

Wellness concerns and Hypnotherapy

Stress

America's number one health problem - a dis-Ease of civilization.

The American Institute of Stress has estimated that 75 to 90 percent of all visits to primary care physicians are for stress-related problems.

Hypnosis will help you pack your parachute so you can bail out of the vicious vortexes and downward spiral of stress.

Living in uncertain and turbulent times, we have earned our wings...now it is time to use those wings to soar through space and time. Through hypnosis, you will learn to use these currents to give lift, balance, support, release, freedom, grace, calmness, control, and peace of heart and mind.

Pain Control

Imagine pain relief without drugs...

Hypnotherapy is used for both chronic and traumatic-based pain.

Through hypnosis, you will learn to control or erase pain, in accordance with your physician's recommended treatment protocol.

You'll experience relief from back pain, migraines, arthritis, surgical pain, TMJ and many other types of pain.

Surgery

Pre and post surgical Hypnotherapy

- Pre-surgery –
 - preparation
 - release of anxiety
- Post-surgery –
 - accelerated healing
 - pain control
 - easing of symptoms of nausea and vomiting

Anxiety and panic

Reprogram your panic with **peace**

Replace-negative thinking with **positive thoughts**

Coping becomes easier and easier

Learn to relax and flow calmly

Insomnia

Find a peaceful restoration of sleep and slumber

Remember how to sleep like a baby...so carefree

Lull to sleep and slumber wrapped in soft, safe cocoon of pure love

Phobias

FEAR is...False Evidence Appearing Real

Replace fear with faith, the evidence of things hoped for but not yet seen

FAITH is...Freedom, Awareness, Imagination, Trust, Healing

Release it...

- Fear of flying
- Being in closed spaces
 - Elevators
 - Insects
 - Reptiles

Smoking

Become smoke-free

Enjoy freedom while increasing your income (not buying cigarettes)

Experience fresh, clean air-clean, lungs and fresh breath

Weight-Reduction

Weigh down...lighten up

Nourish yourself on every level now.

Shhhh... your subconscious mind is listening...actually eavesdropping.

It hears every single thought you have and it is so eager to please, it goes to work immediately and becomes your “master chef” – whipping up a chemical soup from the ingredients you give it.

Are you thinking and speaking...nourishing, kind, loving thoughts about yourself???

or

Are you repeatedly putting others and things before your needs and desires???

A message that says, I am “worth-less” than others???

Hypnotherapy will allow you to select life’s nourishing ingredients for your best and highest good, lighting up your Body, Soul and Spirit.

Cancer

David Spiegel, MD, a psychiatry professor at Stanford University and a leading researcher on medical hypnosis, has found that some patients with terminal cancer live longer and more comfortably. Spiegel studied 125 women with metastatic breast cancer. Those who learned self-

hypnosis techniques had 50% less pain than women receiving standard care, and lived, on average 1.5 years longer.

Hypnosis has been shown to:

- Reduce nausea
- Lessen anxiety related to treatment and fear of disease outcomes
 - Improve all-around lousy feelings induced by chemotherapy
 - Increase feelings of **hope**
- Empowers patients with an increased sense of control

Hudacek 2007

Some possible explanations as to why hypnosis may work for cancer patients –
The first possibility is that hypnosis directly influences white blood cell production and or activity. In this scenario, hypnosis works from a top down mechanism, whereby the brain directly uses the sympathetic nervous system to cause primary lymphoid tissue e.g.

bone marrow, thymus

And secondary lymphoid tissue spleen and lymph nodes

To increase production and or activity of NK cells

This direct top down the process could be similar to the control the Prayed exerts on the body when hypnosis is used for surgical procedures. Although more research is needed to explain the exact process, hypnotic Therapy may cause the brain to directly influence white blood cell production.

Alternatively, hypnosis may indirectly influence in case cell count and or activity by reducing the stress associated with a diagnosis of cancer. Stress is known to activate various neuroendocrine pathways in the brain

The high-profile hypothalamic-pituitary-adrenal axis sympathetic adrenal-medullary axis and the high-profile hypothalamic-pituitary-thyroid axis causing the release of adrenal Cortisol A C T H

And consequently, and elevation in serum cortisol levels. Cortisol is known to bind to white blood cells, interfering with normal immune system functioning. In this scenario, hypnosis aimed to reduce stress could decrease stress and cortisol levels, thereby reducing Cortisol interference with the immune system, allowing the in the K cell count and or activity to naturally increase to fight cancer cells. Although more research is needed to understand these prophecies more fully the modern hypnotist can still incorporate these studies into practice.

Who Dickey 2007 review of the effects of hypnosis on the immune system in breast cancer patients: a brief communication. International Journal of clinical and experimental hypnosis 55-4, 411-425.

Ageless Beauty

Reverse the effects of the aging process

Botox--- the popular injection of botulism is being used now to decrease the appearance of wrinkles

Teresa has created an alternative, far less painful and equally effective treatment.

While the treatment may take longer, the effects are permanent.

Teresa's innovative new treatment,

Botalk tm R c

utilizes hypnosis to speak to the subconscious mind and muscles directly.

This is a peaceful relaxation session.

However, it goes beyond mere relaxation.

It goes to the very core of our being.

Our thoughts and attitudes are reflected on our face.

Habitual thoughts of anger, disappointment, negativity, fear and loss age our face and body.

Hypnosis replaces thoughts of negativity allowing you to release, accept and forgive...naturally moving you toward regeneration...creating a sense of well-being