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GOODMAN

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Through the years, I have always heard about the incredible "powers of the mind." But, it is an awe-inspiring experience to actually be part of a process where one's mind helps the body heal. I had "fucked" a thalium stress test and my doctor was ready to do an angiogram on me. I asked if there was any other test that would substantiate the thalium stress test findings to make sure that I had to go on to the next step of an angiogram and possible stints in my arteries. My doctor said that I could take an echo stress test. Between the time of my thalium test and my echo stress test, I worked with Dr. Laser. The experience was what I believed help me pass my second stress test, the echo one, with "flying colors." After passing that test, I did not need the angiogram procedure. Dr. Laser placed me in a hypnotic trance and then worked on two things: relieving my stress and helping my arterial circulation. By doing so, I am convinced that my heart was helped and I was, certainly, helped emotionally to face my next test, regardless of the results. By helping my mind help control my body and my emotional angst, Dr. Laser performed somewhat of a miracle on me. I, personally, cannot thank her enough. By continuing to use the self-induced hypnosis techniques she has taught me, I am convinced that I will be a healthier person, therefore, a happier one.

Caren Goodman

  
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