NUTRI HEALING
Nutritional Therapy

Alma Griffith
Nutritional Therapist & Life Coach

t 01737 812 498
m 07759 149 326

alma@nutrihealing.co.uk
www.nutrihealing.co.uk

What is NLP - September 2009

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What is NLP (Neuro-linguistic Programming)?

Founders: Richard Bandler and John Grindler

NLP explores the relationship between how we think (neuro), how we communicate both verbally and non-verbally (linguistic) and our patterns of behavior and emotion (programmes).

Neuro

Neuro is to do with the way we use our minds, our bodies and our senses to think and make sense of our experiences. The more awareness we have of our thinking patterns, the more flexible we become and the more influence we have over our life.

We gather and process information through our nervous system and through our 5 senses:

- Sight – Visual
- Hearing - Auditory
- Touch - Kinesthetic
- Smell - Olfactory
- Taste - Gustatory

By increasing our awareness of how we think through our senses, we can learn how these thought patterns influence the results with get in our relationships, business and life.

Linguistic

Relates to the ways in which people express themselves or communicate their own personal experiences of the world through their language and other nonverbal systems. Our internal representations are coded, ordered and given meaning.

We can only do 6 things inside – known as our (international representations).

We can have:

- Pictures
- Sounds
- Feelings
- Tastes
- Smells
- Words (Self talk)

Our personal success relies largely on the way that we communicate with people, what we say and how we say it makes all the difference. We can choose to use language that will inspire and engage people or language that will leave people cold and disinterested. The richer the language, the richer our internal experience and with those that we communicate with.

Programming

These are the patterns, programmes & strategies that we run in our neurology to achieve our specific and desired outcome. Some may work for us and others may hinder us. By studying people that excel in what they do and modeling their strategies, patterns of behavior & thinking, we can reprogram our old patterns, which don't work and implement strategies that do work.

How does NLP work?

NLP is a set of tools and techniques, which we use to encourage people to let go of their negative thoughts, beliefs and make permanent changes to their lives. It works on the unconscious level of the mind; which runs our body and represents our internal representation of how we feel, think and react to situations.

All learning is unconscious, our conscious mind can process only 7+/- 2 pieces of information at any one time; when our senses are bombarded with 2million items of data every second our unconscious mind takes over and will filter the information by simply deleting, distorting or generalising it.

Neuro linguistic programming (NLP) is a process of modeling the conscious and unconscious patterns that are unique to all of us, enabling us to continuously seek a better understanding of how we communicate with ourselves and others. It is the study of our thinking, behaviour and language patterns; enabling us to build specific strategies that work for us, in making decisions whether it be in relationships, business, negotiating or learning.

TLT (Time Line Therapy™)

Founder: [Tad James]

Time Line Therapy is a specific process designed to trace a particular negative feeling, belief or limiting decision back to the first time in memory (unconscious mind) that it can be found. It is a collection of techniques that allows you to gain emotional control over the anger, hurt, guilt, sadness, fear or anxiety that you experience. This model has been widely known as one of the most effective methods for creating quick, lasting changes in individuals allowing them to move forward with their goals and desires.

How we store our memories have a direct impact on how we relate to the world around us. It is our perception of our memories that colours and determines our behavior today. We are all triggered to behave in certain ways based upon past experiences good and bad. Once you release the negative emotions that are attached to a particular memory, you can change your perception of those experiences, which in turn will change your behavior. We can all remember a time when we felt sad - unfortunately for some people our unconscious not only stores the memory of the sadness but the sadness itself. You cannot be free of your past until you can release the stored negative emotion.

How can NLP/TLT help you stop comfort eating?

Comfort eating is often triggered internally, (an unconscious pattern) which takes your mind off whatever stress or anxiety is going on in your life, it is a coping strategy. It is a way of rewarding yourself when life is overwhelming and making us feel good initially.

Why Do I Comfort Eat?

Well, it's a habit and it's triggered by negative thoughts and feelings. We know only too well that consuming excessive amounts of refined carbohydrates and alcohol helps to increase our weight. We then start to feel guilty and bad that we are overweight, consciously we try dieting and then something triggers us emotionally and we revert back to our old pattern. So what stops us from making permanent changes? Why do we persist in eating those comfort foods?

Many people have developed long ago an unconscious coping strategy when dealing with stressful feelings or problems. The good news is that these habits, thoughts and feelings can be changed! NLP & TLT can help you to make those changes permanently on the unconscious level and help you to cope with life's challenges and problems in a more optimistic and positive way.

Testimonial

"After years of negative mental & emotional programming that I had created such as: - phobias, excess weight, health problems or unfulfilled goals. I decided to try NLP and after only one session I 'dropped' 3 kg in weight" Di, Surrey