

Hypnosis + Nutrition Can Help with Tourette Syndrome

A Story About Julie

Dena Moscola, C.Ht.

Since I've been working with hypnosis + nutrition I've noticed amazing occurrences that came as a surprise to both my clients and myself. Although, my studies of nutrition always taught that proper nutrition prevents and heals physical and emotional issues, it always amazes me when it happens right before my very eyes.

When people began to eat a healthier and more balanced diet they began to lose weight. As an added bonus, many experienced more results than weight loss. Improved sleep, balanced blood pressure levels, lower cholesterol, balanced insulin levels, more energy, less mood swings, more positive attitude, increased motivation and more. By eating healthy meals, you can maintain balanced sugar levels. This has an enormous effect on the above mentioned mental and physical health issues.

Balanced eating is simple but it is not easy. In a world of the "high carb, low fat diet", balanced eating can be a challenge. That is because we are taught to consume large servings of high carbohydrates per day and low fat foods. That is also the message given by the media. What they are NOT telling us is that high carbohydrates (breads, cereals, pasta, grain, rice, etc.) and low fat meals lead to an imbalance in sugar levels. This affects our metabolism, hormones and offsets our insulin levels. In fact, elevated insulin levels are the leading predator to heart disease, diabetes, obesity and more serious illnesses and mental health condition.

Balanced eating consists of consuming the right portions from the 3 food groups - protein, carbohydrates and fat - at each meal and snack through out the day. The appropriate portions of each need to be tailored to your age, gender, size and activity level. Once you get used to eating like this, it becomes very easy to incorporate into any lifestyle or taste bud. When your body is in balance it can begin to relax and start to heal itself and results are noticed quickly. Therefore, eating healthy is key to improving and preventing many unhealthy issues.

After working with weight loss and seeing clients, and myself, improve health also, I began to include nutritional counseling for all of my clients. Success rates began to rise even higher. Anxiety, depression, worry and even physical symptoms were decreasing and in some cases going away, at faster rates than before incorporating nutrition. I started realizing that although, hypnosis is extremely effective, when you add proper nutrition, it magnifies the results. Now I share this information with all of my clients. I like to think of it as shoveling snow. If the hypnosis was a shovel and the snow represented the wrong eating habits, no matter how much you shoveled, it wouldn't make much of a long-term difference if it never stopped snowing!

I'd like to share with you a story about Julie. Julie came to me at 17 years old. She is a lovely girl determined to overcome the negative effects of Tourette syndrome. When we first met, Julie's Tourette was accompanied by suffering from depression, OCD, ADD, uncontrollable twitching and extreme sound sensitivity. These issues were causing anxiety, agitated behavior, screaming, crying, shouting, etc. At the same time, she was hoping to lose weight, despite the water retention and increased appetite caused by her medication. At this time, Julie was hesitantly experimenting with hypnosis. She felt most comfortable focusing on improving her eating habits before focusing on her Tourette's symptoms.

Immediately we began with a nutritional evaluation, education and then implementation. Julie followed ALL recommendations. She began changing her eating habits by increasing some of her food intake to add balance to her meals and snacks. At other times, she decreased her carbohydrate intake. This is because excessive carbohydrates turn to sugar and sugar turns to fat. It also raises insulin levels that will cause off balance and a negative increase in hunger, moods, anxiety, depression, etc.

Please note: I am not a carb basher. I strongly believe in the benefits to carbohydrates. We need them for proper brain function but if we have too little or too much, we experience negative side effects.

Julie's first hypnosis reinforced the eating habits we discussed. Within the first 2 weeks, Julie quickly lost water weight and noticed a decrease in tics. She also noted feeling more relaxed and having more motivation for healthy eating. We continued with the nutritional counseling reinforced by hypnosis. As Julie felt more comfortable, we added suggestions to decrease worrying. Unfortunately, due to high sound sensitivity, Julie was unable to listen to hypnotic tapes at home. We were only able to get together every two weeks. She made it work for her anyway!

Within one month, Julie lost 14 pounds, felt more energized, relaxed, enthusiastic and tics continued to decrease. As time went on, Julie became more comfortable with the hypnosis and we began to focus more on decreasing and eliminating the worry and anxiety.

By the fourth month, Julie lost 25 pounds and was feeling a lot better. Prior to beginning hypnosis, Julie reported the sound sensitivity to cause her head to tic for 4 to 5 hours. Now, she is able to "shake it off" by 90%.

It is one year later and Julie is convinced that she has forever changed her eating habits. She has lost a total of 40 pounds, went down from size 16 to size 10 and continues to lose weight at a healthy, moderate pace. Julie continues to take control over her reactions. Her confidence and self-esteem continue to soar. Julie has experienced a decrease in tics, sound sensitivity, OCD and anxiety. She also noted that she does not get physically sick as often as she used to. Julie claims, "I feel better about life in every aspect and found more positive experiences in the world." All of Julie's symptoms are decreasing at a pace she is comfortable with. Julie has made

such significant progress that her doctor has begun to decrease her medication in hopes to eliminate it completely.

Julie has learned 2 very important lessons during our time together. The first is that she is in control of her Tourette symptoms and the hypnosis helps her react less drastically to situations. The next lesson Julie has learned through trial and error, is that the minute she eats out of balance, her symptoms magnify dramatically.

Dena Moscola C.Ht., founder of Resolutions Training & Consulting, has been guiding individuals/groups of all backgrounds to reach high potentials since 1983. Her specialties include motivation, stress management, influencing skills and holistic nutrition. Dena is the author of “Break Through The B.S., The Nutritional Eye Opener”, which is the backbone for one of many classes known for accelerating personal and employee development. She also is author of several other professional and personal development products. Dena works with individuals and organizations of all sizes throughout the U.S. and can be reached at (973) 627-6551 or visit her website at www.resolutionsplus.com.

Just A Challenge

By Julie Wions

“Although I’ve experienced some rough times in my life, living with Tourette Syndrome has changed me for the better and I’m proud of who I’ve become. I’m in the process of overcoming this disease, which is such a dream come true. I know I have the perseverance to fulfill the challenges of college and I am very excited to do so. I wrote a poem when I realized that I could use Tourette to my advantage.

‘Yes, I am faced with a challenge.
Does that mean I cannot reach
My most triumphant goal?
Don’t say I can’t do it.
I can, I’m determined.
I will show myself, prove myself,
I believe in myself.
Don’t stop me, encourage me.
Yes, I have a challenge.
It won’t get in my way,
I won’t let it.
So don’t say I can’t do it,
I can, I will, I need to.
I’d climb the highest mountain
Fly higher than any bird,
Swim deeper than any sea creature.
I’m SO determined,
I know I can, I will.

If I fall, I'd get back up.
If I fail, I'd try again.
Don't tell me I can't do it, I can.
I'd set my mind to do it,
To do anything
I am capable, I know I am.
I won't let my challenge keep me.
I won't let it get in the way.
Stay positive.
It won't take control of me.
Stay happy,
Be happy.
No, I don't regret my challenge.
It's part of me, I would never change.
My challenge makes me who I am,
Who I always will be,
Who I want to be.
So, no, it's not a disease,
It is, and will always be...
Just a challenge."