

The Truth Behind Hypnosis

Using Hypnosis to Change your Life

Table of Contents

THE TRUTH BEHIND HYPNOSIS.....	1
USING HYPNOSIS TO CHANGE YOUR LIFE	1
INTRODUCTION.....	3
CHAPTER 1	4
WHY CONSIDER HYPNOSIS?	4
CHAPTER 2	15
USES FOR HYPNOSIS	15
CHAPTER 3	22
HYPNOSIS SPECIFICS AND SUPPLEMENTARY INFORMATION	22

Introduction

Hypnosis has been used for centuries as a treatment for pain relief that is both chronic and during operations. Today its use expands beyond just relief from pain to many other uses. There is, however, much controversy over the use of hypnosis in the medical world, even though repeated laboratory studies have shown hypnosis to be a valid and useful treatment.

As you will discover in this book, hypnosis is a powerful treatment that can be used to help cure many common problems such as smoking addiction, overeating and other eating disorders, phobias, and more. Treating these personal issues can help people live more meaningful and enjoyable lives.

Many people have something in their lives they would like to change. Hypnosis might be the answer. Perhaps hypnosis can help you overcome a challenging part of your life that you have been struggling with for years. It is worth a try, right?

Chapter 1

Why Consider Hypnosis?

Hypnosis: Inside and Out

Hypnosis is often used in place of harmful prescription medication to treat a wide variety of ailments. But what is hypnosis used to treat? The practice of hypnosis is called “hypnotherapy”, and is used either as a solitary treatment or in conjunction with other treatments.

Hypnotherapy is practiced by a trained licensed professional hypnotherapist. Hypnosis is often used to treat the symptoms associated with emotional, behavioral, habitual, social, and medical issues.

Hypnosis can help people deal with:

- ❖ Labor and childbirth
- ❖ Irritable Bowl Syndrome discomfort
- ❖ Post-op surgery bleeding and pain
- ❖ Dental treatment recovery
- ❖ Migraine headaches
- ❖ Chemotherapy nausea/vomiting
- ❖ Weak immune systems
- ❖ High blood pressure
- ❖ Skin diseases
- ❖ Asthma

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