

## HYPNOSIS

Hypnosis is an alternative curative healing method that is used to create subconscious change in a patient in the form of new responses, thoughts, attitudes, behaviors or feelings. **Hypnosis** is a therapeutic technique in which clinicians make suggestions to individuals who have undergone a procedure designed to relax them and focus their minds.

Most clinicians agree it can be a powerful, effective therapeutic technique for a wide range of conditions, including pain, anxiety and mood disorders. Hypnosis can also help people change their habits, such as quitting smoking.

Hypnosis is a state of consciousness in which we are open to suggestions. This is a state of mind most of us are in sometimes during our daily activities, like when driving on the freeway and not being fully aware of our surroundings. You may even miss your exit.

Hypnosis is a way to allow our subconscious mind to make new decisions, visualize success in a improving the overall quality of our lives. It is used for relaxation, distressing, building self-esteem and breaking old ideas of how we see the world while establishing new ones. It allows the subconscious to change (reframe) old beliefs and decisions that no longer get us what we want or need, change habits such as smoking and to allow us to see ourselves in positive ways our history, until now did not support.

*Stress less. Listen better. Get your brain, sound and fit.*