



RETIRED MEN'S ASSOCIATION OF GREENWICH, Inc. (RMA)
Invites you to its meeting **May 2, 2018** at
First Presbyterian Church, Lafayette Place, Greenwich, CT

Meg Tocantins, Certified Hypnotist **“How Medical Hypnosis Can Serve Patients”**



Contemporary medicine is exploring more integrative approaches to help us maintain and increase health, cure or reduce disease, and prolong life. Massage, meditation, acupuncture and hypnosis are some of the complementary modalities that have been tested and evaluated in medical literature.

Hypnosis can be an effective method for managing anxiety, pain, and stress-related disorders, as a growing body of scientific evidence suggests that hypnosis can yield a wealth of health benefits. Hypnosis is not a treatment in itself; instead, it is a facilitator that can accelerate or support treatment modalities. Studies have shown that people hypnotized before surgery have a shorter procedure time and post-surgery recovery time. In 1996, The American Medical Association published a statement indicated that there was “strong evidence for the use of hypnosis in alleviating pain associated with cancer.”

Patients with disorders with a psychological component, such as irritable bowel syndrome, white coat syndrome, impotence, and fibromyalgia can benefit from hypnosis sessions. In addition, evidence suggests that other conditions can be reduced or even eliminated, including menopausal hot flashes, nausea – both in cancer treatment and morning sickness, insomnia, and tinnitus.

“Hypnosis is the epitome of mind-body medicine. It can enable the mind to tell the body how to react, and modify the messages that the body sends to the mind.” – New York Times

Meg Tocantins, CH, received her hypnosis certification in 1993 from the American Institute of Hypnotherapy in California. She holds a Complementary Medical Hypnotism certificate from the National Guild of Hypnotists, and has advanced training in stress management, cancer, pain management, diabetes, surgery preparation, childbirth preparation and stroke. In addition, she works with clients to lose weight, quit smoking, and build self-esteem; and she conducts workshops on self-hypnosis for audition preparation for actors and musicians in New York City.

Next week: May 9, Alisyn Camerota, Co-anchor of CNN’s *New Day*, “A Television Journalist’s Struggle for Truth”

The Greenwich Retired Men’s Association offers a free program every Wednesday that is open to the public, both men and women; no reservations are required. Our social break starts at 10:40 AM followed promptly by our speaker at 11:00 AM. Programs are at the First Presbyterian Church, 1 West Putnam in Greenwich. For additional information see www.greenwichrma.org or contact info@greenwichrma.org