro Linguistic Programming (NLP) in which I am a Certified Master Practitioner.

Hugs & Blessings, Gary

OHA all day Seminar

Fairfield Inn, 6100 SW Meadows Road, Lake Oswego, Oregon

Saturday, June 16, 2007

Starting 12:00 pm and ending 5:00 pm. 5 hours of continuing education.

10:00 to 12:00 Board Meeting

11:30 to 12:00 Registration

A catered lunch will be provided at no additional cost.

12: to 1:30 Howard Hamilton: Increase Your Success Rate

Pre-Hypnotic testing, creating mental expectation, more rapid and instant inductions, creating eye and arm catalepsy.

Howard Hamilton is a member of the OHA and National Guild of Hypnotists. Howard operates a private practice and teaches a course in hypnotherapy for certification at the Howard Hamilton School of Hypnosis.

Short Break

1:45 to 3:15

Joseph Bennette, MRET, CHt - Emotional Freedom Technique (EFT) - learn how to apply this simple technique to many applications, including helping clients stop smoking and relieve irrational fears. Joseph has been doing EFT since 1995 and has developed his own simplified version that he will present to attendees. Adding this simple technique can enhance whatever you currently offer your clients.

Short Break

3:30 to 5:00 To be announced



**APPLICATION FORM for OHA Seminar June 16 2007**

Fairfield Inn, 6100 SW Meadows Rd, Lake Oswego (Off I-5)

Ticket: Members \$ 45, Non-Members \$55, Students \$ 35,

Name.....Address.....

City.....State.....Zip.....Tel:.....

Apply for (#).....Member's, and/or(#) .....Non-Member's ,#..... Student's and enclose Check for \$.....

Checks to be made payable to Oregon Hypnotherapy Association.

**Send to: Oregon Hypnotherapy Association**

16869 SW 65th Ave. PMB 357

Lake Oswego, OR 97035

Inquiries: Tel: 503 635-1900 Fax 503 635-4346

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