

Hypnosis for Health

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We all know what we should do to be healthy and stay fit, but something always seems to get in the way, we seem to lose our motivation and fall back into the same old unhealthy habits. How many times do we make a conscious choice to eat healthy, exercise more, manage our weight and change our lifestyle only to find ourselves being stuck in the same situation we were a year ago?

If you were driving somewhere without directions would you be surprised if you never end up at your destination. Hypnosis can be the map to get you to your destination.

When I use the term Hypnosis I mean any method that reaches the subconscious mind, the driving force for our urges, decisions and habits. The conscious mind that initiated the goal deals with short term memory, short term motivation and decisions. When the conscious mind wants to do something or make a change and the subconscious mind does not, the subconscious mind wins. E.g. you want to get rid of some extra pounds, but the subconscious mind is comfortable with the weight or likes making the foods choices that it does, it becomes difficult to lose the weight. Why does it win? Because the mind is like a computer and the subconscious mind is the hard drive. It is the product of all the programming that you have experienced in your lifetime. It is the imprint of experiences and beliefs that you have received throughout your time on this earth. Hypnosis is the tool to reach that deeper mind to change the programming and clean out the viruses that have been collected.

The subconscious mind houses all our beliefs, emotions, memories and parts of our personality. The tool of hypnosis, or other relaxation techniques, makes it possible for people to actually change how they perceive and do things. This powerful tool reacquaints the individual with the power within all of us to achieve the goals we desire, helps our bodies work better and allowing us to be the healthy, self-confident, knowledgeable people we were intended to be.