

Hypnosis Demystified

Simply put, hypnosis is a relaxed form of concentration that can allow access to the subconscious mind.

ALL HYPNOSIS is SELF HYPNOSIS

It can not be done to you, you need to allow or permit it to happen.

This relaxed concentration is a natural state of mind that we enter into every day when we daydream, play video games, watch television or a movie.

Recent studies have shown how visualization, a type of hypnosis, has had a positive effect in changing the course of some diseases.

Hypnosis has been accepted by the
American Medical Association
for weight control, motivation, stress reduction and
smoke cessation.

**Hypnosis can help YOU
make positive changes in your life!**

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Smoke Cessation, Weight Control, Pain Management,
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