

Having an open mind does not mean that you will try anything, but will at least listen.

Article from BuddhasPlace.com

Hypnosis

When most people think of hypnosis they think of people clucking like ducks. I certainly enjoyed the site as a child, but times have changed.

Hypnosis has started to gain the respect of the medical community. The medical community has started using hypnosis mainly in the field of pain management.

Hypnosis is categorized as a type of alternate therapy called “mind-body” therapy.

Science can not completely explain how hypnosis works. It is considered to be an alternate state of consciousness or trance. A person in a trance is considered to have focus attention and the ability to respond to suggestions.

It is not unusually for people to be in a trace (hypnotic state). Doing something highly repetitive, such as driving, reading a book, or even day dreaming can put you in a trance.

Hypnosis has shown the ability to relieve acute pain. It is especially useful for people that have a limited capability to take pain medication.

The Mayo clinic has found, “hypnosis in some cases, hypnosis can work as well as or better than pain-relieving medications”.

Hypnosis is also being test for the reduction of anxiety, reducing symptoms of asthma, reducing ring in the ears (tinnitus) and to stop smoking.

It most effective if hypnosis is performed by a medical professional. Such as a psychologist who has also been trained in hypnosis. It should be a medical professional who has experience treating your condition with and without hypnosis.

Talk to your physician to get a referral to a medical professional who does hypnosis.

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