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ATTENTION EDITORS, HEALTH, LIFESTYLE & FEATURE WRITERS



Celebrate World Hypnotism Day with internationally acclaimed hypnotist in Toronto at Open House Gala and Workshop on January 4, 2012

Toronto December 21, 2011 -- Debbie Papadakis, BCH, CI, renowned hypnosis expert, teacher and founder of Toronto's Hypno Healing Institute www.hypno-healing.com invites you to celebrate World Hypnotism Day , January 4, 2012 by joining her at two special events. Global events are held this day in recognition of the benefits and effectiveness of hypnosis debunking the myths and misconceptions to reveal its true power and life-changing abilities.

Debbie welcomes the media and public to attend the following events on January 4, 2012

Venue: Hypno Healing Institute, 355 Keele St., Toronto.

Open House Gala: Wednesday, January 4, 2012
1:00 p.m. - 3:00 p.m.

Discover the power and possibilities of hypnosis. Meet Debbie Papadakis celebrated Master Hypnotist, Trainer, Reiki Master, & Author.
(Refreshments will be served).

Workshop: Wednesday, January 4, 2012
6:30 p.m. - 9:30 p.m.

Unleash Your Power Through Hypnosis. Learn how your limitations are affecting your life. Clear internal conflicts and emotional blockages.
Fee: \$25 (*Proceeds will be distributed to benefit local charities supported by attending media.*)

Learn how to make resolutions you can keep using the power of your own mind. *"I absolutely believe in the potential for everyone to benefit from hypnosis, the mind is a brilliant and powerful tool that can be used to hinder, help, or heal."* Debbie on WNetwork.com

Better known for its successful application for smoking cessation and weight loss, the efficacy of hypnosis in dealing with addiction, pain management, self-improvement, sleep, anxiety and rehabilitation is steadily gaining recognition. According to Sebastian Schulz-Stubner, MD, Ph.D., an anaesthesiologist at the University of Iowa, hypnosis is approximately 65-70 percent effective against pain. Surgical teams now prepare patients for surgery with hypnosis to reduce the needed anaesthetic, simplify the procedure, reduce pain, and speed healing (Time, 2006)

Debbie Papadakis has been featured in: Oprah's 'O' Magazine & 'O's Big Book of Happiness' for helping journalist Beverly Donofrio successfully get rid of her lifelong shyness (http://www.hypno-healing.com/documents/OsBigBookofHappinessArticle_000.pdf); Elle Canada Magazine (January 2011) for her work in the connection between past-life memories and relationship issues and Zoomer Magazine (May 2011) for her workshop 'Prosperity by Hypnosis'. Debbie was invited as a Hypnosis expert on Zoomer Radio's The Conspiracy Show, AM740 (December 2011).

Debbie is a certified instructor with the National Guild of Hypnotists and the International Medical & Dental Hypnotherapy Association as well as the Founder of Hypno Healing Institute Clinic & School, Toronto. In addition to working with habits, fears, anxieties, and removing blockages Debbie is a renowned expert in sleep and relationship issues.

The Hypno Healing Institute offers private sessions, workshops, professional hypnosis certification training and other programs. For more information please visit our website: www.hypno-healing.com

For questions or interviews please contact:

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