

The power of the subconscious

One of the most powerful and creative resources you have available to you is your mind. Yet, how many of us know how to tap into it and experience its full potential?

It's said that Albert Einstein, one of the most influential thinkers in history, only used 15% of his total mind power. Unfortunately, most of us use much less than that and it is simply a case of not being taught how.

Your mind is made up of two parts: the conscious and subconscious. The conscious part makes up about 25% while the rest is your amazingly creative subconscious mind. This is your control centre, the 'hub' of your existence and your protector.

It's also the part that controls your habits. A habit is an acquired pattern of behaviour which is created at a conscious level. Once established, it moves into your subconscious and becomes automatic.

Cigarette smoking is one of the most powerful negative habits that exists and is usually started to avoid negative feelings. One of the most powerful ways to extinguish this habit is by accessing your

subconscious through guided advanced hypnosis and giving it positive, supportive suggestions so it no longer associates cigarettes as protection from these negative feelings.

Instead, it now 'changes sides' and protects you by supporting you as a non-smoker. The two parts of the mind are now operating as one, making the process of quitting cigarettes easier.

Once a decision to quit cigarettes is made, the combination of advanced hypnosis and applied Neuro Linguistic Programming (NLP) used in the session enables you to access the 'root' of your habit, allowing you to quit cigarettes easily, safely and naturally.

By Briony Pettigrew.
Briony is a qualified Quit Cigarettes in 60 Minute™ Specialist Hypnotherapist, NLP practitioner and Avatar Master.

For further information, log on to her website: www.YourQuitSession.com
For bookings call 1300 959 833 or email: bookings@yourquitsession.com

Holistic medicine on the peninsula is growing

Peninsula Holistic General Practice in Rosebud West has recently welcomed a new holistic medical practitioner. Dr Michelle Woolhouse said, "I am delighted to welcome Dr Peter Johnston. As a pioneer of holistic medicine in this country, as well as an educator and author, he brings with him a wealth of experience and knowledge".

Dr Johnston graduated in Melbourne in 1965 and worked as a general practitioner both here and overseas. In 1980 his wife was diagnosed as having emphysema as a result of congenital enzyme deficiency, alpha-1-antitrypsin. This ultimately proved fatal but during the intervening seven years they explored an array of complementary, alternative and holistic approaches to healing chronic disease.

"During the early 1980s Dr Johnston helped to establish a meditation centre where most of the patients had some form of cancer", Dr Woolhouse said. "Since then he has pursued studies in a wide range of complementary therapies encompassing the physical, mental, emotional, energetic and spiritual aspects of healthcare."

As a practitioner Dr Johnston believes in spending quality time with his patients in an unhurried, relaxed manner. "This allows us to explore all relevant aspects of their



life and help find meaning in their illness while assisting them to achieve good health and wellness", he said. "I have found this brings depth and allows insights to emerge."

A warm and welcoming person, Dr Johnston has a special interest in men's health and chronic illnesses such as arthritis, heart disease and diabetes as well as cancer, depression and anxiety, irritable bowel and fatigue.

Bookings can be made through Peninsula Holistic General Practice, Suite 6/1533 Point Nepean Road, Rosebud West. Call: 5986 4229.

Pictured: Dr Michelle Woolhouse and Dr Peter Johnston.

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Holistic Doctors **drmichellewoolhouse & drpeterjohnston**



Dr Michelle Woolhouse and Dr Peter Johnston are medical doctors that use natural therapies wherever possible and always aim to treat underlying causes.

At Peninsula Holistic General Practice we offer nutritional and environmental medicine, mind-body medicine, herbal medicine, hypnotherapy and traditional Vietnamese laser acupuncture (painless). We believe that combining both traditional and western medicine offers you the best of both worlds.

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