



*Dreaming of becoming an IBCLC?*  
We can help you make that dream come true.

### Born to be Breastfed

#### New shows weekly

**May 19th 2014: Hypnotherapy for Breastfeeding Mothers and Care Providers**

For many new parents, the first year brings a kind of stress they haven't experienced before. Here is a little baby, relying on you for his every need—a little baby who cannot communicate what he needs with words but must do so through crying and body language. Baby's ok, and so are you—or you will be, once you figure out how to deal with this new stress and get some well-deserved rest. Hypnotherapy can draw on your inner resources to help. And then there are the breastfeeding care providers. Whether preparing for the IBCLCE exam that will launch their career or engaged in the day-to-day clin

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New shows weekly on VoiceAmerica Health and Wellness Channel

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### Featured Guest

#### Max Kirsten

Max Kirsten is an internationally-recognized clinical hypnotherapist, neurolinguistic processing (NLP) master, and certified sleep coach. He has completed many thousands of hours of clinical work, practices at his clinic in Knightsbridge London, and works in collaboration with the London Sleep Centre. He specializes in anxiety related issues, such as chronic and acute insomnia, smoking cessation, addictions, anxiety, stress management, weight issues, eating disorders, phobias, study and sport performance anxiety, public speaking, and optimal health. Max is also the creator of many award-winning Hypnotherapy NLP 'Life Change' apps for the iPhone and iPad. He is the author of "Self Help: F

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