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Posted: Tue May 01, 2007 10:34 am

Q: I have been hearing more about hypnotherapy lately, what are some conditions it is used for?

-K. Brown

Joined: 06 Apr 2005  
Posts: 90

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Posted: Tue May 01, 2007 10:38 am

Hypnotherapy is probably most recognized for stopping smoking and weight loss. However, it is an incredible tool for natural birthing, pain relief, warts, rashes, expedite healing, relaxation, focusing on goals, nail biting, hair pulling, teeth grinding, really any habit you can think of. It has even been used with cancer patients with success by visualizing the white blood cells attacking cancer cells (a good book for this is Getting Well Again by Carl Simonton).

- Scott Kudia, Ph.D.

Joined: 06 Apr 2005  
Posts: 90

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