

Cure JM Family Conference

Stress Management Resource Guide on a Budget

(This is a handout to a Power Point Presentation)

Rita Volochayev, PhD, CRNP, CPMN, CHT, CMNLP

Clinical Research Branch, NIEHS

NIH, HHS, Bethesda, MD

Volochar@mail.nih.gov

June 29, 2018

Conflict of Interest: NONE

DISCLAIMER:

- The information provided does not represent the views or opinions of the NIH; it is only the author's personal opinions and views.
- The information provided is for information purposes only and does not constitute medical advice or recommendation.
- Information provided is based on my personal experience. (I wish I knew then what I know now.)
- Every name, link, or brand name provided is for information purposes only. It is something I use or used and recommend to friends and family. The information is accurate as of 6/29/2018.
- The words "hypnotist" and "hypnotherapist" are used interchangeably.
- If the tools listed below worked for as highly analytical and purely scientific mind like mine, then they can work for anybody.

All of the tools provided might not work for everybody. Find those that work for you and stick with them.

Most of the tools provided are available for free on YouTube or on the internet.

Short Summary

1. **Prescription for stress management**
2. Smile/Laughter—real or fake (the most powerful tool)
3. TEDx talks on YouTube
 - a. TEDx talks by Dr. Alia Crum: “Change the mindset, change the game”
 - b. Gen Kelsang Nyema: “Happiness is all in your mind”
4. *You Can Heal Your Life*, a book by Louise Hay. It is also on YouTube, and a PDF version is available online.
5. *Breaking the Habit of Being Yourself*, a book by Joe Dispenza. On YouTube. PDF version available.
6. Virtual reality
7. Hypnosis (free/paid)
8. Self-hypnosis or/and meditation
9. Music therapy
10. Aromatherapy (Optional)
11. Eye Movement Desensitization and Reprocessing (EMDR)
 - a. Virtual simple EMDR session (self-administered)
 - b. EMDR by a professional (paid)
12. ADT/Havening, by Paul McKenna on YouTube
13. Emotional Freedom Technique (EFT)/Faster EFT
14. Be Set Fast Free (BSFF) by Larry Nims
15. Energy work
 - a. Chigong/Qigong (Zhineng)
 - b. Quantum Touch Healing
16. Acupressure (free)/ Acupuncture (paid)
17. Nutrition/supplements (optional)

Prescriptions for Stress Management—Short Version **(Daily: Meditation and one or more tools below. Mix and match)**

Beginner’s Sample Universal Prescription for Daily Stress Management.

All resources are available on YouTube or on the internet for free.

All of them might not work for everybody, but stick with the ones you like and work for you.

Short Version.

Daily for the first 21-30 days:

- a) Use lavender scent essential oil in a diffuser at home (optional)
- b) Listen to relaxing music in the background: “Weightless” by Marconi Union, Tibetan singing bowls, Solfeggio frequencies, chanting, or any other healing/relaxing music
- c) Listen to **Paul McKenna’s** hypnosis session (“**Change your life in 7 days**”)
- d) As often as you need, do **ADT/Havening** technique with **Paul McKenna** on any negative or unpleasant emotions that come up or that you would like to be free of
- e) Listen to **David McGraw’s** “**Power Affirmations**” (Very Good. Great suggestions for self-hypnosis)
- f) Listen to Louise Hay’s recordings (Very powerful. Great suggestions for self-hypnosis)
- g) Practice Emotional Freedom Technique (**EFT**) with **Bradley Yates** on YouTube
- h) **Listen to Michael Sealey “Hypnosis for Self Healing Energy”** (Very good for self-healing) <https://www.youtube.com/watch?v=--V2GuvBHOU>
- i) Listen to hypnosis sessions by Michael Sealy and Jason Stephenson on YouTube. There are a variety on any topic, so select the area you would like to improve (see details below)
- j) At bedtime , listen to Michael Sealey’s sleep hypnosis session titled “**Sleep Hypnosis for Deep Confidence (Depression, Anxiety, Insomnia, Self Esteem).**” It works very well for sleeping and for confidence. <https://www.youtube.com/watch?v=--V2GuvBHOU>
- k) Practice self-hypnosis. At least 1-minute, if do not have time.
- l) Use affirmations (google them) before going to bed and after waking up
- m) Meditation—Daily**
- n) For analytical people or those who have a hard time meditating or relaxing, listen to the following recording on YouTube by **Alan's Life Mastery** titled “**Teeth Grinding Hypnosis – Bruxism**” on YouTube at <https://www.youtube.com/watch?v=o7W1f9cxZ08>. Listening to this session will train your mind to relax and to meditate. He spends very little time, only a couple minutes, on bruxism, and spends most of the time on relaxation.

Prescriptions for Stress Management. Detailed Version. **(Daily: Meditation and one or more tools below. Mix and Match)**

Beginner's Sample Universal Prescription for Daily Stress Management

All resources are available on YouTube or on the internet for free.

All of them might not work for everybody, but stick with the ones you like and work for you.

1. **Morning** (Choose one of the options, or you can do several options) **Always set an alarm for any morning sessions if you have any scheduled activities.**
 - a) If you have time, listen to Paul McKenna's Guided Hypnosis before you get out of bed.
 - b) If rushing, do 1-2 affirmations before you get out of bed. Turn on relaxing music and have it in the background.
 - c) Do self-hypnosis (30 seconds, 1 minute, 2 minutes, etc) for a great day. Visualize having the kind of day you would like to have.
2. **Lunch time** (Choose one of the options, or do all of them)
 - a) Havening Technique for just feeling good or for getting rid of certain emotions you would like to be free of.
 - b) Listen to relaxing music.
 - c) Self-hypnosis (30 seconds, 1 minute, 2 minutes, etc)
3. **Evening** (select one or more)
 - a) Use lavender or any other essential oil via diffuser to help to relax (optional).
 - b) Listen to relaxing music in the background, for example, "Weightless" by Marconi Union, Tibetan singing bowls, Solfeggio frequencies, chanting, any other healing/relaxing music. Have it in the background instead of TV.
 - c) Listen to Paul McKenna's Guided Hypnosis "Change Your Life in 7 Days" (the guided hypnosis is about 30 minutes) daily for at least 7 days or until you start feeling improvement. It is best to use for at least 20-30 days if you are new to hypnosis.
 - d) Paul McKenna's Havening Technique to get rid of any negative emotions that came up during the day. Once you are used to hypnosis and Havening techniques and feel the results between 7-30 days, then you can start listening to hypnosis sessions by Michael Sealy and Jason Stephenson on YouTube. (They have a variety of videos on any topic, so select the area you would like to improve; see details below).
 - e) Listen to Michael Sealey's "Hypnosis for Self Healing Energy". (Very good for self-healing) https://www.youtube.com/watch?v=oA_rY4N8XJA
 - f) Listen to Jerry (Gerald) Kein's "Ultra-Height Healing" <https://omnihypnosis.com/shop/sh100-ultra-height-healing> (MP3 for \$9.95) Great hypnosis recording for self-healing. (If you have results with Michael Sealey's "Hypnosis for Self Healing Energy", then there is no need to purchase it.)

- g) Experiment with other techniques, such as EFT, Eye Movement Desensitization and Reprocessing (EMDR), acupuncture.

4. Before going to bed (select one or more)

- a) Listen to Michael Sealey’s sleep hypnosis session titled, **“Sleep Hypnosis for Deep Confidence (Depression, Anxiety, Insomnia, Self Esteem).”** It works very well for sleeping.
- b) Listen to Paul McKenna’s guided hypnosis **“Change Your Life in 7 Days”** (about 30 minutes long) daily for at least seven days, or until you start feeling improvement in whatever it is you would like to improve. Best at least to use 20-30 days if you are new to hypnosis.
- c) Listen to relaxing music.
- d) Do self-hypnosis. If this is your first time doing hypnosis, then use the same suggestion for 21-30 days. Once you notice that you go into hypnosis easily and start seeing results, you can start using a different suggestion each time. Change suggestions each time you notice there is improvement. You can start adding multiple suggestions at the same time and then going into trance.
- e) Listen to Michael Sealey’s **“Hypnosis for Self Healing Energy.”** Very good for self-healing. https://www.youtube.com/watch?v=oA_rY4N8XJA
- f) Listen to Michael Sealey’s **“Sleep Hypnosis for Deep Confidence (Depression, Anxiety, Insomnia, Self Esteem).”** <https://www.youtube.com/watch?v=-V2GuvBHOu> to help sleep.
- g) Once you are used to hypnosis and go into trance easily, then you can listen hypnosis by other hypnotherapists.
- h) Meditation—Daily.
- i) For analytical people or those who have a hard time meditating or relaxing, listen to the following recording by **Alan's Life Mastery** titled **“Teeth Grinding Hypnosis – Bruxism”** on YouTube at <https://www.youtube.com/watch?v=o7W1f9cxZ08>. Listening to this session will train your mind to relax and to meditate. He spends very little time, only a couple minutes, on bruxism, and spends most of the time on relaxation.

5. Driving to work. Do not ever listen to anything that makes you drowsy while driving.

Listen to Louise Hay’s Affirmations (download from YouTube) or Power Affirmations by David McGraw. They are beautiful.

- 6. **When at work.** While on a computer, use headphones to listen to Marconi Union “Weightless” or any other relaxing music. Have it in the background.
- 7. **Meditate daily. Stress release can happen when meditating.** One can feel various emotional and physical sensations in the body. Do not be alarmed, do not hold back, let them release.
- 8. **Whenever you have free time during the day and on weekends.** Select any of the hypnosis techniques and do many of them often. You can spend as little time or as much time as you want. There is no right or wrong.

9. **Whenever you are stressed out and want fast relief from stress, or just want to relax** Havening Technique, EFT, Virtual EMDR, hypnosis, listen to Marconi Union “Weightless.” Mix and match.
10. **If you keep doing these techniques regularly**, you will be free of stress, anxiety, and negative feelings. Nothing will trigger you or upset you; you will be calm and relaxed; and you will feel happy and will radiate happiness.
11. **Two of the most important tips:**
 - a. Never let any negative feeling go by. Always do a technique that works for you until it has improved.
 - b. If it is not improving with one technique, then use multiple techniques.
If negative feelings do not go away, you may consider professional help with EMDR, hypnosis, EFT, or all of them. If paying for EMDR out of pocket then an affordable option via Skype/Facetime from Europe (Holland) is Niels Barends. He charges €45 an hour. Initial and 6th sessions are free. <https://www.barendspsychology.com/>

A great tip: If you google the name of a book and “pdf”, you can download many books for free.

- All the above modalities work well when led by skillful professionals, but not everybody can afford them. They are very expensive, with prices ranging from \$150 to \$450 per session, and even up to thousands of dollars.
- Try all of them and select the ones you like the best and work for you, as all of them do work but they all work in different ways.
- If these modalities are not working for you, then you need to change the way you are doing them, as they do work.
- If you can afford to, it may also be worth having a professional teach you in person how to do those above modalities. People have careers/businesses practicing those modalities. I have tried them all myself. Given that I am a highly analytical person, if they work for me, then they can work for anybody.
- The secret to making the above modalities work for you and to have profound results is to be open minded and positive. Leave your critical/judgmental, doubtful, and negative attitudes behind and walk into it and let things happen.

Having an ability to visualize/daydream will expedite the results. Learn to visualize and to daydream. This is very important for success with some of these modalities.

- **If you go into it with an open mind, it WILL work.**

Detailed summary

1. Smile/Laughter—real or fake

Smile/laugh, real or fake, as often as you can. This is the most powerful tool of all the resources I am providing.

A lot of research has been done on the benefits of smiling and laughter. If you cannot smile or laugh for real, then fake it. Your body does not know the difference between imagined/fake and real smiles, as the muscles used are the same. This is great for managing panic attacks, anxiety, and any stressors. When you feel a panic attack coming, start fake smiling and or/fake laughing and continue doing it until symptoms subside. If you do it every time, then over time it becomes a reflex, as with Pavlov’s dogs, and the panic attacks will stop coming. You are activating the parasympathetic nervous system, the resting state. Your body can only be in one system at a time, either sympathetic, which is the fight or flight response in stress/panic attacks, or parasympathetic, which is the resting state, as with smiling/laughing. Watch funny videos or movies, and laugh as often as you can and as hard as you can. Surround yourself with everything that makes you smile or laugh. The goal is to be smiling/laughing during most of the waking state.

2. TEDx talks on YouTube

- a. TEDx talk by Dr. Alia Crum: “Change the mindset, change the game”
- b. Gen Kelsang Nyema: “Happiness is all in your mind”

I recommend watching two of these short videos first to gain perspective into the workings of your mind.

The most important takeaway from these two videos is that your brain does not know the difference between what is real and what is imagined.

Imagine/visualize what you want your health to be like, and it will happen.

The medicine is in you; learn to activate it.

The happiness, inner peace, and balance is in you; learn to activate it.

TEDx talk by Dr. Alia Crum: “Change the mindset, change the game” (a short video that provides scientific evidence of the power of the mind and placebo effect)

When somebody says, “It is in your head” (i.e., panic attacks, anxiety, phobias, etc.), say “Thank you” because as long as it is in your head, you can manage anything. You can manage what is not in your head as well, but it is a bit more challenging.

The Placebo Effect is a great thing. Would you prefer to improve from a placebo or from medications (controlled poisoning)?

TEDx talk by Gen Kelsang Nyema: “Happiness is all in your mind” Short Video. She points out that true happiness does not come from outside, it comes from inside. At the end 3-minute meditation good for those who have hard time meditating.

3. *You Can Heal Your Life*, a book by Louise Hay. Available as a PDF and on YouTube.

She provides a list of affirmations that correspond to illnesses/diagnoses. Using those affirmations, you can manage your illnesses and improve/heal. Affirmations work when done properly. Do them before going to bed and/or first thing when you wake up, because these are times when the critical mind is less active.

4. *Breaking the Habit of Being Yourself*, a Book by Joe Dispenza. Available in PDF and on YouTube

It has a scientific basis and is easy to read and easy to understand for an average reader. It explains how and why integrative medicine modalities work based on science. There is a meditation/hypnosis script at the end.

5. Virtual Reality (VR)

VR is a very powerful tool and is least explored when it comes to managing medical/health symptoms. It does not matter whether you are analytical or what type you are, this works on almost anybody. You can try one at a shopping mall, where they have relaxing videos as well. “Mid-Autumn Festival” is a beautiful and very relaxing video and is great to use for visualizations.

6. Hypnosis. Free (YouTube and self-hypnosis)/Paid (expensive)

Hypnosis is as powerful as VR, especially in the hands of a skilled professional.

Ask your insurance company if they cover hypnosis. Some insurance providers do. Get the provider list and see if your insurance covers a hypnotherapist.

It works very well for many issues, including medical, emotional, performance, sports, school, and day-to-day issues. There are multiple organizations that certify hypnotherapists and hypnotists but there are two large ones that are well known that I am aware of.

National Guild of Hypnotists (NGH) certifies both medical care providers and non-medical care providers. Their trainees practice all types of hypnosis.

The Milton H. Erickson Foundation. This one is restricted to medical care providers, mainly mental health professionals. Their focus is geared more to hypnosis through talk therapy.

If your insurance does not cover hypnosis, and you still would like to pay out of pocket, call either organization and ask for names of certified professionals. No two therapists are alike, and skills can vary significantly so must do very thorough research. Most of them are on YouTube or online; check them out and see if you like their style. There are different styles of hypnosis, and not every style works for everyone.

If the healing hypnosis by Michael Sealey, as I listed above, does not work for you, then I recommend purchasing this one: **“Ultra-Height Healing”** <https://omnihypnosis.com/shop/sh100-ultra-height-healing/> (MP3 for \$9.95). It is a self-healing hypnosis session by a great late hypnoterapist Jerry (Gerald) Kein (watch him on YouTube).

Free versions on YouTube. There are some hypnoterapists/hypnotists on YouTube who do high-quality hypnosis. Type their name and “hypnosis” to find their videos.

Paul McKenna is a very famous hypnotist. Watch **“Change Your Life in 7 Days (Guided Hypnosis)”** on YouTube. It is less than 30 minutes but is very high quality and very powerful.

Michael Sealey, hypnoterapist. (I am not sure why he has his hypnosis sessions for free on YouTube, as his hypnosis sessions are very high quality, if not better than some of the paid ones. His hypnosis sessions are as high quality as those of David McGraw, who charges a \$10 monthly fee). He also has as high-quality affirmations as well. If you have a hard time relaxing or meditating, I recommend listening to him, as he makes it very easy for a person to meditate or go into hypnosis. Some of his sessions are only 15 minutes, if you are busy. He has many good hypnosis recordings, and two of my favorites are:

“Hypnosis for Self Healing Energy” Very good for self-healing.

https://www.youtube.com/watch?v=oA_rY4N8XJA

“Sleep Hypnosis for Deep Confidence (Depression, Anxiety, Insomnia, Self Esteem)” This one is my favorite one not only to help sleep but it is also for confidence building as well (It is based on hypnosis for building confidence, which was created and used by a psychiatrist for his patients with 70% success rate) <https://www.youtube.com/watch?v=--V2GuvBHOU>

Jason Stephenson is as good as Michael Sealey. He has a lot of high-quality affirmations as well. Both have wide selections on any topic, for sleep, for waking, for energy, for motivation, procrastination, improving focus, memory, weight loss, emotional traumas, relaxation, etc.

Power Affirmations by David McGraw on YouTube for free. He has some great suggestions for self-hypnosis as well. His recordings are high quality as well. He has an online site by subscription for \$10 a month (you can try it for free for 7 days). He seems to have recordings for everything from weight loss, stress management to self-healing. He has a specific “on the go” series, which is energetic and motivational and good for when walking, running, etc. His voice is very relaxing.

Joseph Clough. Has an app that has lots of high-quality free hypnosis and Neurolinguistic Programming (NLP) techniques. Some are paid but many are free.

www.planetnlp.com. This site has a lot of techniques to help manage various symptoms, stress, and weight loss. It is a good introduction to NLP, which is an art of communication

using words in certain ways to influence the mind. Skilled politicians, great salespeople, great communicators, and charismatic people all use NLP skills. Bill Clinton and Barack Obama are expert NLPers.

For analytical people or those who have a hard time meditating or relaxing, listen to the following recording on YouTube by **Alan's Life Mastery** titled **“Teeth Grinding Hypnosis – Bruxism”** on YouTube at <https://www.youtube.com/watch?v=o7W1f9cxZ08>. Listening to this session will train your mind to relax and to meditate. He spends very little time, only a couple minutes, on bruxism, and spends most of the time on relaxation.

Paid Hypnosis (Skip this Section if you are not interested in paid hypnosis)

For those who would like to explore paid hypnosis, watch all the paid ones on YouTube first, as they have very good demos and free sessions.

Ron Eslinger, Former Navy Captain and Nurse Anesthetist. Best pain management expert/hypnotherapist in the world. Excellent bedside manners. I met him in person and observed him doing hypnosis. I recommend him without reservation. People with pain issues come from all over the world to see him for pain management when they have tried everything, and nothing worked. He also does general hypnosis in addition to pain management. <https://www.healthyvisionshypnosis.com/>.

William Horton, psychologist who specializes in alcohol and drug addictions. He has many sites. Google “Dr. William Horton Hypnosis or NLP”. He practices both hypnosis and NLP. I trained with him for a Masters in NLP. He is brilliant at what he does. For example, he helped me get rid of my sweet cravings within 5 minutes by using an NLP technique.

Don Mottin. Very skilled with wording, very experienced. I witnessed how a smoker quit smoking within 30 minutes during a demonstration session. This smoker had tried to quit many times unsuccessfully.

Hansruedi Wipf (from Europe). I also observed him doing hypnosis. He is great at getting you into hypnosis fast and uses EMDR-type sessions using a method called Hypnowaving. I think this method is more powerful than EMDR, as he does EMDR while you are in hypnosis. Jerry Kein selected him to be his successor.

Jerry Valley also is famous for stage hypnosis as well, watch him on YouTube. He is very good hypnotherapist as well. I observed him doing stage hypnosis and was impressed how gentle and professional he was with his clients. Great bedside manners. These are some that come to my mind top of my head to get you started.

Jerry (Gerald) Kein (watch him on YouTube). He is among the best hypnotherapists and is a legend—makes miracles to happen. Deceased (March 21, 2017).

Ultra-Height Healing <https://omnihypnosis.com/shop/sh100-ultra-height-healing/> (MP3 \$9.95) is worth buying if the free hypnosis provided above does not work for you. It has to be practiced regularly. Ultra-Height Healing is a hypnosis MP3 recording for working on healing yourself while in hypnosis. It can be very powerful when used regularly. This would be my number one recommendation for paying for hypnosis.

There is a professional version of the same hypnosis called **Ultra-Height Hypnosis** that is a bit longer and is a different version, which is also very powerful. You work on healing yourself while a professional guides you.

Watch on you tube works of other hypnotherapists who are good. These are some that come to mind. If they have any free sessions on you tube it is worth doing them, watching them, as it will give you the ability to identify good ones from bad ones.

Ormond McGill (deceased)

Derren Brown (from Great Britain). He is a master at using magic, NLP, and hypnosis combined. Watch his mind games series on YouTube.

Igor Ledochowski (from Great Britain). General hypnosis. Primarily teaches now.

Brian Weiss, a Psychiatrist who does past-life regressions. Now he only teaches. He has a free past-life regression session on YouTube.

Richard Nonguard. General hypnosis. Primarily teaches now. He has a free self-hypnosis session on YouTube that has a very good explanation and demonstration of what hypnosis and self-hypnosis feels like.

Anthony Jacquin and Kev Sheldrake (from Great Britain). They make hypnosis simple.

Tom Nikoli, Dan La Rosa, John Serbone. John Cerbone who also has a lot of funny stage hypnosis on YouTube

7. **Self-Hypnosis and Meditation** to handle day-to-day issues or for self-improvement.
 - a. **Free version.** Google “self-hypnosis” and learn to do it for free. There are many versions, so select the one you like. You must continue practicing it for 21-30 days for it to work well and fast, and then continue practicing it regularly. **Richard Nonguard** has a demo of self-hypnosis and explains how it works on YouTube.
 - b. I am providing **NGH self-hypnosis handout** in the packet (courtesy of NGH)
 - c. **Paid version** (Expensive). A professional hypnotist/hypnotherapist can teach you as well. Still you still have to practice for 21-30 days; it is just easier to do and faster to get into the hypnotic state.

Tips on hypnotic suggestions: suggestions must be in present tense, positive, only stating what you want, and believable to your inner voice. Importantly, they must be only what you want rather than what you do NOT want. Say **ONLY** what you want. Here is the reason why:

If you say “I do not want to be upset,” your mind will drop “do not” and it will hear only “I want to be upset”. That is why when you tell children “Do not jump into the puddle,” they just go ahead and do it, because they hear “jump into the puddle”; then they do not

understand why adults punish them. Instead say something like “walk around the puddle”. Always say what you want.

Here are some suggestions for self-hypnosis. You can get them on the internet as well.

Make it believable. For example, if an overweight person says “I am slim,” their inner voice will contradict, and it will not work. In that case make it believable by saying “I am in the process of attaining the perfect weight for me.”

If a sick person says “I am healthy,” again their inner voice will contradict. In that case make it believable by saying “My body is in the process of self-healing”.

Louse Hay has great suggestions for self-hypnosis in her book *You Can Heal Your Life*.

Meditation

Free. Many versions are available. Google and select the one you like. As powerful as self-hypnosis if practiced on a regular basis.

Paid. Transcendental Meditation (expensive: almost \$1000). Done twice a day for 20 minutes. It is simple and easy; however, it is a challenge to keep it simple.

I would recommend first to go to a meditation center if your work or insurance reimburses it, if you get a full scholarship with them, and if none of the free tools and free versions work. If the free versions or tools work, then stick with them. Explanation of many meditation practices free on the internet including Transcendental Meditation that is provided by those who have practiced or taught those meditations.

8. Music Therapy

There are many choices on YouTube. Search for: healing frequencies, Tibetan singing bowls, chanting “Om Mani Padme Hum”, or Solfeggio frequencies. Listen to the ones that make you feel good. Music Therapy is now being used in rehabilitation therapy for autism, stroke, and other medical conditions.

Marconi Union. Weightless. Supposed to reduce stress/anxiety. This was specifically created by sound therapists for a Spa per specific request using specific frequencies. A neuroscientist in the United Kingdom conducted a study on healing music, and this one came out a winner. It reduced anxiety up to 65% and other physiological parameters by 35% (they induced stress in participants, then measured physiological responses). They tested it for 8 minutes. There is an 8-minute version on YouTube (the one that was studied). There is 10-hour version as well.

9. Aromatherapy (optional)

Essential Oils (EOs) via diffuser or other ways. There is research on the benefits of EOs. Diffusers are affordable. There is no need to spend a lot of money on essential oils (buy them on sale!) Stick with classics, such as lavender, until you understand EOs. Learn about dosing, as too much can harm you, so be very careful. This is a case when “a little goes a long way”. Do not apply to your body or use orally unless you are managed by a knowledgeable practitioner. On the Internet there is a lot of misinformation on the use of EOs.

I get Lavender from Organixx (around \$9 when it is on sale). This brand has affordable EOs. Other affordable brands of good quality include Rocky Mountain Oils and Mountain Rose Herbs. Pay attention to how your body feels; if it does not feel good, then that Essential Oil is not for you or it is of poor quality. Quality and prices vary, so be careful, price is not indicative of quality.

10. Eye Movement Desensitization and Reprocessing (EMDR). Paid and Free.

Great and fast therapy for PTSD or any emotional/psychological trauma, negative feelings/emotions, or even daily stress. The best part of this therapy is that you do not have to re-live through trauma or talk about it. You only talk about emotions, your feelings, but not about trauma, so there is no re-traumatizing. It can be done over Skype/Facetime. Although it is expensive in the US, if your insurance covers it, then it is worth doing, even for stress. If insurance does not cover it, then affordable options are available in Europe by Skype/Facetime. It works by recalling feelings about disturbing emotion/events, and at the same time you move your eyes from left to right and right to left continuously on the computer screen or follow practitioner's fingers. It is supposed to release disturbing emotions. You can also find it on YouTube.

Virtual Simple EMDR Session. Self-administered. Online. Free or paid version with a 7-day free trial. \$100/year.

If your insurance does not cover the professionally administered version, for now, I recommend a psychologist from Europe, Niels Barends. He charges €45 an hour. The sessions are done by Skype. The initial consultation is free, and every 6th session is free.

<https://www.barendspsychology.com/>

11. Havening or Amygdala Desensitization Technique (ADT) by Paul McKenna

A very simple, easy, and brief technique to use whenever you want to feel calm, relaxed, or to get rid of unpleasant feelings or memories. It takes 3 to 15 minutes to feel improvement. Watch and do it with Paul McKenna on YouTube. Search **Paul McKenna Havening**. Paul McKenna is a famous and very good hypnotherapist who manages complex problems and who has done research with PTSD patients using this specific technique. He also has a version for emotional eating.

12. Emotional Freedom Technique (EFT)/Faster EFT

EFT can be used to manage problems, day-to-day issues and stressors.

- a. Gary Craig, the founder, provides free teaching on how to do EFT on his website. <https://www.emofree.com/unseen-therapist/prelim/read-this-first.html>
- b. On YouTube, Bradley Yates . He has a very large choice of EFT options for many issues and problems.

- c. Faster EFT (surrogate tapping) by Robert Smith is also on YouTube. He also has variety (see which one you like best or you can use both).

There are practitioners who specialize in EFT exclusively. A skilled practitioner can take care of any stress/emotion-related issues within 30 minutes or an hour. It is as powerful as hypnosis but without doing hypnosis.

13. **Be Set Fast Free (BSFF) by Larry Nims**

Watch his three short presentations and explanations on YouTube. If you have difficulty forgiving somebody, or you feel guilty, then this method will be of great help. This works for any issue or problem as well. A PDF version of his book available. *He uses great language for forgiveness work.*

14. **Energy Work: Chigong/Qigong (Zhineng) (Wisdom Healing Chigong)/ Quantum Touch**

You can handle anything in life with energy work if it is practiced regularly. Eventually, you can do healing sessions distantly to help others.

- a. **Chigong.** There are a variety of chigong options. It is very powerful and comprehensive, but results take time (sometimes a couple years if practiced regularly 2-3 hours a day). It encompasses the power of all the preceding methods with mindfulness. You can watch how to do it on YouTube. Dr. Pang Ming was a founder of Zhineng Qigong. He had a medicineless hospital in China until he was placed under house arrest. Watch him on YouTube. His patients had miraculous healings. I had energy sessions done by a patient of his who became a Chigong teacher, both in person and remotely; it was very powerful. There are healing trips to Chigong Centers in China, but you have to do thorough research. **If you make a 100% commitment to Chigong, using all types of modalities, including sound healing, and stay positive 100% of the time for a month, you will see very fast results stopping short of miracles. You must eat, breathe, and sleep Chigong for this to happen.** I witnessed some of those miracles myself.
- b. **Quantum Touch.** Learn to do Quantum Touch yourself via online free workshops. Richard Gordon, the founder, has a free book online on Quantum Touch healing. It is simple. You can simply hold your hands with the intention of alleviating pain/discomfort on the area of your body that bothers you, and you should feel relief. Visualization is very important here.

15. **Acupressure**

Similar to acupuncture but without needles and can do it yourself. It works very well for chronic pain relief, especially related to stress, muscle pain, fibromyalgia pain.

<http://www.prestopaingo.com/>

16. Acupuncture (Paid)

Works well for most medical/chronic conditions, especially for stress/emotion-related matters. Some insurance plans cover it. It is worth it if your insurance covers it.

17. Nutrition/Supplements +

Rhodeola Rosea (Siberian Ginseng) An adaptogen, it works well for managing stress (it was helpful even with altitude sickness). Do not take it at night; it might keep you awake.

Guayusa Tea. Stronger than coffee but without side effects. Tea leaves are most potent. The loose tea leaf sold in the US is not as potent as the one sold in Amazon in Ecuador.

Oscillococcinum for flu-like symptoms by Boiron. It is a homeopathic remedy. I use it anytime I am not feeling well in general, even if I do not have flu-like symptoms. Within 12-24 hours symptoms subside.

Rescue Remedy by Bach Flower Remedies is a natural remedy for instant relief of stress/anxiety.

Gold Star Balm/Golden Star Balm/Vietnam Golden Balm. A natural insecticide that works. It works very well for mosquitoes and works for relief of mosquito bites as well; for headaches (apply it to temples), eases cold symptoms when applied outside nares and under nose. Must be re-applied every 4 hours. Apply very little, in small dots on exposed skin. A little goes a long way. It is the smell that keeps insects at bay? I used it in the Amazon jungle and did not get a single insect bite. I use it exclusively when hiking in mountains.

Activated Charcoal works well for traveler's GI problems. Must drink plenty of water with it.

Brands I like: Boiron, Bach Flower Remedies. I use them for natural remedies.

Standard Process and Pure Encapsulations. I use them if I need supplements. Not sold directly, sold through healthcare providers only. Do not buy on Amazon, as they are very expensive.