

Hypnosis is Effective in Treating Many Different Issues

Eliminate or Better Manage Pain With Hypnosis

Perhaps you saw the feature article television's 60 Minutes had on hypnosis for childbirth. Or maybe you've read some of the findings from the National Institutes of Health or The Journal of the American Medical Association or Stanford University that all endorse hypnosis to reduce pain. Dozens of studies spanning decades show that hypnosis has been proven to work to reduce pain - both chronic and acute.

Hypnosis can enable you to release natural pain-blockers called encaphalins and endorphin into your body that lessen or eliminate suffering. It can also help you learn to tune out chronic pain.

To give you a simple idea of how this works: Wiggle your toes. What do you feel? Your socks? Your shoes? The floor?

Hypnosis has been used for arthritis patients, victims of back injury, cancer victims, IBS and fibromyalgia patients successfully.

It's even been used to dramatically lower the acute pain of childbirth.

Clinical Hypnotists will help you learn to diminish and manage your pain - potentially even eliminating it altogether.

REMOVING FEARS

Phobias, Anxiety Attacks and Stress

Your brain is made in such a way that you can learn very quickly if you are in an altered state of consciousness. That means you can also unlearn just as quickly. Phobias are routinely cured permanently in 1-3 sessions.

People have reactions every day to stress.

When people suffer from chronic stress or anxiety attacks it effects their over all health. Thousands of stressful thoughts build on each other causing your feelings to overwhelm you.

Hypnosis helps for several reasons.

- * It can help you gain control of errant thoughts that cause stress.
- * It can help you make lifestyle changes that effect your body chemistry.
- * It can help you learn to put deep relaxation under your conscious control - effectively allowing you to "drain the tub."

Studies have show hypnosis helpful in relieving numerous conditions that arose from stress by

relieving the underlying condition.

OTHER COMMON COMPLAINTS WHERE HYPNOTHERAPY CAN HELP:

Sexual Dysfunction, Anxiety, Insomnia, Body/Mind Relaxation, Panic Attacks, Public Speaking, Stuttering

HEALTH ISSUES WHERE HYPNOTHERAPY HAS BEEN PROVEN EFFECTIVE:

Irritable bowel syndrome, Chronic fatigue, Migraines, Allergies, Anorexia nervosa, Eczema, Skin diseases, Arthritis, Fibromyalgia, Asthma, Gastro-intestinal disorders, Snoring, Bulimia nervosa, Impotence, Sports injuries, Bruxism (Teeth Grinding), Insomnia, Tinnitus Candida, Ulcers, Childbirth, Krohns disease, Warts

UNPRODUCTIVE HABITS THAT HYPNOTHERAPY CAN HELP:

Obsessions, Procrastination, Poor self-confidence, Anger, Nervous Habits, Post-natal depression, Blushing, Nervous Tics, Premature ejaculation, Bruxism (Teeth grinding), Enuresis (bed wetting), Oversleeping Shyness, Knuckle Popping, Swearing, Nail biting, Poor self-esteem

SELF-IMPROVEMENT GOALS THAT HYPNOTHERAPY CAN HELP:

Assertiveness, Expanding Awareness, Problem solving, Communication, Goal achievement, Public speaking, Creativity, Habit removal, Sales motivation, Creative thinking , Handling criticism, Self hypnosis, Creative visualization, Memory recall, Self image, Creative writing, Motivation to exercise, Self improvement, Decision making, Overcoming blockages, Sports performance, Dream Interpretation, Performance, Stress reduction, Dream Recall, Positive thinking, Team performance, Effective speaking, Priority and goal setting

LEARNING ABILITIES THAT HYPNOTHERAPY CAN HELP:

Reading speed, Concentration, Test taking, Study habits

To schedule your Hypnosis Session call Dr. Dave Hill, DCH, now at (510) 785-8152.

Maximum Power,

Dr. Dave Hill, DCH

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