

HYPNOSIS

GROW 1-2 CUP SIZES NATURALLY

ENHANCED

BREAST ENLARGEMENT PROGRAM

DOCUMENTATION PACK

Ontario Hypnotherapy

Pathways to healthy mind-body connection

www.OntarioHypnoTherapy.com

1(877) ON-HYPNO

WARNING

PLEASE USE THESE RECORDINGS IN THE WAY THEY WERE INTENDED.

YOU MAY BECOME RELAXED, DROWSY or SLEEPY

Please be aware that it can be extremely dangerous to listen to this recording while operating a vehicle or any machinery that requires your attention.

Please find a place where you will not be disturbed, and can relax without interruption.

Hypnosis is perfectly safe when applied properly. You will allow your body to become temporarily relaxed. This may cause drowsiness or sleep. Ensure that you are in an environment where you are able to relax without the need to pay attention until you have finished.

If you have any questions or concerns, please discontinue use until you have addressed your concerns. You may contact the producers of this kit by phone, email etc. (details in the booklet)

If you have fears or phobias regarding Trees, Water, Outdoors, Open Spaces, confined spaces or any other fear, do not use this program.

Results vary from person to person. In most cases and when properly applied, this kit is safe to use and will not produce any side effects. Certain conditions, medications, and personal circumstances are not compatible with the use of a hypnosis program or breast enlargement. **DO NOT START THIS PROGRAM** without obtaining assurance from a qualified physician that you may safely use this program.

In order to use the Therapist Kit, please find a locally qualified hypnotist to assist you with CD3 and CD6 as they may produce deep levels of trance which would benefit from the guidance of a qualified hypnotist.

LIMITED WARRANTY

If at any time during the warranty period you are unhappy with any part of the program or content please return the complete kit, including all accessories, packaging, booklets, etc. for a **FULL REFUND** of the purchase price (excl. Shipping & Handling). No other warranty expressed or implied. Errors and Omissions Excepted.

HYPNOSIS

BREAST ENLARGEMENT PROGRAM

- CORE PROGRAM*
- ENHANCED PROGRAM*
- THERAPIST KIT*
- PERSONAL AUDIO PLAYER*

Please note that not all tracks are included in each kit.

The Personal Audio Player Kit includes a Pre-Programmed Personal Audio Player that includes all the CDs included in your kit. It is portable and can be used immediately. Just insert the battery, and select the track you wish to use to get started immediately

Program	CD1	CD2	CD3	CD4	CD5	CD6
Core Program	✓					
Enhanced Program	✓			✓	✓	
Therapist's Program	✓	✓	✓	✓	✓	✓

YOUR HYPNOTIC BREAST ENLARGEMENT PROGRAM

Anthony Santen, CHT. has experience using Hypnosis in a variety of ways ranging from Smoking, weight loss and pain control to assisting fertility and even clients with severe disability bringing a new balance in their lives.

Hypnosis isn't magic. Hypnosis is a way for you to access your inner mind and that part of you that makes you do the things you do. Anthony has had many successes with clients creating their own real changes in their lives. Initially, this program was developed by Dr. John C. Hughes with the aim to assist women to duplicate the study results obtained in trials. Anthony has enhanced this program with boosters and bonus tracks to maximize the results you're expecting. Now, for the first time outside of the therapist's office, a real and safe program for you to use, that makes use of your own innate ability to change your body. A well-documented and proven strategy aimed at giving your body the maximum potential for change from within. This program has been successfully adapted for other body shaping strategies also, although each and every recording in [this program](#) was specifically created for Breast Enlargement.

ANTHONY SANTEN, CHT.

Anthony has done extensive research on techniques developed by well-renowned Hypnotists around the world and has researched and developed unique techniques related to interacting with the Mind-Body Connection through Hypnosis. Anthony specializes in facilitating the individual promotion of Inner Healing techniques through S-Bridge™ Healing Techniques and Mind-Body-Awareness.

Outside of his research, he has pursued training and certifications in the following hypnotherapy related techniques:

Hypnotism Mastery Level III
Pain Control & Emergency Hypnosis
Healing Relationships through Chakra – Cording, Re-Cording, De-Cording
Inner Conflict Resolution and Parts Therapy
HypnoBodyBalance™ - Inner Healer Guide / Facilitator
Neuroendocrinological Balancing

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PROGRAM CONTENT

BOOKLET

This booklet includes general instructions. Please use this booklet as a guide. Every individual is different and you may want to make a few changes to the program to suit your needs. Please read the entire booklet before you start your program. You may find interesting pieces of information that will help you get the best results possible for you.

CD1 – DAILY

(Daily)

On this CD you will find the CORE Program. This CD contains the session that you will use most often; on a daily basis.

CD2 – DEEP TRANCE

(3-5x – Trainer)

This CD is part of the Therapist Program. Use this CD instead of CD1 up to 5 times in the first 2 weeks. This is a training CD which will train your mind to know where ‘the Bottom of the Pool’ is, and is a prerequisite to successfully completing CD3 and CD6. Once you have learned to ‘go to the Bottom of the Pool’ on your own (usually after the 2nd or 3rd session) you can move on to CD3. You won’t need CD2 unless you find that you wish to reinforce the ability to relax to this level.

CD2 can be used as a Stand-Alone CD for people who wish to take some time-out.

CD2 is used by Hypnotists as a Somnambulistic Platform Trainer to allow clients to obtain therapeutic trance levels quickly in the office.

CD3 – INNER HEALER

(7-10 days)

This CD is part of the Therapist Program. Use this CD instead of CD1 about once every 7-10 days.

YOU MUST be able to 'go to the Bottom of the Pool' (CD1) before you should attempt this recording.

This recording provides you with the Mind-Body Connection controls for your breast growth. You may find that this CD is one of the most valuable in the set. You may want to use this recording for maximum stimulation from within. As your body changes, you may become aware of new cravings or cues as a result of your new awareness.

CD4 – BOOSTER

(Any Time)

This CD is part of the Enhanced Program. Use this CD instead of CD1 (or in conjunction to CD1) when you want to experience a lighter trance and stimulate your breast growth. You can use this CD any time you wish to energize your breast growth with the techniques used on the CD. You'll be amazed how this booster works and how strong you feel the energy boost immediately.

CD5 – BONUS

(Any Time)

This CD is part of the Enhanced Program. You can use the tracks on this CD any time during the day in addition to the other CD programs:

Track 1 – Relax NOW! A short induction for an overwhelmed mind. Simple to do in your lunch time, on the bus, or when you want to take a short break.

Track 2 – Anchoring. This is a curious technique used by thousands of individuals using Self-Hypnosis and NLP. It sets up a positive question that is designed to boost neural pathways in your brain that work with your breast development. (also a good complement to CD6)

Track 3 – Fear and Anger Release. A stand-alone induction we could all use. Accessing the mind's potential to release fears and anger in ways that provide new potential and opportunities for growth and future.

Track 4 – Grounding. A simple method of centering yourself using a grounding technique. This technique can be used AFTER a session, if you feel you've become too 'spaced out' or drowsy during the session. As there is no induction, you can do this exercise any time you have a few minutes.

CD6 – HEALING THE PAST

(Optional)

This CD is part of the Therapist Program. Please follow ALL the instructions for this CD, as this CD deals with your past. You may not want to access memories from your past, and as such, this recording is OPTIONAL. You must:

- a. Seek the advice of a qualified psychologist, psychiatrist, trance worker or hypnotist to help you with questions you may have regarding remembering the past.
- b. Use this CD as a SLEEP INDUCTION. Prepare for bed, and ensure you are ready to fall asleep for the night. Then, when you're comfortable, play the CD. Please allow yourself to fall asleep naturally at the end of the session.
- c. TRAIN CD2 FIRST (as per instructions on CD2)
- d. Use CD3 FIRST (once or twice is usually enough to become familiar with the 'control room' environment)

You may have vivid dreams for a few nights, but for the most part you will become calmer and more confident as a result of this Dream Healing sequence.

BREAST ENLARGEMENT PROGRAM

RELAX AND LISTEN

The way to use these recordings is to simply relax and listen. Use your imagination to guide you through the mind images and the story. The recordings do NOT make any changes TO you. You make the changes WITHIN you. You will have faster success when you:

- Participate with the program
- Believe in change from within
- Imagine the metaphors in the stories as vividly as you can
- Do NOT fall asleep.
- Allow your critical mind to take a break (some parts of the story sound childish or silly. They are not meant for your critical mind, these metaphors are meant for your 'right brain')

All you do is listen. You don't need to sit still; when you have an itch, just scratch. Once you're not a beginner anymore, you'll be able to relax more and more.

IMAGINE, OR THINK YOU IMAGINE

You don't need to be a visual person. If you can't see the images in the story, just think about the images in the story. Any person with reasonable intelligence can think about an object to the point they will recognize it when it appears. If you're able to think about your car; its color, its model, how many scratches are on it, etc.... you'll be able to recognize it in a full parking lot... then you'll be able to follow along with the imagery of the story. Some people start seeing more and more of the details in the images. That's a good sign.

ATTENTIVE LISTENING AND LETTING YOUR MIND WANDER

When you listen to each CD, you will find that it becomes harder to focus on the words as your mind wanders and creates its own thoughts. This is intentional. And it's definitely a good thing.

Allow yourself to listen to the CD from start to finish when you hear it for the first time, then you can simply skip the introductions and go right to the main track of the CD the next time you listen to it.

When you let your mind go and your thoughts wander, you may even 'zone out' and go into a light hypnotic sleep. A hypnotic sleep differs from Dream Sleeping, as your subconscious mind is still absorbing the words and reacting to them in the intended way.

If you awake at the sound of counting (at the end of the track) you're doing well.

If you don't wake at the sound of counting (at the end of the track) you will transition to regular sleep and wake about 20 minutes after. If you're not waking at the end of the track (Counting) you're too tired to work with the CDs and you can select a time of the day when you're not too tired to take 30 minutes of relaxation without falling asleep.

PARTICIPATION IS A REQUIREMENT

All hypnosis is self-hypnosis.

The Audio Tracks guide you through your own hypnosis. The deepening techniques allow you to find that level of relaxation that allows your 'critical mind' to wander or go to sleep, while you absorb the suggestions with your sub-conscious mind.

Some of the enhanced tracks use 'guided imagery' as your guide. Please use your imagination to manifest these images with the greatest detail and highest quality possible. The more you make this real, the quicker the result.

Some forms of hypnosis can be done while doing other activities. The hypnosis in this program is not designed to be used in conjunction with other activities. Think of it as a special, well deserved 'ME time' where you have the opportunity to recover from a busy day. In the end you will benefit from the session in multiple ways.

WHAT CAN A HYPNOTIST DO TO ME?

The short answer is: "NOTHING"

A hypnotist has techniques to help you relax and access parts of your mind that influence your behavior and beliefs. A hypnotist understands what messages are acceptable by your critical mind to allow you to relax without analyzing everything that is said.

Ultimately each and every suggestion must be accepted by your mind before it is imprinted as a believable truth. And only then do changes take place.

When I tell people that I'm a hypnotist, they look me square into my eyes and say:

"OK then, hypnotize me!"

Unfortunately, it doesn't work that way. If you don't want to be hypnotized or, in some cases, you don't want to accept a suggestion from these CDs, your mind will automatically reject the suggestion and move on.

If I were able to hypnotize people against their will, I would be able to bring about world peace and end war in the world... unfortunately, that too takes participation and willingness from all involved.

THE MIND-BODY CONNECTION

THE WISE MIND

There is a part of your inner mind that is wise. In fact, it is so wise that it knows your body rhythms. It knows how to keep your breathing and heartbeat in time. It is so amazing that it knows how to send healing to a scrape or a wound. It knows when to stop healing, when you're whole again. There is a connection from your higher mind to your inner body that is in control of thousands of important bodily functions at the same time.

Hypnosis is a way of accessing the Inner Mind. Not only can you communicate with it, you can agree with it to make real changes. Changes to your thoughts, habits and, as recently discovered, also influence the body.

HYPOTHALAMUS, THYROID, PITUITARY AND OTHER INFLUENTIAL BODY REGULATORS

One of the most controversial secrets of modern times is the Mind-Body Connection. In 1953 a scientist was laughed at publicly for suggesting that the body was actually (and chemically) linked to the brain. In 1977, two scientists were awarded the Nobel Prize for proving the Mind-Body Connection was more than a metaphysical manifestation. In fact the Thyroid, Pituitary and other glands had been directly linked to the Hypothalamus (part of the brain).

In recent years, Richard E. Browne of Dalhousie University published several lecture series and case studies that comprehensively explain that the Mind and Body work together to maintain a chemical 'balance' that is greatly influenced by the Brain.

While hypnosis has always been credited for influencing changes in our bodies using deep trance, in 2008, Anthony Santen discovered a method to influence the Mind-Body Connection directly and permanently through Metaphor. (S-Bridge™) In the Therapist Program you will find the hypnotic sequences that accomplish these physical changes directly.

USING HYPNOSIS AND METAPHOR

The Inner Mind has access to the body, but our conscious mind has very little ability to make changes directly. We can think of a lemon being squeezed and our mouth beginning to water, but we have difficulty telling our body to produce the chemicals that are required to make changes to the way the body works. As our mind is extremely plastic in nature, it has the ability to identify with Metaphor. A metaphor is a symbol or object that represents another. In hypnotic sense, this means that our ability to understand representations of internal processes is directly linked to making the actual changes.

At a time of a nosebleed you may think of your nose as a tap or faucet. When you imagine closing your tap your nosebleed will start to subside. Say it loudly inside your mind and your nosebleed will stop completely. In these recordings, we use a lot of metaphors. These metaphors are embedded in the words, imagery and stories to provide you with the internal controls required to make the changes you desire.

RIGHT BRAIN REWARDS ARE SILLY

We think of our brain as a thinking tool. Please understand that our 'thinking brain' is only the surface of what the brain does. Without going into too many details, the part of the brain that holds our beliefs, emotional reactions and automated (knee jerk reactions) is called the 'Right brain'. As the right brain was 'programmed' very early in our childhood, before our 'critical factor' came to the surface, we can speak to it directly without interference from the 'Left Brain' or critical brain. The 'Left Brain' simply ignores silly and childlike language, and discards

it. The 'Right Brain', however, is listening to all language. This is why, we use childlike metaphor in order to speak directly to the 'Right Brain' while in the hypnotic state. We find it much more effective than making changes in the 'Left Brain' and trusting the 'Left Brain' to pass on the information to the Inner Mind.

USING HYPNOSIS TO ACCESS THE MIND-BODY CONNECTION

GUIDED IMAGERY

We're all influenced by hypnosis on a daily basis. Commercials are the simplest way to explain this. Hypnosis is similar in the effect and method of delivery, but the language and techniques are created and executed by real professionals. The form of hypnosis we use is much like commercials and is called 'Guided Imagery'. The delivery method is in story form. These stories are meant to help your mind imaging being in the story using Images, Sounds, Touch, Feelings and Smell.

HOW THE WISE MIND UNDERSTANDS METAPHOR

If we were to consciously try to control tasks, such as walking or driving, we would get stuck in the detail and never accomplish even the first step.

Let's imagine, for a moment, that we would need to think about each part of a walking step as we were doing it..... Lock left knee, lift heel of right foot, transfer balance forward and onto left foot, lift rest of right foot – while pushing off from the ball of the right foot, transfer more weight to the left foot – rock to the left side, carry right foot over to the front.... Etc. etc....

We understand subconsciously how to take ONE step; Imagine moving forward... and the step is made.

We can take it further, and feel exhausted 'just thinking about' running a mile....

This is how our mind uses metaphor to link complex tasks to many smaller ones. In fact, our mind is so 'plastic' that after a stroke, where part of the brain no longer functions, the metaphors are transferred and new 'pathways' are created to allow renewed functionality in many cases....

In this example:

The stroke has damaged the neuro-pathways to the right leg – causing the 'walking metaphor' to become disabled. The 'walking metaphor' still exists, but new neuro-pathways are created and soon the person walks again.

Our mind creates images of the world around us (using Mirror-neurons) to understand complex processes and systems more easily. Our mind is also capable of 're-wiring' the metaphor quickly when necessary. In hypnosis, we can make changes to the perceived world around us, including the metaphors. In fact, we may even create new metaphors, and the 'Brain Plasticity' then, provides the new metaphor with actual controls via the Mind-Body Connection.

BACKGROUND

Original research and clinical studies were completed in 1974 by research scientist James E. Williams in Texas on the influence of Hypnotic Suggestion on Breast Enlargement with stunning results!

These results were re-tested by a rather skeptical, independent team of psychologists at the University of Houston in 1977. In this longer, more extensive study, they not only proved the original results, they

confirmed that over 81% of women in the study had retained all of their breast size increase. Even after complete cessation of the program!

More scientific proof of the Mind-Body Connection was researched and discovered by Roger Guillemin and Andrew Schally, who received a Nobel Prize for their work in 1977!

The original development of the Hypnotic work in our Program was completed by Dr. John C Hughes D.C., a well respected hypnotist and prolific research writer. His courses, scripts and many books on hypnosis are used by thousands of practicing hypnotists throughout the world in their daily work. His Stop Smoking Program is used as the de-facto standard Stop Smoking Program since the Surgeon General declared war on the Cigarette. The main body of this program is still mostly the direct work of this amazing Hypnotist.

Ontario Hypnotherapy's co-founder and Director, Anthony Santen, himself a Master Hypnotist, worked closely with Dr. Hughes to bring you a modernized and updated version of this originally successful program.

This ENHANCED Breast Enlargement Program comes repackaged with essential updates; enhanced Mind-Body Techniques and results focused extras. No gimmicks, creams, lotions or trickery... real results for real people! Yes, EVEN IF YOU CAN'T RELAX, you can still receive the benefits of hypnosis.

All you have to do is listen to the recordings. The booklet that comes in every program will tell you the order to listen to each track.

It really is that easy to do!

WHAT RESULTS CAN I EXPECT?

The clinical trials show that with just one small selection of this program (the 'radiant sun' and 'gentle waves' sections) under light trance, over 45% of the participants gained 1-4 inches (one to two cup sizes) without weight gain within the 12 week trial. Follow up

information revealed that over 80% of the women accomplished a significant, and satisfactory gain continuing the program for an additional 8-12 weeks doing little more than listen to a recorded voice for 30 minutes a day.

For those women who participated in the trials with uneven sizes at the start of the trial, each reported after 12 weeks that their breast had grown to equal size by the end of the trials.

This result was achieved using only PART of the program! Imagine what results you can achieve with the entire ENHANCED Breast Enlargement Program.

When you participate fully in the entire ENHANCED Breast Enlargement Program, you will benefit the most from its effects. Your realistic expectations will be met. You won't suddenly increase your cup size overnight, but don't be surprised when you're shopping for a new bra in 3-4 weeks! This program has been most effective on women between the ages of 25 and 38, although studies included women, mid 40's, with youthful A-cups who have seen significant changes.

If you have unrealistic expectations, you won't make much progress. This program works exceptionally well when you understand what size increase you may realistically accomplish within your own body. Then, when your breasts begin to grow, you may be pleasantly surprised that you can continue beyond your initial expectation! Your brain is very well equipped to filter unrealistic expectations from your belief system by using a 'critical factor'.

If you're currently a size 32A and wish to grow to a D-cup, you'll need to consider other options. Although there have been documented cases where a 34A burst out of a 36C a year after the program was concluded, most women who gain benefit from this program report:

- An increase in circumference of the widest section of the breast 2-4 inches
- Feeling fullness and firmness of the breast when manipulated
- A feeling of heaviness and bounce (Breast-weight gain)

None of the women who participated in the studies reported overall weight gain even though they had gained weight in their chest. Their overall weight had remained the same, or decreased slightly during the study.

COMBINING HYPNOSIS

EXERCISES

Of course, you want to achieve your results as quickly as possible, with the least amount of effort.

There are exercise programs designed to stimulate your breast growth.

Hypnosis and exercise can be used at the same time without adverse effects.

PILLS AND LOTIONS

While pills and lotions work really well, you will find that their influence often subsides when you stop their application. Hypnosis for Breast Enlargement is permanent.

If you wish to combine hypnosis and supplements, your combined effect may be increased, but when you stop the supplements, you may lose some of the gains you had achieved with the supplements. It is important to stop the supplements gradually, and use CD1 daily to maintain part of the previously achieved gains.

IMPLANTS

There is no known problem, using Hypnosis with Implants.

Using hypnosis just before and after surgery has been known to speed recovery. This Program does not contain specific hypnotic passages that assist with this recovery.

HYPNOSIS MYTHS

EMERGENCIES

Your emergency responses continue to work as normal. In fact, they can be distracting during normal Hypnotherapy work. A phone ringing or a child calling can emerge you immediately. As you prioritize the incoming messages before they are processed, an Emergency message will override any Trance immediately.

Relax, Hypnosis is very safe and refreshing for Mind, Body and Spirit.

LOSS OF CONSCIOUSNESS

One of the most common misconceptions surrounding Hypnosis is the idea that you won't remember what happened, or you lose consciousness. In reality no such thing exists. You can use Hypnosis to help your body relax, prior to going to sleep. You can even use Hypnosis to block pains and slow down your heart rate, etc. But this is done through a focusing, and a concentration in your mind. In fact, you are very much awake, and interacting in the process, you speak, you think, you can move... all while in Hypnosis. Some people think they were not Hypnotized due to the fact that they were able to hear and understand everything!!! Yes, of course! Hypnosis is an AWARE state. - Very relaxing

STUCK IN HYPNOSIS

In a Hypnotic Trance, you rely on your voice guide on the recording to keep contact with you through their spoken word. You may experience imagery and feelings in another place and time, but your Hypnotist remains clearly audible at all times. If the recording stopped, you would emerge from hypnosis quickly. You would either emerge alert and awake, or you would be transitioning into a light sleep, from which you will awaken in a few minutes, just as if you had just taken a 'cat nap'.

USING THE PLAYER

The Personal Audio Player is pre-loaded with the tracks in your program. Please read the included manual carefully.

BASIC FUNCTIONS

Power ON/Off

Press and hold the PLAY button

Play / Pause

Press the play button briefly to Play, and again to Pause the audio.

Previous / Next Track (on same CD)


Move the Menu Key LEFT or RIGHT to select previous or next tracks

CD (Folder) Navigation

CAUTION: Do not select the 'Delete folder' or 'Delete Track' as this instantaneously removes the audio from the player. Navigate the folders carefully!

To change CDs on your player, simply select a FOLDER with the name of the CD

To Navigate to another CD (Example: CD4 – Booster):

- Start the player – then PAUSE the audio (press the Play button again). In the PAUSE Mode, the 3rd position on the display will show a small picture of a FOLDER.
- Briefly press the MENU button to display the FOLDER MENU
- WITHOUT moving the MENU button, press it again briefly to display the track titles in the file system
- MOVE the MENU button to the LEFT until a FOLDER Icon is displayed with a “\” beside it 
- Select this item by pressing the MENU button again.
- Now Select the Folder with the name of the CD you wish to listen to:
Example **CD4- Booster**
- Move the Menu button to the RIGHT and press it to select the First track on the CD
- When the display shows the track you've selected, press PLAY again

Volume

Press VOL+ or VOL- to increase or decrease the volume

OPTIMUM SETTINGS

The player can be used to do other things than hypnosis. Please be aware that some settings will cause the tracks to play out of sequence, or delete parts or all of the tracks. Please do not use these settings.

The optimum settings are pre-set, but should you find that a setting was changed, you can reset the settings to the following functions:

REPEAT Mode

Caution: the REPEAT Mode MUST be set to: FOLDER Mode. This is shown in the 3rd position on the display with an ONE WAY arrow to the LEFT on top of a letter **D**

To place the player in this mode:

- During playback: Briefly press down the Menu Button
- Press it again briefly to select PLAY MODE
- Using the Menu button, move the selector to the 3rd position "Folder" and press the Menu button again to select the correct mode.

MUSIC Mode

Press and HOLD the MENU key to enter the Main Menu
Move the Menu Key to the Left until [MSC] is highlighted.
Press the PLAY button to select.



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