

Why Hypnotherapy

-The biggest benefit is that it almost always makes you feel great and has no negative side effects.

Hypnosis is simply a heightened sense of focus and awareness. Hypnosis uses the metaphors of the subconscious to allow you to make effective changes in the conscious mind. It is building a bridge to allow the solutions to be with us in everyday life.

Science and studies of people under hypnosis show significantly increased brain activity in the temporal, occipital and parietal lobes. You may feel peaceful and relaxed but the activity in your brain is very alive and moving.

Though you have a guide in your journey (your hypnotherapist), you remain completely in control of the session. Basically, the hypnotherapist assists you in reaching your subconscious mind. There, criticism and analyzing ceases allowing you to process real understanding, helps you relearn ways to improve, and begins a process of healing that you desire.

Hypnotherapy can help you with:

- Anxiety
- Smoking or Tobacco cessation
- Weight Management
- Stress Migraines
- Insomnia
- Fear of Flying
- Lack of Self Confidence
- Social Fears
- Phobias
- Self Esteem



- Panic Attacks
- Sports Motivation and Achievement
- Goal Setting
- Pain Management
- Depression
- Preparation for childbirth
- Post-termination distress
- Stress management
- Stuttering / Anxiety
- And much more



Here is a great link to the Mayo Clinic site on

HYPNOSIS: www.mayoclinic.com/health/hypnosis/MY01020