



AskTheInternetTherapist.com
Newsletter January 2005



Featured Article

Fitness tips: a healthier and fitter you.
by Gabrielle Donte

How many times have you promised yourself that you would lose weight and had a good start, but in the end found that you can't do it? How many times have you felt unhappy due to this situation? Here are some fitness tips to give you that edge when you decide to tackle it.

First, don't hesitate to see your doctor. Tell him your plans to lose weight and he will want to be sure that your health won't be at risk, be totally honest. It is important to evaluate your lifestyle, considering meals and exercise. Remember to eat healthy and think of what foods are best for your body.

Keep at a distance from any foods that are bad for your body, and keep quantities under control, no food excess is good. If you were thinner some time ago, look for a picture of yourself during that time and pin it on the wall. This would remind you of your purpose of losing weight. Purchase a personal scales, this will help you to control your day by day progress, and will warn against any excess, before losing control over the situation.

Drink lots of water. It helps to eliminate impurity and to prevent from getting dehydrated.

Exercise three times a week. If you do it you will burn calories even while sleeping. Consider open places as the best ones, air quality is very important for your body, do exercises in places where the oxygen level is higher, avoid the city and cars, search for trees and plants. It is not necessary to do hard exercise. On the contrary, it's always better to do simple activities, like running, riding a bike, swimming or just walking. Try to eat slowly, this way you will be allowed not to quit eating the food you love.

Another simple piece of advice is not to eat alone, try to share your meals with other people, that way you will eat less and slower. Eat as much healthy food as possible, cut your portion

sizes when eating food high in carbohydrates and calories, don't eat despairingly, evade panic by eating fruits, or drink low fat milk or yogurt. Eat eight times a day, and your appetite will be under control.

Rather than go on some limiting diet, try eating smart first. This way you are not totally cutting out all the foods that you love. The trick is to eat plenty of healthy food, cut your portion sizes, and when you are going to each food high in carbohydrates and calories, eat conservatively.

If you would rather follow a weight loss program, make sure you do your research before making a choice. If the program is making impractical claims that you will lose weight almost overnight, odds are the program may either be unsafe, or useless. The top way to lose weight is the old way; by eating healthy and exercise.

Gabrielle Donte is the webmaster and operator of Fitness Connection, Inc., which is a fitness support group. For more information or help, go to: <http://www.fitnessconnectiononline.com>

Overview of AskTheInternetTherapist.com Services

Counseling

Our e-therapists are committed to working with people who are interested in improving their overall mental health, reducing anxiety, and enhancing relationship skills. Our online counselors are skilled in the areas of relationships, love addiction, co-dependence, stress, assertiveness, dysfunctional families, and chemical dependence. We are confident that we can assist you in making the connection with your loved ones more rewarding and meaningful.



Our focus is to provide quality wellness counseling which includes communication skills, self-esteem enhancement and positive visualizations. We are here to assist you with career planning, professional coaching, individual goal achievement, and personal growth. Our Hypnosis tapes and CDs induce Sleep, increase Self-Esteem, and Reduce Pain are available. Smoking Cessation, Anxiety Management, and Weight Control are also offered. We also offer a complete line of Mental Health educational videotapes.

Medical Clinic



The professionals in our medical clinic provide a wide range of services including disease process consultation, medication advice, general health screening, and nutritional information. Our trauma team offers a broad range of services related to auto accidents, sports injuries, and physical manifestations of stress. We also focus on preventative healthcare in an effort to provide the individual with balance and harmony throughout.

Our growing staff of e-therapy healthcare professionals include a Physician, a Natural Medicine Doctor, a Chiropractor, a Nurse, a Nutritionist, a Masseuse, and a Veterinarian. Our

NetVet is ready and willing to assist you with any concerns you may have regarding that special family member. Our goal is to provide you with a complete healthcare medical clinic.

Online Services



Our reason for offering this online service is to provide anonymous, convenient assistance in the privacy of your home or office. We do this by making our services available through the following mediums:

- in office counseling
- audiovisual counseling
- telephone e-therapy
- e-mail therapy questions and answers
- real-time chat e-therapy
- hypnosis tapes
- educational mental health video tapes

You can visit <http://www.asktheinternettherapist.com/e-therapy.asp> for a list of our online counselors and http://www.asktheinternettherapist.com/medical_physician_doctor_nurse.asp for a list of our medical staff.

January Contest Winner



Congratulations to Kathy L.. She is our January 2005 winner and she picked the Sleep Forest Tape. Enjoy Kathy.

Featured Product

Financial Abundance Hypnosis CD by Dr. Doug Gilbert



This Financial Abundance Hypnosis CD that combines a powerful self-hypnosis script with binaural beats to assist your body in moving into a deep, suggestible state. This binaural beat technology allows the suggestions to work at a very deep level so that you can make changes more quickly and easily.

Unlike the other CD's by Dr. Gilbert, the Financial Abundance Hypnosis CD is very aggressive in the wording. This Financial Abundance Hypnosis CD works from the assumption that we create our own reality so works with you to remove all blocks to desiring, creating and allowing your financial abundance to manifest for you. All speech on this CD is audible, nothing is hidden so you will know exactly what is being programmed and un-programmed.

Dr. Doug has taken hundreds of hours of post graduate classes dealing with the physiology of emotions and has done years of personal research into the creation and use of self-hypnosis CD's to remove blocks to health and success. Some of the classes Dr. Doug has taken and uses material from are; Applied Kinesiology, Neuro Emotional Technique, Total Body Modification, Reiki, The Reconnection, Touch For Health and Landmark Forum.

You can find Dr. Doug's CDs at:

http://www.asktheinternettherapist.com/hypnosis_hypnotic_audiotapes.asp

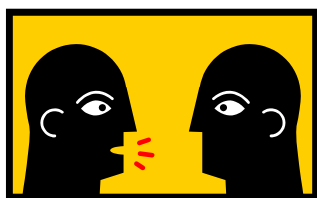
Special Announcements

We are now offering another way that you can order Educational Mental Health Videos and Hypnosis Tapes and CDs. You can fax or mail your order using or downloadable order form at http://www.asktheinternettherapist.com/Order_Form_ATIT.pdf. Just fill it up and send it to us via mail or fax. Fax: 480-998-1058 or mail to:

AskTheInternetTherapist.com
6540 E. Kelton Ln.
Scottsdale, Arizona 85254

As you have already seen, all of our videos are digitally re-mastered and are available on VHS and DVD. Although we still have some of the old videos, which we are selling for \$25.00 each to make room for more of the new, digitally re-mastered ones. They are available at the price above only by calling 1-800-881-7693 and placing an order over the phone. ***We have just a few left!! Hurry before this offer expires 12/31/04*** (This offer is available only for the Love Addiction, Communication Assertiveness, Post Traumatic Stress Disorder, Chemical Dependence, Co-dependence, and Dysfunctional Families videos).

Be sure to utilize our **free** discussion boards. These forums are formatted by the following special topics- Hypnosis, Chemical Dependence, Co-Dependence, Parenting, Post-Traumatic-Stress-Disorder, Medical Issues, Dysfunctional Families, Attention Deficit Disorder,



Relationships, Veterinary Concerns, and Depression. You might find useful information in the various topics. These forums are usually monitored by our clinicians in a weekly basis.

As you are probably aware asktheinternettherapist offers online individual paid appointment times for in depth assistance with any of our professionals. Our discussion groups however are visited from time to time by our staff and their comments to discussions or questions are provided free of charge. This is an added benefit in addition to client self-help that makes up the bulk of the discussion group traffic. Visit soon.

PLEASE REMEMBER:

This is a pay for session site, so please email the therapist you selected only if after you have paid for a session.

Remove

If you would like to be removed from the asktheinternettherapist newsletter just reply to this e-mail and place '**REMOVE**' in the subject.

Happy New Year!!

***We believe better health
begins with better Mental Health.
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