



## Hypnosis

Article by Wise123.com

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 begun using hypnosis, mainly in pain management.

Hypnosis is a type of alternative therapy called “mind-body” therapy.

Science cannot wholly explain how hypnosis works. It is considered to be an alternate state of consciousness or trance. A person in a spell is believed to have focused attention and the ability to respond to suggestions.

It is not unusual for people to be in a trace (hypnotic state). Doing something highly repetitive, such as driving, reading a book, or even daydreaming, can make your trance.

Hypnosis has shown the ability to relieve acute pain. It is beneficial for people with limited capacity to take pain medication.

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

Hypnosis is also being tested to reduce anxiety, reduce asthma symptoms, reduce ring in the ears (tinnitus), and stop smoking.

It is 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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