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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

The Amazing Power Of Hypnosis

By JM Jackson

Hypnosis, and the way our minds project our self image, is a very powerful way to lose weight.

Hypnosis itself is a very powerful technique. The latest research shows that it eases pain, speeds healing, increases fertility, even fights cancer.

Most of us are not even aware of how powerfully the mind controls us. From it's position of protecting us, it manipulates and causes behaviors, even the negative ones, with the overall result of keeping us safe and alive. All of this, of course, happens without our conscious knowledge.

Hypnosis is a way of accessing the mind directly. It is a tool that allows us to change negative behaviors "behind the scenes" so to speak, and, where it really matters – in our mind. Most of us also know nothing about hypnosis, except that it's a bad Vegas act. Most of us think it's a magic trick.

Most hypnotists are practicing psychologists. They can help the patient put themselves into a deep state of relaxation. And this is the important point, no one does it to anyone. The patient either allows themselves to be hypnotized or hypnotizes themselves.

Most patients state it is similar to the feeling you get right before you go to sleep. Deep, relaxing breathing techniques and quiet sense of fluidity simply instill relaxation a sense of peace and quiet.

A funny thing is happening to hypnosis, long a feature of vaudevillian routines: it's becoming respectable, working its way into the nation's premier research hospitals, medical journals, and doctors' offices. An increasing number of physicians are using hypnosis to ease patients through childbirth, angioplasty, chemotherapy, breast biopsy—even full-on surgery.

Hypnosis is helping people get over fractures, burns, migraines, asthma, fibroids, peptic ulcers and skin disorders. The same techniques practiced by ancient Egyptians 2,000 years ago and "discovered" by Austrian physician Franz Anton Mesmer in the late 1700s are now scoring impressive results in medical experiments across the United States, Europe, and beyond. Mind, it seems, really can overcome matter.

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If somebody told you there was a medication that could treat 100 different conditions, didn't require a prescription, was free, and had no bad side effects, you wouldn't believe them," says Harvard Medical School psychologist Carol Ginandes, Ph.D. "I don't want to sound like a snake oil salesman, because hypnosis is not a magic wand. But it should be made available as a supplementary treatment for all patients who could benefit. Right now."

JM Jackson is a health, weight loss and fitness consultant in northern California. For more information see her website at

<http://secrettips.net>

or blog at

<http://secrettips.net/portfolio/>

Stage Hypnosis - Friend Or Foe?

By Richard MacKenzie

As a Hypnotherapist people ask me time and time again about my views on Stage Hypnosis. Not so long ago I actually received a letter which was regarding my support for Stage Hypnosis. The letter expressed the great disappointment of its author that I supported Stage Hypnosis. It mentioned that Stage Hypnosis was 'unethical' and 'damaging' to the profession of Hypnotherapy as a whole. The amusing thing was that the guy that wrote me this letter was actually a practicing Hypnotherapist here in the UK, who in actual fact only decided to become a Hypnotherapist after seeing a Stage Hypnosis show on television back in the 90's.

This is the exact reason that I and many other Hypnotherapists support the art of Stage Hypnosis. The reason being is that it interests people and makes them aware of the benefit of Hypnosis and the power of the human mind. Just like it motivated and interested this guy to become a Hypnotherapist. This guy mentioned 'very humbly' that he has helped hundreds of people over his career. Just imagine if there were no Stage Hypnosis, he probably wouldn't have been able to start his journey to become a therapist and would never have been able to help them.

I really don't understand why Hypnotherapy organisations around the world, other than a handful, haven't really grasped that Stage Hypnosis is a vehicle to allow the benefits of hypnosis to be widely understood, however some of these very same organisations promote therapies that hold little or not scientific explanations whatsoever. One such organisation here in the UK springs to mind that actually has a register for 'Past Life Regression', and yes these guys are trying to be 'mainstream', but unfortunately they choose to reject the necessity of Stage Hypnosis in our profession today. This I consider to be extremely confusing, after all, all Stage Hypnosis actually is, is an entertaining way to put across the power and the benefit of Hypnosis. There is no mumbo jumbo and no new age spirituality needed, but just plain old science!

I really support Stage Hypnosis and really hope that we start to see more of it here in the UK and all

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around the globe. Obviously it needs to be done ethically, but this is the same with everything. Showing the power of the mind to individuals and to audiences through an entertaining medium is ideal to reach a certain portion of our society and to help them to understand the benefits of Hypnosis and Hypnotherapy.

Richard MacKenzie is a leading professional in the field of Hypnosis and Hypnotherapy –

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– He also has a great range of Hypnosis Downloads at his site

<http://www.richardmackenzie.co.uk/et.htm>



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