

Hypnosis is a narrowing of attention and focus. In this state the subconscious mind is more receptive to making changes. In a hypnosis session, you are guided into a state of mind in which you can easily modify your subconscious beliefs to more positive, valuable ones that will enable you to end negative behaviors and lead the life that you desire, much rapidly that with traditional therapy. After your hypnosis session, for additional support and guidance you will be emailed positive affirmations, self hypnosis audios and some of my published health promoting articles. We trust that after a hypnotherapy session you won't have to rely on will power anymore but rather you will make the right decision effortlessly because your subconscious beliefs have been changed to support you.

What's special about your Advanced Hypnosis Center?

By having an office on Central Park, when the weather permits, I'll conduct the first half hour of our hypnosis session while walking in the park. My clients really find it therapeutic to be sharing their challenges while talking and walking through nature. Most clients come to my office with a specific challenge to overcome. I'll address their challenge directly but also inspire and motivate them to maintain healthy habits. I'll do my best to thoroughly address any potential root causes that may be causing an impediment to my clients achieving their goals such as insufficient sleep and exercise, poor diet and/or overindulgence in alcohol, caffeine or sugar. These key factors are functional challenges that are problems in themselves and can interfere with their identified goal.

In what ways do you connect with your clients?

I see clients in person through one-on-one sessions as well as through Skype sessions. On a larger scale, I present lectures to companies and organizations, I am a frequent expert guest on television, and I have authored numerous health promoting articles.

As a practicing hypnotherapist what are your particular credentials?

I have over twenty years of experience in conducting individual hypnosis sessions, group hypnosis sessions, teaching workshops as well as corporate wellness programs in the New York and throughout North America. My bachelor's degree is from New York University, where I studied psychology and nutrition. I am certified by the International Association of Therapists (IACT), the National Guild of Hypnotists (NGH), and the International Medical and Dental Hypnotherapy Association (IMDHA), and trained with the Recovery Coach Academy for Addiction Recovery Coaching. My articles have also appeared in scientific journals including PCI JOURNAL, the official journal of the Society of Dermatology and Skin-Care Specialists.

Why do so many people seek your help?

I have over twenty years of experience in my field helping thousand of people rapidly achieve their goals. Privacy is of utmost importance. My Manhattan office on 5th Avenue is on the first floor to reduce my clients' amount of public exposure. Since all of my clients information is held confidentially their comfort in discussing their health habits is insured.

How do you maintain your own healthy lifestyle?

I practice what I preach and I preach what I practice. My active lifestyle is an embodiment of the healthy principles I promote to my clients. I endeavor to maintain a healthy natural lifestyle consistent with my beliefs. I'll meditate in the morning, exercise daily, sleep 7.5 hour nightly, avoid sitting for extended times and spend as much of my life outside in nature. As a passionate environmentalist, I support and promote ways to protect our forests and waters from pollution and further degradation. I adhere to a health-promoting diet, which is -

purely Paleolithic: organic fruits and vegetables, seeds and nuts, wild fish and game and organic pastured meats. I have not consumed any processed sugar since 1980, nor do I desire it or miss it. When I'm not helping clients, I enjoy seasonal ocean swimming, mountain hiking, and ecotourism with my wife and two young daughters.

What media has called you to appear as an expert guest?

I have been appeared on a multitude of television shows including the Tyra Banks Show, CBS' The Early Show, CNN American Morning, CBS News, National Public Radio, Arise TV, Al Jazeera, the Yahoo web series, Man- some, Fox & Friends, Sirius Radio, and Dr. Ronald Hoffmann's Intelligent Medicine Podcast. In print, I've been featured in MARTHA STEWART LIVING in an article about overcoming fear of flying, MEN'S VOGUE, EXHALE/INHALE Magazine, the New York City & Hamptons Guide to Beauty and wellness, PALM BEACH SOCIETY, PROMENADE Magazine and WELL + GOOD "Seeking Holistic Methods to Quit Smoking."

How do you maintain being a leader in your field?

Word of mouth from the countless clients I have helped over the years and doctor referrals is how most people find me. I must live up to their vote of confidence with my compassion and therapeutic techniques. I also do right by my clients by keeping myself abreast of the most up-to-date and powerful health-promoting information and protocols. The International Association of Counselors and Therapists asked me to share my approach as a speaker at a past annual conference for other hypnotherapists. I presented "An Holistic Approach to a Hypnosis Practice" to my peers.

Tell us why Philanthropy is so important to you.

I want to make a difference in the world in the areas that I am most passionate about, particularly our health and environment and philanthropy enriches my life. I founded and lead the Rockland County, New York chapter of Start School Later where I am actively advocating for later in the morning high school start times so that our nations' teenagers can get the sufficient sleep they need to be healthy, excel in school and fully enjoy life.

I also support through donations, the Waterkeeper Alliance, the international organization that patrols our earth's rivers and streams. Also, I support the Farm to Consumer Legal Defense Fund, which defends the rights and broadens the freedom of American and Canadian family farms. Additionally, I was presented with an award by the New York Public Interest Research Group (NYPIRG) for my years of dedicated service in the public's environmental interest.

By Rose Wu

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