

# Hypnosis: The "New Therapeutic Tool"

By Gayle North

"For thousands of years, philosophers and intellectuals have known that thoughts can control the body's functions and human behavior – that within us all is the potential to uplift, heal and inspire others as well as ourselves. That this potential flows throughout mankind, gives us the assurance that there is no such thing as a totally helpless situation or an insurmountable problem. Hypnosis is considered the best tool to access, mobilize and actualize this potential.

*... Through scientific research, and clinical application, researchers have now turned the "magic" of hypnosis into specific, understandable procedures that demonstrate it to be the worthy, serious field of behavioral science that it is."*

– Masud Ansari, Ph. D. is the author of 15 books on Law and political science and hypnosis.

If the word "hypnosis" conjures up images of stage acts that make people quack like ducks and do other zany antics, it may be time for you to update your perceptions of hypnosis.

In his classic book on hypnosis, *Modern Hypnosis: The Theory and Practice*, Dr Ansari states, "Hypnosis is the oldest and most natural mode of healing known to man and is considered to be a potent and safe adjunct to medicine as well as an effective procedure in psychotherapy."

Today, many doctors and hospitals are encouraging their patients to work with Hypnotherapists prior to surgery, childbirth and chemotherapy as well as in treatment for many health problems including pain management. In addition, it has been found to be effective for asthma, irritable bowel syndrome, and migraine headaches, afflictions that still challenge modern medicine.

As more clinical research studies show the benefits of hypnosis, the medical community is beginning to utilize the great healing benefits it has to offer. Some hospitals are now hiring Hypnotherapists and offer the service to their surgical patients because they have seen such positive results.

In a recent small study Dr. Carol Ginandes, Ph.D., tracked 18 women who had breast reduction surgery and categorized them into three groups. One group received hypnosis sessions prior to and after their surgeries. Of the other two groups, one group received standard surgical care and the other group received some psychological counseling.

In this study, it was clearly shown that the group who had hypnosis healed faster, felt less discomfort, and had fewer complications. "What's exciting about this research is that it provides promising evidence of using hypnosis to actually accelerate the physical healing process of the body," says Dr. Ginandes. Other studies conducted in universities all over the world have shown similar results.

In a study on Hypnosis for pain control at Virginia Polytechnic Institute, researchers found that the pre-frontal cortex of the brain, the center of concentration directed other areas of the brain to reduce or eliminate their awareness of pain. If your brain doesn't pay any attention to pain, it doesn't matter if it's there or not. Pain can be "tuned out" in the same way we can tune out annoying sounds.

It is well accepted that illness can affect your emotions and now we know that emotions affect the physical state as well. Many people suffering from chronic heart disease know that stress and negative emotion can adversely affect their condition.

It makes sense to take advantage of techniques like self hypnosis to reduce stress and compliment medical intervention with hypnosis and other healing energy therapies.

Many factors influence the ability of people to experience results with hypnosis and it is not possible to predict who will and who won't get results with it. It has been legally determined that all hypnosis is self hypnosis and people always have a choice of whether to follow the positive suggestions given or to reject them. Hypnosis opens the door to the subconscious but the person being hypnotized always has control and it is not a matter of being hypnotizable or not.

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Gayle North offers Personal Coaching for Positive Change using recently developed empowerment technologies to clear mental and emotional blocks that keep people stuck in unhealthy habits and prevent them from performing at their highest potential in school, sports, relationships, work and finance. Call 406-837-1214 to learn how you can STOP SMOKING IN ONE HOUR and for coaching in person or by phone.

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