

🕒 What Hypnotherapy DOES!

..... it HELPS PEOPLE accomplish their goals to:

- Be free of unwanted negative emotions: anger, regret, frustration, guilt, sadness, depressive feelings, self-hate, etc.
- Eliminate worry, stress, unproductive reactions, fear/pain/unwanted habits and addictions of all kinds.
- Improve performance: learning, relationships, sports, etc.
- Manifest dreams and goals; make choices in their highest good.
- Relax and experience ongoing contentment and happiness with life.
- Birth with ease; experience dental procedures with ease/relaxation.
- Manage weight and fitness.
- Be self-controlled, socially adept, spiritual, sleep well.
- Stand up for themselves and their truth.

..... and much, much, more...

🕒 What Hypnotherapy DOES NOT DO!

- Apply labels or diagnose.
- Psychotherapy.
- Needles, drugs, medications.
- Disempower a client or require endless sessions.

Hypnotherapy has a proven track record in improving sports performance, sexual performance and salesmanship and has been proven to have significant health and wellness benefits.

**** A medical health referral may be required for certain conditions.***

DISCLAIMER: This website/guide is provided for general information only and is not a substitute for professional medical advice. We are not responsible or liable for any diagnosis or action made by a user based on the content of this website. We are not liable for the contents of any external websites listed, nor do we endorse any commercial product or service mentioned or advised on any of the sites. Always consult your own doctor if you are in any way concerned about your health.