



## Uncommon News - Issue 2-2, Apr 2000

[Hypnosis](#), [Psychology](#) and Personal Development - Keeping You Informed

### How much more smoking can we take?

TOO much football on TV used to be the favourite gripe of many viewers, but that was before smoking cessation replaced it as the nation's favourite spectator sport.

The number of smoking and addiction-related programmes has rocketed over the past months, leaving non-smokers wondering what all the fuss is about.

And, to make matters worse, we're bringing the QuitEasy Stop-Smoking workshop to Brighton on April 29th.

Sorry to all you non-smokers out there; maybe you could go and watch football instead!

### A happy tale from the [Self-Confidence Trainer](#)

You may remember that in last issue we launched the Self-Confidence Trainer double CD audio pack. Well we were delighted to hear back from a woman who had listened to the pack before a job interview and subsequently got the job! Of course, the success is down to her, but it's still good to hear these stories.

If our products have helped you in any way, we'd love to know.

### [Hypnosis Weekend](#) travels to Cambridge

The Hypnosis Weekend runs in Cambridge for the first time on July 8th & 9th, so if you've got friends up there who you think might like to come, let us know and we'll send them a leaflet.

### Startling Statistics

#### Life-saving siestas

[Ultradian rhythms](#) figure regularly in the newsletter; if you need a reminder, click here. Here's a little statistic which should make those of you who follow their ultradians and practice [self-hypnosis](#) feel a little smug!

In a hospital in Greece, researchers compared the sleep habits of 97 heart attack victims with those of healthy people. Those who routinely took a 30 minute afternoon 'power nap' were 300% less likely to suffer heart attacks. For those taking a double dose, the chance of a heart attack was cut almost in half.

This reassuring statistic comes from this issue's top book and competition prize 'Healthy Pleasures' by Robert Ornstein and David Sobel.

### **Top Tip**

Enjoy your food more AND eat less! If you find yourself eating too much, have soup or a pint of water before every main meal. On average, every calorie of soup will replace two in the meal and water will make you feel full more quickly.

Secondly, eat slowly. Satiety or 'full' signals take around 20 minutes to reach the brain. This is a good way to eat less without the feelings of deprivation that lead to the failure of most diets.

### **Success Story**

This issue's success story comes from our own clinic where we recently saw a lady who had been suffering from terrible migraines for 13 years.

As so often is the case, she came to us after exhausting all the medical profession had to offer. Prescriptions over the years had ranged from tranquillisers, through anti-depressants to injectable antiepileptic drugs. And by the time she came to the Hollingbury Hypnotherapy Clinic in Brighton she was suffering 2 or 3 migraines a week, each of which would last up to 48 hours.

We were not at all sure that we would be able to help, but decided to give it a try. As much to our amazement as hers, the first session, where we just attempted to shift the ingrained pattern of the migraines, yielded a dramatic decrease in the duration of the attacks.

After the second session, they had decreased in frequency to one a week, of around 3 hours duration and of much lower intensity. Her sleep improved and after the third session she would sometimes go a whole week without any pain at all.

She was able to return to college and begin part-time work which previously was impossible.

Stories like these teach us to always be optimistic about the possibility of change. People seldom fail to surprise us!

### **Competition**

Great prizes with great odds!

(Please note: This competition has now expired!)

BASED on previous newsletter competitions, you have a 11.3% chance of winning a prize if you enter. That's about 1.6 million times the chance you have of winning the lottery. A great reason to send in your entry now!

This issue's prizes are three copies of the Top Book 'Healthy Pleasures' by Robert Ornstein and David Sobel, featured in Startling Statistics.

Question: Which type of food promotes serotonin production, linked to good sleep and happiness? Is it:

- a) Carbohydrate
- b) Protein
- c) Fat

Answers by post or email please. The competition will be drawn on June 1st. Last issue's competition asked: In the story of the Ugly Duckling, does the duckling turn out to be: a) A duck b) A fish c) A swan. We got lots of entries, many by email with the correct answer of c) a swan. Not too tricky!

The lucky winners of Pat William's tape pack 'How Stories Heal' are: Phil Ramage of Brighton, Nick Woodward of Bristol and S J Moss of Peacehaven.

### **Top Book**

[Healthy Pleasures](#) by Robert Ornstein and David Sobel

### **Uncommon Quotes**

"Nature had not intended man to work from eight in the morning until midnight without the refreshment of blessed oblivion which, even if it lasts only 20 minutes, is sufficient to renew all vital forces." Winston Churchill, confirmed 'napper'

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