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# Foreword

We all recognize that the body requires the correct vitamins and minerals to maintain wellness. All the same, there's one other vital part of the picture that's frequently missed.

Your immune system and healing mechanism requires rest and positive expectation to work at their best.

Engaging in hypnosis whilst your body is mending itself will:

- Supply regular, deep, rejuvenating relaxation to refresh your mind and body
- Supply optimum conditions for your immune system to work with efficiency
- Provide you positive suggestions and healing mental imagery
- Provide you a break from the stress of illness
- Make you feel better if you feel sick, tired or run-down

Hypnosis shouldn't be used as a substitution for appropriate medical intervention, but rather as part of a full recovery program.

Complete the picture and provide your body and mind what they require to heal best.

## *Hypnotherapy Healing*

Heal Yourself And Take Charge Of Your Life With Hypnotherapy

# Chapter 1:

## *What is Hypnotherapy*

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### Synopsis

Loosely explained, hypnotherapy is an exercise of therapy which induces a deep relaxation state of body and mind and then uses this state of mind to introduce ideas or images into the consciousness.

This is also referred to as being in a deep trance like state or deep “sleep”. This deeply focused state is unusually responsive to an idea or image in its otherwise contrary form. However it is not possible to take control of the individual’s mind and free will at any given time.



## **The Fundamentals**

A hypnotherapist can actually teach or assist a person on the fundamentals of how to master their own state of awareness, so that the individual can then affect their own functions and psychological responses.

Thoughts and feelings are usually associated with the responses remembered and learnt as a result of a particular event. These are then stored in the brain, only to be repeated automatically when the identical or similar scenario presents itself.

Hypnotherapy is an exercise which can manipulate these thoughts by adding or suggesting a different response to the event. All this has to be done on an individual in a deep state of relaxation or trance.

This is a very useful tool, when an individual has gone through a very traumatic experience and is unable to get over it. It also helps to separate and change perceptions of things and people, while separating the memory from the information linked to it. This is then replaced with healthier thoughts and feelings as opposed to the original negative ones.

In most legitimate hypnotherapy sessions the body is brought to a relaxed state and the thoughts become more focused. Certain changes in the brain wave activities occur during this state of hypnotically induced trance. Though now fully relaxed physically, the state of the mind is fully alert and highly responsive to suggestions and ideas. It should be noted that some people respond better and faster to hypnotic suggestions than others.

# Chapter 2:

## *Kinds of Hypnotherapy*

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### Synopsis

Medical procedures do not always have to involve scientifically acknowledged medicines, treatments, and doctors. Sometimes other styles of treatments are also acknowledged as medically approved practices. Hypnotherapy is one of the few alternative treatments that have been accepted by the medical fraternity as a viable way to treat a condition.



## **More In Depth**

There are basically two main categories of hypnotherapy, Suggestion hypnotherapy and Analytical hypnotherapy. Both are explained as follows:

### **Suggestion hypnotherapy –**

Is the practice where a therapist will induce a trance like state in the patient and then make or suggest simple and easy ideas or instructions to follow.

These suggestions, instructions or ideas are positive in nature and are introduced into the patients mind with the intention of correcting any negative situations, characteristics, etc. this kind of therapy is useful to help people who have trouble with weaning of undesirable habits like smoking, taking controlled substances, repetitive unnecessary actions and many more.

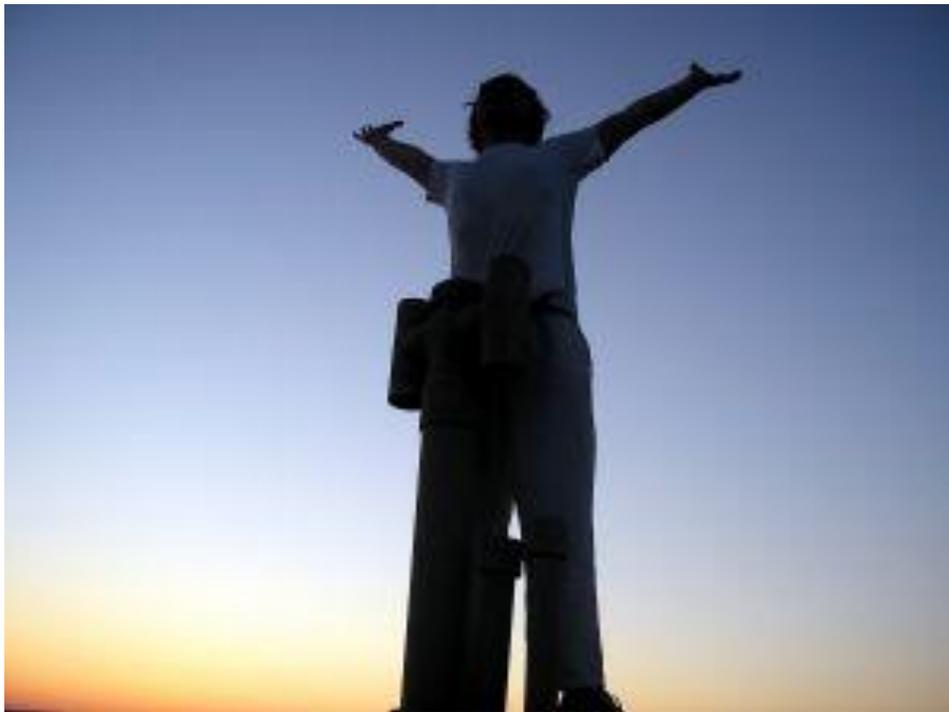
In the treatment session the therapist will suggest to the patient the follies and encourage alternatives. Unfortunately because the patient is not required to be in a totally deep trancelike state for this type of hypnotherapy, the effects though seem initially to be successful may eventually wear off in time.

### **Analytical hypnotherapy –**

This type of therapy requires a deeper and more committed state of mind. In this style of hypnotherapy the therapist will probe deeper into the mind of the patient to find the exact cause and effect of a particular problem.

People who have experienced traumatic situations that have left an unshakeable impression usually seek this kind of redress. The aim is to treat the physical problem that is the product of the psychological distress.

The success rate of this style is quite good and fairly long term. The patient is able to understand the reason for the reaction brought on by the trauma and thus address it in a more suitable suggested manner. However several sessions may have to be conducted before this ideal is reached.



# Chapter 3:

## *How To Manage Weight Loss With Hypnotherapy*

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### Synopsis

Food, glorious food, a temptation few can refuse, and refuse they don't, thus the vicious cycle that is the cause of many people having to deal with weight issues.



## **Slimming Down**

The most popular method is of course dieting, but dieting alone for most people has proven to be a very challenging and difficult exercise to embark upon successfully. There are many reasons why people turn to food for comfort.

Some of which are family eating styles, moods and emotions, habits, quality, and choice of diet, lack of knowledge on food, exercise and its regularity are just a few more obvious possible reasons why people turn to food.

Programs like hypnotherapy have proven to have wonderful results when used to address these various eating disorders. Through hypnotherapy the patient is trained by use of the mind to remove all the old programming and associations with food and replace it with healthier alternatives.

The individual is also taught how to reinforce the end objective with practicing self hypnosis every time the “threat” of falling back into the old habit of eating arises.

Though some people might think it strange to acknowledge that one’s feelings have a “secret language” all of its own, understanding this “language” and controlling it through hypnotherapy is the key to keeping the eating disorder in check.

Therefore rather than responding to these feelings using the food satisfaction “language” hypnotherapy introduces alternatives, which doesn’t leave the individual feeling worse, thus eliminating the need to consuming the unwanted food to begin with.

There are still some people who are of the opinion that weight loss cannot be successfully addressed with hypnotherapy. Perhaps that is a probable assumption if the individual is only depending on hypnotherapy to lose weight.

Ideally hypnotherapy should be complimenting other methods of weight loss programmers like eating a healthy diet and exercising.



# Chapter 4:

## *How To Stop Smoking And Other Bad Habits With Hypnotherapy*

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### Synopsis

Trying to stop a bad habit is very difficult and sometimes even impossible, especially when the bad habit has been practiced over a long period of time.

Simply expecting the bad habit to stop or disappear is unrealistic unless coupled with the appropriate approach. The appropriate choice made must take into consideration many factors in order for it to work successfully in each individual circumstance.



## **Stop The Bad Stuff**

Stopping smoking habits and other bad habits using hypnotherapy has its merits and success rates. The “mind over matter” saying, though simplistic, does help a person in a fearful or painful situation, however this alone cannot work if it is not understood and practiced correctly.

Ideally the hypnotherapist will first explore the different reasons and causes that induce the individual to turn to the bad habit. The different reasons could be because of boredom, stress, nervousness, traumatic experiences, problems, etc.

When this has been determined the hypnotherapist will then introduce ideas and alternatives into the trance induced mind to counter the previous negative mind set. In using hypnotherapy, the subconscious mind is opened to accept the introduction of new ideas or feelings, suggestions or perceptions when addressing the link to the bad habits.

The hypnotherapist will be able to deeply ingrain the suggestion of the negative consequences of continuing with the current bad habit state. Alternatively a positive thought can also be suggested, to encourage the individual to focus on the advantages of eradicating the bad habit.

If the individual is able to constantly draw on this subconsciously ingrained thought pattern to combat the craving that supposedly fixes the problem, then the battle to stop the habit is on its way to success.

Hypnotherapy is also a method that does not require any additional medication to be added to the already difficult equation. It is also used as a complimenting tool to help the individual overcome the bad habit.



# Chapter 5:

## *You Can Control Diabetes With Hypnotherapy*

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### Synopsis

Hypnotherapy has been known to help in many areas of medical conditions. Sometimes used as a standalone alternative and sometimes used as a complimenting elements to an already ongoing treatment



## **Better Glucose**

Another area hypnotherapy has had some positive results is in diabetes. This is a serious medical condition and requires as must assistance for the individual to be able to control, reduce, or overcome this disease.

For some people being resigned to their current limiting lifestyle because of diabetes is not an ideal solution. Thus seeking alternative complimenting treatment is possible by the use of hypnotherapy.

Hypnotherapy sessions usually start with inducing a trance like state, which when achieved, allows for the introduction of various ideas, suggestions, and other positive input. One area the hypnotherapist will address is the diet of the diabetic.

Leaning to control the diet through hypnotic suggestions is helping the diabetic patient to have the will power needed to start eliminating the foods that are harmful to the condition.

Hypnotherapy can also be used to help the individual to adjust their dependency on their insulin requirements and in really successful cases eliminate them altogether. However all this needs to be done with the consent of the medical doctor familiar with the individual condition.

Some patients who have had to undergo surgery to amputate the effected limbs because of diabetes have found some level of mental and physical relief from practicing hypnotherapy.

The psychological effects of losing a limb as a result of the diabetic disease can be painful both mentally and physically and here the hypnotherapist will suggest positive thoughts and outlooks into an otherwise seemingly bleak future.

Hypnotherapy helps the individual to believe in a thought, an idea or an action that will help remove any “block” which cause the negative imbalances in the diabetic condition. These seemingly impossible elements become more easily overpowered with the mastering and constant practice of hypnotherapy regularly.



# Chapter 6:

## *Learn To Control Stress With Hypnotherapy*

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### Synopsis

Life today comes with a lot of stress, some unavoidable and some not. Therefore finding the balance is very important as stress does eventually lead to many medical and mental complications and negative health issues.

Having a stress free life should be the goal, but unfortunately most people are so busy perusing their individual lives and pushing themselves they sometimes don't recognize the damage stress is doing in their lives until it's too late.



## **Acquire Peace**

Hypnotherapy has over the years been one form of treatment that is being sought after by many. The popularity of this style of treatment for stress is due to the fact that there is no added medication that needs to be taken to see results. This form of therapy only requires the mind to be willing to be open and receptive.

People under stress have learned to use hypnotherapy effectively to manage their feelings, outbursts, breathing, and quality of work, just to name a few.

Through hypnotherapy people learn to focus their mind on the suggestibility of positive elements by following a preset exercise pattern that helps to adapt the individual to the existing stressful situation, resolving existing anxieties, and creating new ways of looking at or facing the problems.

Hypnotherapy has had significant results in reducing the stress levels of an individual who practices this form of therapy regularly. The general testimonies of feeling stronger and more in control of not only the situation but also in the reaction and responses of those who practice hypnotherapy as a viable alternative are many.

Because a person ability to focus and generally be productive is impaired by the stress experienced, hypnotherapy can help to clear the mind and center the focus better to ensure better concentration and thus better quality of anything. The feeling of exhaustion is combated by the preexisting tranquil and relaxed hypnotherapy elements that are already embedded in the subconscious.

# Chapter 7:

## *Hypnosis To Remedy Fertility Issues*

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### Synopsis

It's probably an accepted fact by now that the state of the mind directly affects the conditions of the body and thus the general health of an individual.

However knowing this as a fact, does not necessarily translate to people being more careful or aware of the consequences their everyday lifestyles have in the long run.



## **For Children**

Going through fertility issues, have become a common medical problems with many couple today. It has become evident; through the very many various researchers done that this fertility issue has links to the mind set.

Over time people have cultivated so many beliefs and negative ideas that their mind has been tuned to accept these beliefs and ideas to be true and thus inadvertently giving them a false sense of protection.

The mind has the power to create a reality in the mind's eye that is so real, hence causing the individual to follow this thought or idea unquestionably. In order to successfully reverse this negative condition hypnotherapy is sought.

With regard to fertility issues, the hormonal condition created by the negative mind set is paramount is causing infertility. The general goal of a hypnotherapy session is to address the issues that are the probable cause of the infertility while all the time suggesting thoughts and ideas to counter the original perceptions, thus ideally assisting in removing any fears, obstacles and myths from the conscious and unconscious state of mind.

From a scientific point of view, the connection between the genes and the ability to conceive is evident. When the mind set is not at peace or has a lot of unreal assumptions, this then effects the activation of certain genes which create the chances of a successful conception.

Therefore hypnotherapy is called to the recues to reverse this mind set causing problem.

Using hypnotherapy to bring calmness and relaxation to the mind, also contributes positively to the percentage of conception, and the general fertility state of an individual.



# Chapter 8:

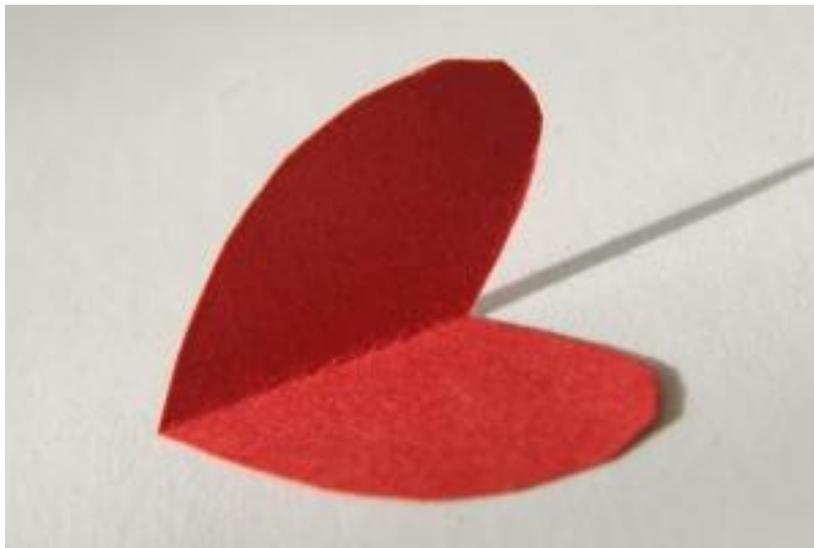
## *Heal Relationships With Hypnotherapy*

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### Synopsis

Healthy relationships are what most people seek in life. There are many types of relationships and the connections made in each individual relationship are different and constantly evolving and changing.

The success of these relationships, all have one thing in common – the state of the mind. A healthy mind set is clearly shown in the demeanor, attitude, goals, and lifestyle choices the individual makes.



## **Life Help**

Hypnotherapy can be used as a tool to address relationship problems, heal relationships or to simply assist in learning how to create a relationship.

Hypnotherapy is the means that allows an individual to get in touch with issues, ideas, or thoughts that no longer serves its purpose and direct the thought process to resolving, changing, or improving instead. In solving these issues through hypnotherapy, individual can move on to a more positive stage in life.

- Hypnotherapy can help healing in the following areas:
- Identifying specific areas that are effecting the relationship
- Evaluate the significance of interaction in the relationship
- Release behaviors that impact the relationship
- Getting in touch with the inner self
- Erasing previous traumatic elements which impact the relationship

Hypnotherapy can also be used to heal from a grieving process. Existing relationships can be affected when an individual is unable to or doesn't know how to grieve properly.

By helping to remove the negative emotions and responses to the current relationships, the individual is able to release the grief and move on. Hypnotherapy directs the mind through a series of positive thoughts to the level where the individual can find happiness and fulfillments again and not dwell in the painful grieving state.

Often times people are unable to have healthy relationship because of something that happened to them, which was caused by someone considered “close”.

This unhealthy aspect then seeps into the current relationship and causes further problems. Hypnotherapy helps the individual to isolate the problem and its corresponding feelings and then teaches the individual to avoid projecting or manifesting these same elements into all other relationships.



# Chapter 9:

## *Self Image Healing With Hypnotherapy*

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### Synopsis

The popular image of one must be the best in everything is what drives people to push themselves to achieve unimaginable things. The heights of their achievements often measure the successes of their lives. Unfortunately not everyone can comfortably function this way.



## **Looking Into Yourself**

For some people living with all these expectations eventually cause them to withdraw and worse still, look upon themselves as failures. This is popularly known as having low self image.

Upon reaching this level, there are some people who are able to come to the realization that they need help. They are willing to consider changing for the better with the help of others. This help can come in the form of hypnotherapy.

Hypnotherapy can help the individual to identify the thing that is causing them to “hold back,” give excuses, or fail by simply giving them back their self esteem.

To gain some level of positive self image, self confidence, or self esteem, the hypnotherapist will encourage the change in the mind set from negative thoughts and ideas to positive thoughts and ideas whenever challenges, crisis, or other opportunities present itself.

A damaged self image can manifest as a result of many and repeated negative messages the brain receives. In trying to create a buffer for the pain the individual resorts to a negative image or lifestyle, thus effectively giving the opportunity for using this change as an excuse for the state of low self image.

The hypnotherapist will have to first bring the individual to a state of calm relaxation before attempting to start the reassuring process to edify the positive thoughts that are to be suggested into the subconscious.

Assurance of being loved, respected, acknowledged are some of what the individual needs to feel and accept. The process is long and difficult because of having to erase years of negative elements with positive ones but it is well worth the effort.



# Chapter 10:

## *The Repercussions To Not Taking Charge Of Your Life*

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### Synopsis

Control is something everyone wants to be able to exercise. When an individual feels in control, both the body and mind are working at their optimum levels, the results of which are confidence, ease, efficiency to name a few. Losing control however brings the opposite results.



## **Stay In Command**

In some cases taking control is not an option to pursue because of extenuating circumstances, which may include sickness, age, power and others. Sometimes though these circumstances can be changed, eradicated, or simply learned to work with using certain methods, tools, or therapies.

Using hypnotherapy is one way to address issues going on in the life on an individual. Instead of allowing the circumstances to dictate the quality of life the individual can seek this form of therapy to change his or her life for the better.

By using hypnotherapy, problems can be faced and solutions can be suggested to help the individual deal with everyday issues which are currently causing negative impacts.

If the choice to ignore these elements in life is made, then the quality of life enjoyed would severely deteriorate. The tendency to shut one's self away becomes the norm and this will further cause more negativity to surround the individual.

There is even the possibility that this negatively will not only affect the person who has lost all control of their life but will also affect those around.

When, one is not in charge of one's life, several things can occur. On a personal level, the state of health can be effected, finances can suffer, relationships can be destroyed, weight gain or weight loss can occur.

There is also the possibility in turning to negative elements with the wrong thinking that these elements will restore the balance and state of control again.



# Wrapping Up

Hypnosis does not feel like anything. It's as if you are getting prepared to take a nap, but you don't in reality fall asleep. Stage hypnosis presents us the idea that we may be made to do anything against our own will. This is far from the truth. You won't do anything that you're not easy with.

The mind is really open to visualizations. The more genuine you let the experience become in the subconscious, the more effect it will have on your conduct.

Hypnosis is a tool that lets us envision the goal as already achieved...it utilizes all the senses... Seeing, hearing, smell, taste, touch, and most of all emotions/feelings of how awesome you feel now that your goal has been achieved!

Envision the end result and leave the details to the cosmos, your spirit inside, your God, whatever your belief. This will work for you if you allow it.