

Health issues and Hypnotherapy



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Hypnosis

Hypnosis is an altered state of consciousness. There are arguments for and against it being a 'special' state but having hypnotized thousands of people in one to one situations I know this 'special' state exists. It is true that suggestions can be given and acted upon in normal waking consciousness but suggestions are far more effective when delivered to a person in an altered state brought on by a hypnotic induction.

People sometimes shy away from hypnosis but often this is because they misunderstand what it actually is. Much of the misunderstanding of hypnosis comes from stage shows and the way that it is portrayed in the media. Stories about hypnosis only tend to make the news if there is a problem or if it is misused.

In reality hypnosis works very simply. In a professional one to one situation hypnosis is achieved by using various techniques to guide the client in to deeper levels of relaxation. It is often a gentle progression from waking consciousness into a deep level of mental and physical relaxation, rather than a flashy click of the fingers that you might see on TV or in stage shows.

When you are in a hypnotic state you will still be aware of your surroundings even as you drift into deeper states. It can sometimes feel as though very little is happening and that you can open your eyes at any time and be wide-awake. This is because being under hypnosis doesn't feel unusual. It doesn't create a special feeling and so people often don't realize when they are under hypnosis.

Being in an altered state of consciousness or in a hypnotic trance is actually something you will experience naturally many times in your life. For example, just before you fall asleep each night and before you are fully awake in the morning you are in a trance state that everyone on the planet experiences. These morning and evening trance states are called the hypnogogic and hypnopompic states. Daydreaming is another naturally occurring trance state that is familiar to all of us and one that is similar to being in a light state of hypnosis.

When you are in a deep level of mental and physical relaxation you become receptive to suggestions and accepting suggestions is the key to using hypnosis as a therapeutic tool. A post hypnotic suggestion is a suggestion given that will be acted upon at a later time. For example if a post-hypnotic suggestion is given that "as soon as your head touches the pillow each night, you will find it easy to go into a deep relaxing sleep." When a suggestion like this is accepted by your unconscious mind the next time you go to bed and your head touches the pillow you will indeed find it easy to go to sleep.

We spend most of our time in our conscious thoughts and only sporadically tap into our unconscious mind when we daydream or get creative ideas. The only other time we spend in our unconscious thoughts is when we are sleeping, when our conscious mind has switched off. Learning to connect with your deep unconscious mind through hypnosis can help you in so many different ways to achieve goals, find your creativity, or overcome difficulties.

The treatment method where your problems are treated and cured with Hypnosis is called Hypnotherapy

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Hypnotherapy and the Sub Conscious

If you desire something desperately, will strongly and act accordingly then even the gods cannot stop you from having what you desire. But you must keep in mind that this desperate desire should be combined with deeds. You must keep in mind that faith without desire is of little use as is desire without faith.

The way to acquire your strongest desires is through the practice of Hypnotherapy. Yes great wonders can be achieved through Hypnotherapy. When you induce hypnosis by yourself and get into a hypnotic trance without the help of a hypnotist then it can be said that you have induced **self-hypnosis**. It is said "As you think so you become". The practice of self-hypnosis is based on this principle. One must remember that self-hypnosis is a double edged sword. A man is after all a bundle of habits good and bad, it is difficult to check and change undesirable habits but Hypnotherapy makes it easy and possible. Before embarking further and getting into the practice of Hypnotherapy it is advisable to ask the following questions of yourself

- Are you determined to fight and eradicate a bad habit or to develop a good one?
- Do you have faith in hypnosis and Hypnotherapy?
- Do you know the art of hypnosis and Hypnotherapy?
- Do you possess the patience and the perseverance necessary to walk along the path of hypnosis and Hypnotherapy? If your answer to all these questions is yes then you can safely proceed.

In Hypnotherapy the most important thing is to be very clear and precise about your objectives, what you want to achieve must be directly in your sight. There should not be any indecisive about it, the objective should always be exact and specific, so that you can attack it point blank and in full force.

The next step in treatments by Hypnotherapy is the access to the sub-conscious mind. The duplicity of the mind is well known, and it forms the basis of the self and hetero-hypnosis, if the normal mind takes a suggestion, holds it fast, then the suggestion percolates to the sub-conscious, and in due course of time it is materialized. Please keep in mind that once an idea is impressed upon the sub-conscious mind, it is never forgotten or destroyed.

Our sub-conscious mind is like an abyss, hidden, fathomless and mysterious, yet it is more important than the working mind. Please keep in mind that it is not the conscious mind that activates and controls us but the sub-conscious mind. All our senses and bodily organs are in fact an extension of this subconscious mind.

The conscious mind can be compared to a telephone exchange which receives communication in form of sense impressions and impulses and then passes them on to the sub-conscious; the sub-conscious does not recognize the barriers of time and space.

The sub-conscious within us can be approached when it is in a quiet and calm state, in hypnotic state we have an easy access to the sub-conscious, because it is when the body is in a relaxed state and the senses are numbed. This is a state when the sub-conscious is ready to receive suggestions and impulses from the self or others.

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Therefore it is most important to approach the sub-conscious when you are in a relaxed state, this state is either just before sleep at night or immediately after a deep soothing sleep when the senses are in a numbed state,

This state of deep relaxation can be created through the practice of Hypnotherapy, and can be used to fulfill your deepest wishes and desire. The exploration of the sub-conscious is the greatest journey one can ever undertake and everything pales in comparison to this adventure.

The Power of Suggestion

The entire Universe is made up of vibrations, and amongst these vibrations Suggestions are the most powerful vibrations on our planet. We are living in a world of Suggestions, right from conception through infancy, childhood, youth, adult life and old age our life is nothing but what is molded by Suggestions which bombard us throughout our life.

Saint German has aptly defined Suggestion as “the temporary implanting of the will of one person on the brain of another by a purely mental process”. He further states to make his point “A servant executing an order is acting under Suggestion; he obeys his desire to earn his wages. A man in love, complying with the wishes of his sweetheart submits to a will foreign to his own. A professor teaching and repeating every day the same precepts to his pupils, imposes his will upon them. A father reproving his son for some error, strives to instill his own principles to obtain better conduct, a mother who coaxes her child tries by her caresses to attain the same result, a wife who by her numberless means of persuasion, manages her husband, implants her will in him.

The orator, who captivates his audience, acts in the same way. Everything is but Suggestion in this world, at least in the old fashioned acceptance of the word. No sleep is required for this kind of Suggestion”.

It are these Suggestions which ultimately shape our Karma, one is therefore advised to be careful what kinds of suggestions he offers. We have to take extreme care in dealing with infants and children because we have to realize that we are molding their minds.

Suggestions in most of the cases is the imposition of will, one has to be careful in this regard. The power of Suggestion is marvelous, and miracles can be achieved through it. A whole new world will open up if we understand the power of Suggestions and how to implement them correctly.

Samadhi through Self Hypnosis

The most advanced stage in self-hypnosis, is what is called in Hindu Spiritualism as the state of Samadhi. This state is extremely rare and difficult for common man to achieve, but not impossible to achieve. In the highest stages of Self Hypnosis the subject can project his consciousness anywhere he desires, even out of the atmosphere of the earth at any time he desires. This is called the transcendental state of consciousness or super-consciousness, in such a state the barriers which rule us those of time and space cease to exist and become the unknown. In such a state the physical body remains in a inert state, but the etheric or astral body springs into action .This etheric or astral body becomes the vehicle of the subject, and can travel anywhere in time and space.

This highest state of hypnotic trance though it might seem difficult can be achieved by the dedicated student of self-hypnosis, and also through the practice of **Meditation of Silence**. The consciousness

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can be directed at first to do astral travel, and then later on after some experience has been achieved, this transference of consciousness may be directed to travel into the past and the future. In such states one can describe what has happened, what is happening and what will happen. In this state one can see clairvoyantly and hear clairaudiently.

In this highest state of self-hypnosis or Samadhi one acquires extra sensory perception, and may even acquire certain unknown supernatural powers. In such a state the normal senses become heightened, and one experiences the feeling that he is the consciousness, this is the state where there is no difference between the material and the immaterial and everything becomes one and merges with ones consciousness, this state has been described by great Yogis "as I am you are me" which signifies that the state of Duality has disappeared.

The Three Forces of God

The entire universe of which we individually and collectively along with everything else are a part of which is popularly called god is governed by three forces -Creative, Protective and Destructive, also called Bramha, Vishnu, Mahesh.

These are the three forces which are present everywhere and in everything in the entire universe and everything contained in it is but a play of these three forces, everything is controlled by these three forces. There is nothing else but these three present in everything in creation. The sum total of these three forces is called god.

Now if we look at ourselves we can clearly see the play of these forces and how they govern our lives, one may be in a creative frame of mind one day and create something new like a painting or a house or anything else, then on day one might be in an protective frame of mind to protect what one believes to be his rightful property or his birthright, then one day one might be in a destructive frame of mind to punish those whom he believes have harmed him in any way or taken away what he believes to be rightfully his.

These three roles are interchanged in every ones lives daily, you just have to look at your mood at any given moment to know what mode you are in that particular moment. If you look around you carefully you will observe people with varying degrees of predominance of one particular force over the other.

Now look further at societies and countries and you will find entire societies or countries with the predominance of one of the three forces of nature, there are countries which are engaged in creative pursuits like inventions in medicine or computers or any other pursuit for the betterment of mankind, then there are other countries which are engaged in protective pursuits to protect their territory or their rights and those countries which are forever engaged in destructive pursuits to gain more territory or power. Here i must add that these countries also use the other two less dominant forces in pursuit of their goals which may be Creative, Protective or Destructive but the predominance of one particular trait is always there.

Now let us look beyond ourselves and earth and look at the entire universe, what do we see new galaxies, solar systems, suns being created and destroyed amongst the countless objects in what we can see of the universe. Thus you will realise that the forces of Creation, Protection and Destruction are prevalent in the entire universe and control everything inexistence.

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These three forces are the three parts of what we call god, they arise from the same ultimate force we call god and govern the universe.

The three aspects of god keep the balance in the universe, they are interlinked and when there is in balance and one of the three forces more dominant then the other two assert themselves to maintain the balance, the balance between the three forces has to be maintained forever hence the cycle of Creation, Protection and Destruction will go on forever and nothing can escape it.

The truth behind meditation

Meditation is a word you hear day in and day out almost everyone practices meditation at one time or the other in his or her life. There are numerous techniques available, all of which promise you of the ultimate union with god. Yet out of these millions of people practicing meditation for years how many of them have reached their ultimate goal, have you heard or met such people what have you noticed in them which you don't poses, are they any different from you .did you see them perform any miracles or things which you could not do. Now about these persons practicing meditation apart from self hypnosis in what way have they changed, see changes show by themselves you don't have to observe them through a microscope.

Now what is the truth behind meditation you will ask me, let me tell you meditation is nothing but a state of mind, the ultimate goal of the mediator is union with the ultimate and this union cannot be achieved by getting into methods. If one could achieve the final frontier of meditation by getting into methods or mechanical habits you may very well try counting numbers or motorcars passing in front of your house. You will achieve nothing other than satisfaction which you may also gain from cleaning your house.

Then you will ask how to achieve this state of mind which is popularly called meditation and to achieve the ultimate goal which is union the almighty or god. I will in my next post show you how to achieve this state of mind.

Meditation a state of mind

Meditation is nothing but a state of mind. I would like to show you two to achieve this state of mind, but first you have to get rid of all the crap which you have accumulated in your memory and to approach your new task with an unbiased and balanced mind do not judge or pass judgments or arrive at a conclusion or set a target for yourself. Remember that you have to enter with a fresh mind leaving behind all your past baggage behind.

Now i want to remember and think deeply and say aloud **We live inside the thing and the thing lives inside us.**

Now i will tell you of two ways to reach this state of mind both these ways have their roots straight back back to the Buddha

The first is to observe your thoughts, look at them in an unbiased manner and remember not to get involved in analyzing or passing of judgments or arriving at conclusions or setting a target for yourself. I want you to remember **You will find god when you stop trying.**

When you are observing your thoughts without bias and in a balanced manner there will come a time when your thoughts will slow down and then you will come in contact with the space between your

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thoughts, it is this space in which the entire universe exists. It is this space which you call god/bhagwan/allah/or the almighty. The final goal of the mediator is to reach this state of mind and become aware that he/she is in permanent contact with the **space**.

The second way is to observe your breath like an observer, not to do anything with your breath just observe and to remember what I have told earlier. Please remember that to achieve this meditative state of mind it is not necessary to have a schedule or to get into a habit or a discipline of some kind. It is not necessary to have fixed posture's or a fixed time this can be done at any time of the day or night in any place including the toilet.

Please bear in mind not to get into any kind of habit, but to achieve this state in a natural way which you find most comfortable, you can also effect changes which come most naturally bearing in mind **We live inside the thing and the thing lives inside us**.

The Seven Chakras

In the human body are three main channel or nadis as they are called in Sanskrit called Ida, Pingala and Shushamna which are called in English as the sympatic, parasympatic and central nervous systems, these three nadis are situated along the spinal cord and they run in a curved manner which can be likened to a snake, these three nadis in this curved movement overlap each other and at the various fields of crossing an energy field is created which flows in an circular manner which can be compared to a wheel or a chakra hence the word chakra is used to describe these centers of energy, the frequency of these energy fields increases from the lower to the higher chakra ie. the force which is generated increases from the lower to the higher.

These chakras and the energy which they generate is called the Prana or the life source energy, and this energy controls the entire human body and the chakras individually have a field of operation ie. they control the functions of the area in which they are situated, they not only control the physical parts but also the corresponding mental energy which these parts release.

The seven main chakra or energy fields are as below-

THE MULDHARA CHAKRA

This is the root or the first chakra from which the three nadis the Ida, Pingala and the Shushanma begin their upward movement of energy, this chakra is situated below the spinal cord between the spinal cord and annus, it is said to be red in colour and has four wheels or spokes which represent the basic wants of life which are material in nature. The four spokes symbolises the force with which the energy rotates ,the words which correspond to this chakra are LAM.

THE SWADHISTHANA CHAKRA

This chakra is situated about a couple of inches above the muldhara chakra near the ovaries, this chakra has six spokes which represent emotions representing the basic desires like love, anger ,sexual energy and other basic emotions, this chakra effects the gonads. The words which correspond to this chakra are VAM and the colour is violet.

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THE MANIPURA CHAKRA

This chakra is situated in the navel area and is associated with will power relating to the basic desires and has ten spokes representing use of fair means or cunningness or other such means to fulfill the basic wants. This chakra effects the pancreas and the corresponding words are RAM and the colour is bright red.

THE ANAHATA CHAKRA

This is also called the heart chakra and has twelve spokes representing the ability of taking decisions from the heart rather than decisions based on your emotions, this chakra is the first of the higher chakras as one rises above the basic and materialistic needs, this chakra effects the thymus gland and the corresponding words are YAM and the colour is pink.

THE VISHUDDHA CHAKRA

This chakra is situated in the middle of the neck and effects the thyroid gland, this gland also effects the ability of speech. This chakra gives one the ability for spiritual wisdom and the higher knowledge which is associated with it, there are sixteen spokes associated with this chakra and the corresponding words are HAM and the colour blue.

THE AJNA CHAKRA

This is the chakra where the three nadis the Ida, pingala and sushamna meet after their climb upwards from the muladhara chakra, this chakra is situated near the pineal gland and is popularly called the third eye because this is the chakra of the mind and has the ability to give one foresight and the higher qualities and the ability to use the full force of the mind' the corresponding words are OM the colour green.

THE SAHASARA CHAKRA

this chakra is also called the crown chakra, and is situated on the crown of the head and is golden in colour, this chakra has one thousand spokes and is the chakra from which the life energy in the body rises from the muladhara chakra to the ajna chakra and then through the crown for the ultimate union with god or the universal life energy.

Thus we see how the universal energy functions inside the human body, the seven main chakras are the generators of this energy, the very basis of Kundalini Yoga is meditating on these chakras cleansing their energy and enabling the upward flow to it logical union through the crown chakra with the universal energy in the atmosphere.

Meditation of Silence

Dear Readers after reading my posts [The truth behind meditation](#) and [Meditation-a-state-of-mind](#) many of you have asked me to give a practical technique to practice meditation, I am of the opinion that and I have stressed that before that meditation is a state of mind and it is not advisable to get into habits of any kind and to practice meditation in a way which is most comfortable to you, herein below I will explain what really is meditation and how it is advisable to practice it.

I have in my post [The Seven Chakras](#) explained in detail who the functions of the three nadis in the human body which distribute breath or pranathrought out the body -called in Sanskrit as Ida, Pingala

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and Shushamna and in English as the sympathetic, parasympathetic and central nervous systems, these three nadis are situated along the spinal cord and they run in a curved manner which is why they are called Serpent or Kundalini, these three nadis in this curved movement overlap each other and at the various fields of crossing an energy field is created which flows in a circular manner which can be compared to a wheel or a chakra hence the word chakra is used to describe these centers of energy, the frequency of these energy fields increases from the lower to the higher chakra i.e. the force which is generated increases from the lower to the higher.

These chakras and the energy which they generate is called the Prana or the life source energy, and this energy controls the entire human body and the chakras individually have a field of operation i.e. they control the functions of the area in which they are situated, they not only control the physical parts but also the corresponding mental energy which these parts release.

Now as we have seen how the breath or the life source or prana flows through these nadis and controls the entire human body, please keep in mind that that area of the body which is most affected requires more breath or prana hence normally the distribution of the breath is not evenly distributed throughout the body.

Keeping this in mind the only way to practice meditation is through **Silence** but first it is essential to understand what silence means, when one practices silence the breath does not get unevenly distributed and is distributed through the body and in the process flows upwards toward the **Brain** and stimulates those areas of the brain which have been neglected and have remained unused, this is what the mystics call **Siddhi**.

Now you will ask me how does one practice silence, I tell you silence cannot be practiced mechanically by method but one can practice it in a way one feels more comfortable with and how can one feel comfortable there is only way **By knowing what silence can do for you.**

Frequently Asked Questions

Why is Hypnotherapy so effective?

Positive thoughts breed positive actions which bring positive success. That's exactly how hypnotherapy works, helping install new feelings of well-being. Since hypnosis is accessing the creative unconscious part of the mind, there is much less resistance in accepting positive suggestions. Therefore the Hypnotherapy treatment can often be much more effective, and produce much quicker results, even than with those achieved by psychotherapy alone.

Does Hypnotherapy work for everyone?

It's important to remember that everyone has his or her own unique experience of hypnosis & Hypnotherapy. What one person feels may be entirely different from the next. Many people shy away from the use of Hypnotherapy because they don't understand how or why it works, or fear they cannot be hypnotized. **How ever acceptance and implementation of the given instructions is very necessary to get benefited.**

It is found that about 10-15% of people are classically un-hypnotisable, most people (85%) show normal scores, and about 10% are hypnotisable to extreme depths and show the classical deep trance phenomena.

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With our Hypnotherapy audio sessions you don't have to go that deep to get the benefits of hypnosis. If you are willing to listen and relax as deeply as you can, you will experience benefits. Hypnosis does not come easily for everyone. Normally the results are noticed within a month. Some people will have to try harder at it than others, but if you dedicate yourself to getting the most out of each session, you accept all the instructions given, then you will. **I will clarify here that then and only then you will.** By staying motivated, listening often, and following the suggestions you are sure to experience successful Hypnotherapy.

How safe is Hypnotherapy? Should I be worried?

Hypnosis is a naturally occurring, beneficial, positive state, and as far as we're concerned it can never be bad for your health. It is just deep relaxation after all. Our guess would be that all medical practitioners would agree on the health benefits of deep relaxation. So as a therapy it should be embraced for producing personal growth, and personal empowerment.

Can a person be hypnotised against his will or made to do anything against his will?

No one is able to be hypnotised against his/her/their will; as willingness to accept the instructions is most necessary for hypnotism & Hypnotherapy.

Will Hypnotherapy make me act strangely?

Hypnosis is not what the movies have made it out to be. In reality, hypnosis is the act of achieving an induced state known as Alpha. Alpha is a light trance-like state that many people experience throughout the day without even realizing it. Some refer to it as being on auto-pilot. You can drive a familiar road without focusing on the route, but you subconsciously know when and where to turn. Should a child dart out in front of your car, you would be able to react and stop quickly. The same is true of the Alpha state of mind. Responses to important stimuli are still possible. It is also the perfect time to impose suggestions that can mean real differences in your life.

During the Alpha state people are 200 times more influenced by suggestions. Hypnotherapy programs help you achieve that perfect state in which changes are made.

What Types of Changes Can I Make Using Hypnotherapy?

You can change the way you think about yourself and even change your physical health and appearance through directed hypnotic methods. Have more confidence, lose weight, or stop smoking after just 3 weeks of daily Hypnotherapy. You can boost your immune system and have more muscle mass and better looking skin.

Will Hypnotherapy totally change me as a person?

Our Hypnotherapy audio sessions are designed to help you to change in a positive way. So don't worry, you will still be you!

How do your Hypnotherapy audio sessions work?

When listening to one of our **Hypnotherapy audio sessions**, you will be gently and effortlessly guided into a state of deep relaxation. This is achieved by a technique called progressive relaxation, which involves following very simple verbal instructions and positive suggestions, which leads to you becoming progressively more and more relaxed. As your body relaxes so too does your mind.

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When you enter this deep state of relaxation, which we call 'creative relaxation', the conscious part of your mind can be easily distracted. While this happens, positive suggestions are given directly to the creative unconscious (subconscious) part of the mind. Since the doorway to the unconscious mind is now open, it is much more receptive to the information it needs to change the unwanted experience or behavior you want to stop.

How long are your Hypnotherapy sessions?

The length of each Hypnotherapy recording varies, depending on the situation and the problem. May be appr. 20 to 50 minutes or even more.

Remember that repetition is the key for Hypnotherapy. The more you hear the suggestion, the more likely it is to be accepted by your creative unconscious. And we know that motivation is helped and maintained if listened to everyday. Preferably twice if possible. If not even once gives satisfied results. Just the time to get the results increases.

When will I notice the results of Hypnotherapy?

Everyone's experience with Hypnotherapy is unique, so each person will experience positive change at different speeds and levels. Somebody may get result when listened only once. Some people might get real results after a few days and for others it might take a few weeks before they notice a change. It's not always an "Aha!" moment or some eureka experience. It's more often something that happens without us really even noticing, such as when someone develops more self confidence without consciously noticing at first - which is very common.

Remember that we all have our own unique inner world and we each have our own time frame for change. It's impossible to predict when and how change will occur, but it does happen. Hypnosis is by far the most effective means of bringing about permanent and lasting behavioral and emotional change, even if we aren't immediately aware of it.

Are your Hypnotherapy sessions suitable for children?

Your child should benefit from regular use of our Hypnotherapy products. In fact children will often respond even quicker than adults do, mainly because they have highly active imaginations and the imagination plays a large part in hypnosis. **However, please ensure that you supervise your child's use of any Hypnotherapy audio sessions.**

Is it safe to use Hypnotherapy when you're pregnant?

Yes, regular deep relaxation can only help you and your baby during your pregnancy. In fact, we have developed specific titles for pregnancy, these include: Easy natural childbirth, Manage morning sickness and Post natal depression. However we would suggest you to consult your gynecologist before ordering any Hypnotherapy session.

When and where should I listen to your Hypnotherapy audio sessions?

You can listen to any of our Hypnotherapy audio sessions anytime you like. A good time to listen to our self hypnosis sessions is before bedtime. You can then fall asleep after listening. It's also important you ensure that you won't be unnecessarily disturbed when you listen to a self hypnosis session. Allow yourself to have relevant time in a safe place with peace and quiet. **But please do not**

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listen the Hypnotherapy audio sessions when driving or operating machinery, or when something else requires your full attention.

How often do I need to listen to each Hypnotherapy session?

Repeated listening is the key to success with our self hypnosis sessions. We recommend you listen to our Hypnotherapy audio sessions everyday preferably twice or at least once for the first three weeks. We then suggest you listen only once every day for the following three weeks or longer for maximum positive benefit. After this you should listen to the Hypnotherapy audio session if and when you feel the need. You will probably enjoy the creative hypnotic relaxation so much that you will want to continue to benefit by listening regularly.

Why do I need to listen more than once if they're so effective?

The regular concentrated use of our Hypnotherapy audio sessions means that the suggestions and information within the session are much more likely to be accepted by your unconscious mind. This means you are much more likely to fully benefit from their use.

Can I listen to a Hypnotherapy audio session more than once a day?

Yes, twice a day is fine. Anymore might just be 'too much too soon'.

Can I use more than one Hypnotherapy session at once?

Yes of course. Some of our Hypnotherapy sessions complement each other very well, such as 'super self confidence' and 'boost your self esteem' or 'anxiety release' and 'stop worrying'. However, some issues are more complex and we would recommend caution in trying to tackle separate issues at once. For example weight loss and stopping smoking are very difficult to achieve at the same time, and it could be better to concentrate on each issue at different times. We also don't recommend you listen to too many different sessions over the same period which is why we limit purchases to 10 sessions.

Is it better to concentrate on one issue or listen on alternate days?

Everybody responds in their own way to our Hypnotherapy audio sessions. It could well be useful to use them on the same day, especially if they complement each. However, if your sessions are for very different, distinct problems, it might be more useful to listen to one session until you are feeling positive results and then start using another as and when you feel ready.

Can I listen to two or more sessions, one right after another?

We suggest that you do not listen to more than two hypnotherapy sessions right after each other. If you wish to play two together that's fine, but ensure that they complement each other and are not working to help you on very different problems. The answer to this question is critical. Contact us for specific sessions.

Is there a limit to how many I should listen to in a day?

We suggest a maximum of two hypnotherapy sessions per day, (that complement each other). Anymore and you may feel a little confused and not fully benefit from your efforts.

Are these recordings suitable for falling asleep to?

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Whilst most of our Hypnotherapy audio sessions have a wake up part at the end, you can still use them to fall asleep to, by simply turning off the recording towards the end (just before the wake up part). Because you will feel so relaxed after listening to any of our Hypnotherapy sessions, it'll be easy to just drift off into a natural sleep.

Does it matter if I fall asleep whilst listening? Will I still benefit?

Hypnosis can be a natural bridge into sleep. Should you fall asleep during their use, don't worry. This is perfectly fine. Everybody is different. Keep using them for full positive benefit.

Is it common to fall asleep and then wake up towards the end?

Yes this is common. At the end of nearly all the hypnotherapy sessions, there is a wake up part, where you are instructed to wake up. It is common to feel like you were fully asleep and then just happened to wake up at the end. The reality is that you were probably not fully asleep during the session and that your creative unconscious (subconscious) mind knew it was time to wake up, or heard the words of the hypnotherapist.

Can I listen to a session on a loop, throughout the night?

We suggest that you use the self hypnosis audio sessions as directed. Concentrated use of the hypnotherapy session can be beneficial if and only if your brain can manage it; however, we don't want to disturb your sleep pattern as regular sleep is important for good health.

Do I need to listen with headphones or can I listen on speakers?

If you don't have any headphones then yes you can listen via speakers. But we strongly recommend you listen to our Hypnotherapy sessions using headphones. By listening through headphones it almost seems like the sound is plugged directly into your brain. Headphones also help in cutting down on any possible distractions. Remember that concentration is a key factor in hypnosis and your focus can be easily interrupted by outside noise.

I am finding it hard to relax. Do you have any tips?

Some people say they have trouble relaxing and fear it may impact their ability to benefit from hypnotherapy. The best advice is to try not to think so much and just go with the flow and do as directed. Let it all happen naturally and just lay back (or sit back) and listen to what is being said and do as directed. If you're being asked to concentrate on a certain part of your body, just follow and keep your focus.

Hypnotherapy does not always come easily for everyone. However, if you dedicate yourself to getting the most out of each audio session, then you will. By staying motivated, listening often, and following the suggestions you are sure to experience successful Hypnotherapy.

Is there any way to purchase Hypnotherapy audio sessions anonymously?

While ordering you must fill in your correct and complete details, along with the name of the person to be benefited as it is used in the sessions. Otherwise your order will not get processed. Please remember that we respect our customer's privacy, and your details will not be shared with any third party.

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Will I receive unwanted emails or promotional mail?

No, we respect your privacy. We only send the occasional email newsletter only and only to those who have opted in to our mailing list, and we never send promotional material via regular post/mail.

How long do I have to wait until I receive my Hypnotherapy download(s)?

All orders are processed separately by the beneficiary name. It normally takes 8-10 days to make a Hypnotherapy audio session. But it may happen that it may take some more time if the number of orders increases.

Can I make a copy of your Hypnotherapy audio session(s)?

Our Hypnotherapy audio sessions are for personal use only (**Commercial use strictly not allowed**), and are restricted to one person and only one person for whom it is ordered. You are allowed to make one copy onto a CD for your own personal use only.

Are the Hypnotherapy audio sessions registered to my computer?

No, our Hypnotherapy audio sessions are not registered to the computer you download them to.

Can I use the Hypnotherapy audio session given for me to benefit other members of my family, friends, relatives etc.?

Every Hypnotherapy audio session we give is recorded by the name of the beneficiary provided in the order form. It is made to benefit that person only. If any other person uses it he will/may not get any benefit as all the instructions are given by that beneficiary name. Also it is legally prohibited as the session is made for your and only your personal use. This is intended to protect our intellectual property and incomes relating it from any type of misuse/fraud/malpractices and sharing or distribution will lead to legal prosecution and penalties up to maximum.

In which languages can I get my Hypnotherapy audio sessions

You can get your Hypnotherapy audio sessions in Marathi, Hindi and Indian English only.

What if I don't know English, Hindi or Marathi?

Sorry. Presently we are making Hypnotherapy audio sessions only in Marathi, Hindi and Indian English languages. You have to know and understand the language to get benefited by Hypnotherapy. You should know the meaning of each word and sentence spoken in the Hypnotherapy audio sessions. If you are not able to understand, you may not get your relevant results. **If you don't know the languages, please don't order.**

The Myths of Hypnotherapy

There are plenty of myths about hypnosis & Hypnotherapy. It's a shame really, as some of these myths put some people off using hypnosis to help make positive changes in their lives. So in this article I shall talk about ten of the most popular myths about hypnosis, and explain the truth behind each one.

Hypnotherapy Myth #1 – Hypnotists/Hypnotherapist have special powers.

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Wrong! The truth is hypnotists/Hypnotherapist don't have any special powers. They just have knowledge and experience of humans. With sufficient effort and practice most people could probably induce hypnosis. Of course the real skill is in what way you use it, and how you use the hypnotic state to help people.

Hypnotherapy Myth #2 – Hypnosis/ Hypnotherapy will only work on certain people.

Wrong! Whilst it's true that hypnosis/ Hypnotherapy can be more useful for some people, I would say it's mainly down to the person's motivation, their willingness, and their ability to concentrate. As far as I'm concerned everyone is suggestible to some degree. If you're interested in something and it's something that you want, generally you're open to its effects. That's the same with hypnosis. If you want it to work and you co-operate and accept the instructions, then you'll reap the benefits of hypnosis/ Hypnotherapy.

Hypnotherapy Myth #3 – People who get hypnotized are weak minded.

Wrong! It's quite the opposite. Without doubt it's the people who can concentrate well and have a creative imagination that are, if you want to use the term, the best 'hypnotic subjects'. These types of people go into hypnosis/ Hypnotherapy easier and deeper than anyone else. We're all susceptible to suggestion, but it's just a matter to what degree. If someone is offering me something which is useful, then I will work towards achieving it. It would be really silly to work against something that will give you benefit. So it's really not true that people who are hypnotized are gullible or weak minded.

Hypnotherapy Myth #4 – When in hypnosis, you can be made to say or do something against your will.

Wrong! Generally, hypnosis is a state of heightened suggestion. Generally, people won't do anything which goes against their personal values or beliefs. What you have to remember about hypnosis is that it's not sleep and you're aware of everything that's happening around you. If someone tells you to do something that is really against your values then you won't do it. You'll come out of the state of hypnosis, and in fact it would you'd almost be shocked out of hypnosis. It's as simple as that!

Hypnotherapy Myth #5 – Hypnosis/ Hypnotherapy can be bad for your health.

Wrong! My guess would be that all medical practitioners would agree on the health benefits of relaxation. Relaxation helps to bring about a homeostatic balance – a balance within the system, of mind, body and soul, emotionally and physically. The problem is that a lot of doctors say to people "you need to learn to relax" but they never really give them the tools for knowing "how to relax".

So as far as I'm concerned it can never be bad for your health, because it's a naturally occurring state anyway. If you want to feel in balance within yourself and the world around you, hypnosis is the best state to be in.

Hypnotherapy Myth #6 – You can get stuck in hypnosis and be unable to wake up.

Wrong! No one ever gets "stuck" in hypnosis. Remember that hypnosis is a natural and normal state to be in from time to time. It's not a state which is completely alien to us. Of course hypnosis is a subjective experience and everyone will experience it differently but the worst that could possibly happen is that you drift into natural sleep, and afterwards you wake up naturally. Some people may use hypnosis as a bridge into natural sleep. I've had it before with people in my private hypnotherapy

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sessions, where they've been so stressed, that they have actually fallen asleep. This is not a problem. But remember, you'll never get stuck in hypnosis and be unable to wake up.

Hypnotherapy Myth #7 – You're asleep or unconscious when in hypnosis.

Wrong! You're not asleep and you're not unconscious, you're fully aware of what's happening around you. Of course everyone's experience is slightly different, some people feel light, some people feel heavy, but almost everyone feels extremely relaxed. Generally, when people are in a deep state of hypnosis, they feel as if their body has gone to sleep but the mind is still alert, awake, and aware. If you do fall into a natural sleep then don't worry. I've always maintained my belief that if people feel they're drifting off to sleep when listening to a Hypnotherapy audio session, then it's fine, it'll still do its work.

Hypnotherapy Myth #8 – You'll become dependent on the hypnotist/Hypnotherapist.

Wrong! Remember, you have a conscious awareness during hypnosis, and are in full control. If the hypnotist/hypnotherapist was to ask you to do anything inappropriate then you'd pull yourself out of it, spontaneously for most people. The best, most professional and ethical hypnotherapists work in a way that makes the client feel empowered rather than working in an authoritarian way where problems may result.

Hypnotherapy Myth #9 – In hypnosis you'll be able to recall everything that's ever happened to you.

Wrong! Certain therapists use certain specific techniques that may help a person remember certain things from the past if that's going to be useful for them. Normally there is no real need to go back into a personal memory or personal history, particularly on a hypnosis audio session. It's just a case of sitting or laying down, chilling out, relaxing, and listening to the session.

Hypnotherapy Myth #10 – Hypnosis/Hypnotherapy is dangerous and is the devil's work!

I have heard some very religious people talk of hypnosis/Hypnotherapy as the 'devil's work'. Remember that anything can be used positively and negatively. It's not the hypnosis that might be at fault, it's the operator. It's whether a person is professional and ethical. There are many doctors who use hypnosis. I'm not so sure that they're in league with the devil. After all, hypnosis is a naturally occurring, beneficial, positive state.

Summary

The word 'hypnosis or Hypnotherapy' usually conjures up certain images in people's minds, and these stereotypes are sometimes hard to overturn. I hope this article has helped you to understand a bit more about hypnosis, and hopefully debunked some of the myths that surround it. The real truth is that hypnosis is a perfectly natural occurring state, and Hypnotherapy is the method to treat your problems by Hypnosis and so Hypnosis & Hypnotherapy are something that should be embraced for producing personal growth, and personal empowerment.

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Health Issues and Self-Hypnosis

Our range of health issues Hypnotherapy audio sessions goes further than just motivation to 'be healthy'. We apply the most up-to-date understanding of the subtle mind-body connections that influence the physical health of the human body. Hypnotherapy audio sessions are proven to measurably influence blood pressure⁽¹⁾, immune response⁽²⁾, healing rates⁽³⁾, digestion⁽⁴⁾ and numerous other functions. When you want to look after your health, one of our Hypnotherapy audio sessions will be able to help.

Hypnotherapy audio sessions are a great tool for helping you manage any number of health issues including high blood pressure, excessive sweating and teeth grinding.

Using Hypnotherapy audio sessions as asthma treatment

Hypnotherapy audio sessions can also you manage asthma and can give you a reassuring sense of control over your condition.

Research shows that negative emotions such as panic and depression can affect the respiratory system, in effect bringing on an asthma episode in people with the condition. Hypnotherapy audio sessions treatment can lower stress⁽¹⁾, a common trigger of asthma, but also we know that the power of the mind can influence physical processes. Hypnotherapy audio sessions can improve immune function and anaesthetize pain and directly and beneficially effect the workings of the body ⁽²⁾ and can ease asthma⁽³⁾.

Ease Asthma Hypnotherapy audio session will get you feeling more relaxed and give you a way of quickly feeling more comfortable during typical asthma trigger times. It will re-train your unconscious mind to minimize episodes and get you feeling instantly more free from asthma symptoms.

N.B. Any asthma sufferer should of course get appropriate medical treatment.

Buy Ease Asthma Hypnotherapy audio sessions now and get your subconscious mind inside. Visit www.hypnotherapy.eorg.in now

(1) (Paul Lehrer, PhD, Robert Wood Johnson Medical School, along with colleagues in Seoul, Korea, and at Rutgers University and the University of Texas at El Paso 2001)

(2) Ernest Hilgard (1977) and coworkers: in extensive investigations, using experimental paradigms to induce pain (typically either a tourniquet cutting off the circulation to a limb or plunging the limb into cold water), they have demonstrated that various types of pain can be reduced by Hypnotically induced analgesia.

(3) Maher-Loughnan (1970) asthmatic subjects were randomly assigned to either Hypnosis or relaxation therapy. The results showed both treatment modalities of benefit to the patients, but

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the improvement in the Hypnotherapy group was significantly greater. There was a peak of improvement between the seventh and twelfth weeks of treatment. In addition, only the Hypnotic subjects showed improvement in physiologic measures of respiration (forced expiratory volume).

N.B. We recommend that you speak to a medical professional if you do suffer from asthma.

Do you worry about being near a bathroom at all times?

The fear of being 'caught short' when no bathroom is near is more common than you might imagine. The fact is that people don't like to talk about it, but many people experience anxiety around knowing a toilet is nearby.

For some people the prospect of going out and not knowing whether you'll be able to get to a toilet is terrifying, and so needs to be treated as a strong fear, or phobia.

The anxiety makes things worse

Anxiety worsens the condition as the physical state of anxiety is directly linked to the need to go to the toilet. And so a vicious circle develops as the anxiety makes you want to go the toilet even more.

Toilet phobia includes a fear of being unable to urinate and defecate, not being near a toilet when outdoors and a fear of using public toilets. This toilet phobia may include not feeling able to use public toilets or being terrified that you won't make it in time and be humiliated when out of 'safe' surroundings - such as the home.

Perhaps you feel that you can only use certain toilets that you have used before or get anxious if you are not certain a public toilet will be around when you need it.

Toilet phobias and anxieties may have arisen after a particularly bad experience perhaps when you were (or thoughts you were going to be) caught short whilst out some place.

Imagine what it will be like when you no longer have to think about where the nearest bathroom is. How much energy will that free up for you? How much more will you enjoy life?

Buy Overcoming Bathroom Anxiety Hypnotherapy audio sessions now and start getting your life back. Visit www.hypnotherapy.eorg.in now

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Better Bladder Control

Rest easy with better bladder control!

Please note: The following description describes this title as a product for night time bladder control. The product has since been updated to make it general, i.e. bladder control issues at any time. For bedwetting please see the **Stop Bedwetting Hypnotherapy audio session**.

Everyone knows children often experience episodes of bed wetting as they learn to control their bladder, but sometimes it can continue or resurface later in life. For one reason or another, some of us may experience this adulthood. Regardless of age, the inability to control your bladder can be an **embarrassing and frustrating experience**.

As you climb in to bed, you can't help but feel nervous. Will it happen again? Will you wake up in time? The anxiety inside you has built up so much that going to bed at night has become completely unpleasant. You tell yourself that it is behind you and that it was just a phase, but time and time again you awake to find that it's happened again. Your sheets are wet and your resolve broken.

You've tried just about everything to stop it from happening, even discontinuing liquids hours before sleep and taking medication. Sometimes children and parents assume it will pass with age, but that is not always the case. **It can often continue on into adulthood**. Adults with this problem may search for a medical cause or feel resigned to accept it as part of their life.

People who suffer from this occurrence often feel ashamed, like they are a failure and end up with low self-esteem as a result. Intimate relationships can be hard to develop when our self-image and nightly accidents seem to rule our daily existence. **These negative feelings do little to help the situation**, but there is something that can help.

Imagine what it would be like to:

- Sleep easy with the knowledge that you will wake if needed!
- Wake up to clean fresh sheets and feel good about yourself!
- Spend the night at a friend's or have overnight company without worry!

Hypnotherapy audio session is a form of creative relaxation that allows us to access deeper parts of our minds. We never plan to have accidents during the night, but when we are sleeping our conscious minds are at rest.

Make night-time accidents a thing of the past with the help of Hypnotherapy audio sessions! Visit www.hypnotherapy.eorg.in now

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Manage your Blood Pressure

Learn to control your blood pressure with the help of hypnotherapy!

There are so many things in life that cause stress. Bills, relationships, work, and traffic - all of these pile up on us day after day. With so much to deal with in today's fast-paced, hectic society, we often forget to attend to our bodies and minds. **How easy it is to forget to relax.** Who has the time anyway?

Then comes the wake up call. Your doctor diagnoses you with high blood pressure. How did this happen? Your arteries are responsible for carrying blood throughout your entire body. A network of nerves surrounds all of these arteries. When we're under stress our bodies react by tensing up these nerves and exerting pressure on the arteries. **The end result: high blood pressure.** The more tension we experience, the more pressure exerted.

Doctors often suggest people with high blood pressure "take it easy". The truth is though that many of us have never learned how to do this. Sure, maybe we've taken a vacation before and after a few

days we felt relaxed, **but how do we "take it easy" and still manage our daily lives?** How do we convince our bodies to let go of all the tension after an impossibly straining day? Even if things are running smoothly for now, there's probably plenty of tension left over from the day before. **How do we let it all go?**

Imagine what it would be like to:

- Feel thoroughly relaxed from one day to the next!
- Experience a healthier life and mind-body connection!
- Be ready for everything!

Hypnotherapy audio sessions are an excellent way to learn how to relax. In this deeply relaxed state our unconscious (subconscious) mind is able to absorb suggestions that can help us manage our health and well being on a daily basis. While the conscious mind must deal with the stress of traffic, work, and the kids, our unconscious mind, with the help of Hypnotherapy audio sessions, sends the signals to our bodies as to how to react to them.

Hypnotherapy audio sessions are an excellent tool and if we give our unconscious mind tools to better handle these stresses as they arise, **we can experience a more stable and healthy blood pressure as a result.**

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These Hypnotherapy audio sessions can help you release yourself from the pressures inflicted on your body from stress. Visit www.hypnotherapy.eorg.in now

Lower your blood pressure with the help of Hypnotherapy audio sessions!

Using Hypnotherapy audio sessions to help Chronic Fatigue Syndrome

When you suffer from chronic fatigue syndrome everything in life can feel so much harder. Some people say it's like 'wading through treacle' or that everything requires ten times the normal effort. Because of this, chronic fatigue syndrome can make working, social life and physical exertion feel like obstacles rather than natural, enjoyable parts of life.

Chronic fatigue syndrome can make you feel cut off from normal everyday life and from the things that those who don't suffer chronic fatigue take for granted, such as simply going out for a walk or agreeing to a future social engagement.

Chronic fatigue syndrome (sometimes known as M.E.) has a range of different symptoms.

One of its central symptoms is profound muscle fatigue especially after periods of physical effort.

Other physical symptoms can include muscle pain or spasms, joint pain, long lasting flu like symptoms, headaches or migraines, balance problems, poor sleep, sore throats, swollen glands, intolerance of extreme temperatures, alcohol intolerance, low blood pressure and extreme sensitivity to bright light and noise.

Psychological symptoms (which can also be *consequences* of the physical symptoms of M.E.) include depression and anxiety.

It's bad enough suffering chronic fatigue syndrome but some people still think M.E. is 'all in the mind' and that chronic fatigue sufferers should 'pull themselves together.'

This attitude is woefully out of date. Back in 2002 the chief medical officer in England recognized M.E./ CFS as a disabling and genuine physical condition. And the World Health Organization officially recognize chronic fatigue syndrome as a physical disorder. The days of describing M.E. as 'yuppie flu' should be well and truly gone.

However any physical illness or condition including chronic fatigue syndrome will be affected by what the mind does. Your unconscious mind and its attitudes has a direct effect on your blood pressure (1), immune function (2) and pain response (3) and therefore can be directly influenced by the most powerful way of communicating with unconscious processes-hypnosis.

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Hypnotherapy audio sessions are also a wonderful way of achieving deep rest, increasing energy and motivation and building bridges between mind and body.

Hypnotherapy audio sessions will help you relax deeply, feel better and re-balance energy and vitality.

Buy *Manage Chronic Fatigue Syndrome* Hypnotherapy audio sessions now and feel better on a regular basis. Visit www.hypnotherapy.eorg.in now

NB We recommend you consult a medically trained doctor if you have *any* physical symptoms as other conditions may also result in chronic fatigue syndrome symptoms.

References (1) Friedman and Taub (1977, 1978) reported the results of a trial comparing Hypnosis with biofeedback or a combination of both in essential hypertension. At the end of four weeks of treatment, all groups showed a significant reduction in blood pressure. But at six-month follow-up only the patients receiving Hypnosis had maintained the reduction.

(2) Hypnosis strengthens the disease-fighting capacity of two types of immune cells, reports Patricia Ruzyla-Smith and her co-workers at Washington State University in Pullman. Thirty-three college students who achieved a Hypnotic trance displayed larger jumps in two important classes of white blood cells than participants who received relaxation or no method. The greatest immune enhancement occurred among highly Hypnotizable students in the Hypnosis group.

(3) In a neurochemical study of Hypnotic control of pain conducted by Domangue (1985), patients suffering arthritic pain showed a correlation among levels of pain, anxiety and depression. Anxiety and depression were inversely related to plasma norepinephrine levels. Depression was correlated with dopamine levels and negatively correlated with levels of serotonin and beta endorphin. Following Hypnotherapy, there were clinically and statistically significant decreases in depression, anxiety and pain, and increases in beta endorphin-like substances.

Treat chronic hives with Hypnotherapy audio sessions and make a real difference

If you've been putting up with the discomfort and irritation of chronic hives (urticaria) for any length of time, you're probably fed up to the back teeth with the struggle to pin down and deal with the 'cause'. But the fact is that only a few cases *have* a clearly definable cause. And you're left with trying to get on with your life with hives as a sort of irritable 'house guest' you need to soothe all the time.

What if there's no specific trigger for chronic hives?

Of course, if you *can* isolate a particular cause or trigger, and modify your lifestyle or your actions so that you can exclude it, that's great. But even if it turns out to be impossible to identify

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any precise activating agent, this doesn't necessarily mean you are doomed to suffer perpetually with no help but your antihistamines.

Urticaria and the mind-body connection

This is because 'non-specific' immune responses like hives can often be successfully managed - and even overcome - through actively working on what is known as the 'mind/body link'. We know that beliefs, emotions and thoughts can cause measurable physiological changes in the body. And beliefs, emotions and thoughts can be deliberately influenced. This understanding is what lies behind the successful use of hypnosis.

How hypnosis can help you treat chronic hives

Hypnotherapy audio sessions are the most powerful and effective way of establishing a 'mindset' which is most likely to have a beneficial impact on how (or whether) distress is experienced. Hypnosis has been used to allow surgery without anesthesia, manage chronic pain and alleviate or completely stop allergic reactions.

Chronic hives treatment Hypnotherapy audio sessions are audio sessions which makes full use of current medical knowledge on mind-body interactions and the power of hypnosis. This deeply relaxing session will take you into a wonderful state where nothing can bother you (that'll be a relief!). Deep calm is an ideal defense against flare-ups.

But *Chronic hives treatment* Hypnotherapy audio sessions go further than generating a deep sense of calm. As you listen and follow the carefully structured therapeutic suggestions, you will find yourself effortlessly mastering the art of directing your own unconscious powers in ways that will be massively beneficial to you. You will soon notice that you are able to influence much more than the hives to positive effect.

Buy *Chronic hives treatment* Hypnotherapy audio sessions and give yourself a real break. Visit www.hypnotherapy.eorg.in now

Make coping with chronic illness easier with Hypnotherapy audio sessions

Coping with chronic illness must figure as one of the greatest challenges anyone can face in their lifetime. Of course, other disasters may befall you, but most will have either a built-in time limit, or be limited by other events in your life. Chronic illness, on the other hand, is there to stay. No matter what else happens to you, this condition will always have to be taken into account, and will influence every decision you make.

Long term sickness can seriously change your life

It's not surprising that many people find themselves struggling when they first realize that their illness is chronic and is not going to go away. It's not just a matter of everyday coping with the

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symptoms - though these can be quite challenging in themselves. It's dealing with the shattering of the world as you know it. And with the way it sometimes seems that other people don't even notice what you're going through.

Your range of activities may become severely restricted. Things you once did for work, or exercise, or fun, or even just taking care of yourself, can become a huge struggle, even impossible. You may feel very anxious about the future. And as you relinquish responsibilities and tasks you once relished, you may start to question your worth as a person. Painful experiences of envy and regret may make you feel depressed, or bitter.

The importance of going easy on yourself

All these feelings and struggles are part of a normal, natural response to this hard blow of fate. And nobody becomes good at coping with chronic illness overnight. It may take you quite a long time to adjust, and you may need to practice a good deal of what the Buddhists call 'loving kindness' to yourself in the process. This means accepting your 'imperfect' way of coping as being the best you can manage, at present.

But the good news is that you are far from helpless to influence how things pan out for you. When you are truly 'kind' to yourself, when you spend time deeply relaxing, your body becomes measurably healthier and less stressed, your immune system gets stronger, your mood improves and you become less sensitive to pain. In other words, true deep rest, all by itself, will improve how you deal with your condition.

Getting started with getting on better with your illness

In addition, as you gradually let go of what you can no longer have, you can become more open to appreciating and developing what you have now. And even though you may not yet feel as if you have *anything*, the truth is that life is always more than we can imagine, offering opportunities to grow and develop (and have fun!) in unanticipated ways to anyone who is ready to take them up.

But it can feel hard to take the first steps to pull yourself out of the pit and get going on the road to adjustment and it's good to have some help to get yourself started.

Hypnotherapy audio sessions **can really help you in coping with chronic illness**

Coping with chronic illness Hypnotherapy audio sessions are an audio Hypnotherapy audio sessions based on a profound understanding of the challenges facing the chronically ill and will help you find the courage, inspiration, and determination to make something wonderful out of your life even in the most difficult circumstances.

As you listen to the powerful hypnotic suggestions you will find yourself relaxing more profoundly than you may have ever done before - and this relaxation alone will bring you relief

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and comfort any time you need it. You'll find yourself effortlessly creating a powerful new vision of what your life can be and acknowledging that, in your own time and in your own way, you can live successfully with whatever life brings you.

Buy *Coping with chronic illness* Hypnotherapy audio sessions and give yourself a real helping hand. Visit www.hypnotherapy.eorg.in now

How to clean your teeth more regularly, automatically

You really can clean your teeth regularly, routinely

Does it just feel amazingly difficult to get a good tooth brushing and flossing routine going in your life?

Do you sometimes wish there was an easier way?

You don't need another lecture about why you *should* clean your teeth regularly, because you already know why. And you know that knowing why hasn't been that much help in actually getting yourself to pick up that toothbrush lay on the toothpaste and brush those teeth for two minutes twice a day. It's just too easy to forget, or be in a rush at the crucial time, or have something else more urgent or important to do.

But something is bugging you about your teeth. Maybe you've had a (perhaps not so jokey) comment from someone. Maybe you've picked up a slight unpleasant whiff. Or caught sight of yourself smiling in a mirror and got a shock at how discolored your teeth have got. Perhaps you were a bit horrified the last time you did clean your teeth to see just what you spat out into the basin. Maybe there's a nagging pain going on...

Is it possible to clean your teeth without having to think about it?

Whatever's bothering you about the state of your mouth; it's pretty clear that what you need is an *instinctive* routine of cleaning your teeth. One you don't have to think about, that just operates by itself. As automatically as the routine which gets you dressed before you leave the house. You don't think about that, do you? You just do it. It would feel all wrong to go out in your underwear, or nightwear. Or nothing.

Why can't cleaning your teeth be like that?

It can!

Bad habits can be replaced with good habits

Instinctive routines, automatic behavior patterns, are not just genetically derived. That 'get dressed before you leave the house' routine may be one that you (and everyone

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you know) has as a template behavior, but you weren't born with it. You *learned* it. There are societies where nobody has that routine. So that's the first important fact. You can deliberately acquire an 'instinctive' routine.

Another important fact is that some instinctive routines you've acquired along the way may turn out to be not so beneficial after all. But, as they are *not* genetic, they can be modified through the same process that created them. So, for example, the instinctive routine that has kept you always automatically giving more importance to other things than teeth cleaning can be replaced with an automatic teeth cleaning habit.

How?

Hypnotherapy audio sessions can help you generate a good dental care program

Clean your teeth Hypnotherapy audio sessions are audio Hypnotherapy sessions which will get you replacing the old not-so-useful-after-all habit of sidestepping the mouth care with a much more useful new I-look-after-my-teeth-as-a-matter-of-course habit quickly and easily. Powerful hypnotic suggestions will directly access your unconscious - the part of your mind which generates the automatic templates which govern your regular behaviors.

While you sink into a deeply relaxing and enjoyable hypnotic trance, you will effortlessly

- learn to appreciate clean teeth and mouth based pleasure in a whole new way
- Experience a powerful transformation
- Discover what it's like to feel an old unwanted habit being replaced by a new, healthier pattern
- Hypnotically experience having a new automatic teeth cleaning routine in your life as a matter of course

Buy *Clean your teeth* Hypnotherapy audio sessions and free up that smile! Visit www.hypnotherapy.eorg.in now

Healthy Clear Skin

Feel more confident with clear and healthy skin!

Do you find yourself avoiding mirrors, or when you do look, does it make you unhappy? Do you tend to focus only on your skin problem and fail to see yourself as a total package? Do you feel uncomfortable in social situations or like everyone is staring at your skin? **Have you tried numerous remedies only to find the problem is not cured?**

Healthy, clear skin isn't only what teenagers want, it's what we all want. When we were growing up many of us imagined there would come a day when our skin would be perfectly clear and

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we'd never have a problem with our complexion again. Little did we realise that skin problems come in a myriad of different packages and, **unfortunately, acne is not something that disappears on your 21st birthday.**

Yes, adult acne appears to be just as big of an issue as it was in our teens. Then there are things like eczema, rosacea, allergy-inflicted rashes, boils, stretch marks, and dryness patches that afflict people of all ages. Whatever the cause of our skin irritation, **the impacts can be extremely detrimental when it comes to our quality of life.**

Our skin is actually the largest organ in our body. It is developed from the inside out and serves mainly to protect our internal organs. But our skin is so much more than that. **It's the canvas on which our physical identity is based**, and representative of who we are as a person. When we feel as though the image we project is somehow damaged, our self-confidence is diminished and our lives overshadowed with embarrassment.

Imagine what it would be like to:

- Love what you see when you look in the mirror!
- Feel more confident and secure with your skin in public!
- Feel more balanced and healthy inside and out!

Hypnotherapy audio sessions are **not a miracle cure for skin issues**. However, many physical problems originate in our minds at a deeper level, so it makes sense to direct any change work where the problem lies and where it is presently maintained.

Hypnotherapy audio sessions includes **visualization, suggestion, metaphor and advanced hypnotherapy techniques** - all packaged safely to help support you in your change work, which in this case is clean, healthy skin. This product has been designed to help you relax and give your mind/body the right messages it needs to grow healthy, clear skin - naturally!

You can love your skin with the help of Hypnotherapy audio sessions! Visit www.hypnotherapy.eorg.in now

Learn how to relax putting in contact lenses

Hypnotherapy audio sessions can help you feel comfortable inserting lenses

Do you find yourself tensing up when putting in contact lenses?

Does the thought of having something in your eye prevent you from using lenses?

Our eyes are precious and delicate organs. In the course of evolution we have acquired a number of clever and sensitive mechanisms to protect our eyeballs from harm.

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Eyelids provide a soft, flexible, waterproof cover that we can pull down almost faster than you can measure. Tear ducts produce a

constant flow of lubricant, spread with every blink. Eyelashes filter out dust and grit. Eyebrows direct the flow of sweat outwards.

And if the smallest particle should get past these defenses, highly sensitive nerve endings instantly react with near intolerable discomfort. This triggers an uprush of tears and sets off a rapid-fire blink response to wash it out. If that is not enough, we are driven to take whatever other measures we can dream up to remove the invader by any means possible.

Then you go and deliberately insert an enormous object directly between your eyeball and your eyelid. Just asking for trouble!

Getting comfortable with putting in contact lenses

But of course millions of people wear contact lenses every day, all day, perfectly comfortably. Opticians know how to make them exactly the right size and shape for your eyeballs. They supply you with special lubricant to supplement your tears. They teach you the best techniques for insertion and removal and cleaning. And it's natural that, when you first start to use lenses, it takes some time to get used to them.

What's really going on during the acclimatization period is that, as well as mastering the techniques and making them part of your daily routine, like brushing your teeth (something you do without thinking), you are also teaching your brain to make an exception for these special objects. They are *not* potentially harmful invaders. They are wonderfully useful adjuncts to your powers of vision.

Most people find that with a little practice and a little patience, they soon get used to their lenses. But some people find it harder to get over the protective reaction that makes them instinctively recoil from the very idea of putting anything in their eyes, and struggle to actually do so.

And this is where Hypnotherapy audio sessions can really help.

How Hypnotherapy audio sessions can help you relax putting in contact lenses

Contact lenses - relax Hypnotherapy audio session is Hypnotherapy audio session devised by psychologists that will help quickly retrain your brain to respond positively to your lenses.

As you relax and listen repeatedly to your Hypnotherapy audio sessions, you'll notice that

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- You feel markedly less stressed about the prospect of inserting lenses
- You stay calm and relaxed as you practice your techniques
- Inserting and removing the lenses quickly gets easier and easier
- You focus more on the benefits you are getting than on the procedures
- You soon feel quite at home and at ease

Buy *Contact lenses - Hypnotherapy audio sessions* *relax* and help yourself see in comfort. Visit www.hypnotherapy.eorg.in now

Snap! Crackle! Pop! STOP! No more knuckle cracking!

It feels like fun at first. There's something satisfying about pulling that finger or thumb out... out... out... until Crack! There goes the joint. It can hurt a bit. Or a lot. But who cares? What a great noise! Do it again, louder! It all seems pretty harmless, but once you're hooked on knuckle cracking, it can be surprisingly hard to stop.

Can cracking your knuckles do you any harm?

Why would you want to stop cracking your knuckles, anyway? It doesn't hurt anyone (unlike some other habits). It doesn't leave any mess. It doesn't damage your health... or does it? If you only cracked your knuckles once in a while, you wouldn't suffer any particular ill effects. But if you keep it up for years, you risk damaging joints, tendons and ligaments in your hand. So your hands could be glad when you stop.

Other good reasons to lay off the knuckle cracking

But there are other reasons why you might like to stop cracking your knuckles. Firstly, it's a pain to be the prisoner of any compulsive habit. Sure, if you really want to crack those joints, go ahead. But don't be forced into it because you can't stop yourself. Secondly, mannerisms like knuckle cracking can be seriously irritating and off-putting to others. And they can make you appear nervous and lacking in confidence.

So it can be good for your health, your personal autonomy, your self-esteem and your social standing to put the habit of cracking your knuckles behind you.

Tacking unconscious patterns using the tools of the unconscious

But where do you start? Compulsive habits, by definition, tend to resist our best efforts to use will-power to break them. They are tough unconscious patterns!

Fortunately, when it comes to dealing with the unconscious, you have access to the ultimate tool - hypnosis. In hypnosis, your brain enters the same 'brain state' that it uses to *create* automatic behaviors. And this is just what you want in this instance - to create a new automatic behavior which automatically gets you doing something *other* than cracking your knuckles.

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Hypnotherapy audio sessions can help you stop cracking your knuckles very easily

Stop cracking your knuckles Hypnotherapy audio session is Hypnotherapy audio session which will enable you to put a habit you have no further need for behind you with ease. As you listen to *Stop cracking your knuckles* Hypnotherapy audio sessions, you will be transported into a state of deliciously deep relaxation, where you can make changes effortlessly and almost without noticing.

The powerful hypnotic suggestions in *Stop cracking your knuckles* Hypnotherapy audio sessions, based on the latest understanding of the psychological basis of pattern formation and modification, will give you all the tools you need to make significant changes in your habits. For yourself.

Buy *Stop cracking your knuckles* Hypnotherapy audio sessions today! Visit www.hypnotherapy.eorg.in now

Stick to a diabetic diet - control food cravings with Hypnotherapy audio sessions

All diabetics know that they need to stick to their diabetic diet. They know the horrific health consequences of not doing so, and hear it repeated by their doctor, family and friends on a regular basis.

So why is sticking to the diabetic diet so hard to do?

Consequences not immediate enough for diabetics

Imagine that every time you strayed from your diabetic diet, you got a splitting headache 5 minutes later, followed by severe vomiting. Would you have much of a problem sticking to the diet then? No, of course not!

But of course, diabetes doesn't have those unpleasant side effects. Like smoking, the health impact of straying from your diet is slow and insidious. And when the effects become clear, it is already too late.

Diabetes and instant gratification

Instant gratification always tries to win out over long term health. But, of course, the possible consequences are so bad that you just have to control your diabetes by controlling your impulses. And this session will help you do just that.

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Hitting the ground

In the case of diabetes eating too many cakes and candies and drinking too much alcohol and other sweet drinks can have life destroying results. Bad living is not an option but you have to *feel* that as well as just know that logically.

Of course if you are diabetic you need to be under the care and supervision of a medically qualified physician. This session is designed to get your unconscious mind 'on your side' so that you can easily overcome temptation to eat the wrong foods.

No more advice here!

Of course, getting fitter, taking appropriate exercise and leading a generally healthier life will all help diabetes - you already know that. This session is *not* going to tell you what you should eat or how much exercise to take rather it's going to use the natural deep relaxation of hypnosis to 'program' your mind to be committed to long term health and safety (and survival) over short term gratifications.

Buy *Stick to your Diabetic Diet* Hypnotherapy audio sessions now and invest in your long term fitness and life. Visit www.hypnotherapy.eorg.in now

Drink Less Alcohol

Let Hypnotherapy audio sessions help you cut back on your alcohol consumption!

Drinking alcohol is for most of us a social activity. From time to time the line when enough is enough can get blurred in the flurry of celebration. **Sometimes it's hard to know when you've crossed over from blissfully bubbling to overindulging**, particularly in the joy of the moment. Others of us may have recently taken to drinking a bit more than usual out of stress, sadness, or due to some other circumstance.

Whatever the case, it is important to fully comprehend the difference between needing to cut back on drinking and suffering from the disease of alcoholism. If your drinking is out of control, is negatively affecting your relationships, your health, or inhibiting your ability to function on a daily basis, then simply "drinking less" is probably not the answer to your problem. **Alcohol addiction is a completely different issue**. If you think you may be an addict, consider the hypnosis for alcohol addiction self hypnosis / hypnotherapy session instead.

However, if the occasional few too many has become a bit bothersome or you would just like to cut back for health, weight, and the untimely hangover's sake, then there is a possible solution for you, and it's called hypnosis. Hypnotherapy audio sessions **is an excellent way** to permanently bring about behavioral change. Self hypnosis allows you to relax deeply and connect with your creative unconscious mind. This part of your brain holds the root to many of

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your automatic behaviors and may hold the key to understanding and stopping your occasional overindulgence.

Imagine what it would be like to:

- Know when you've met your limit and feel better the next morning
- No longer overindulge due to temporary stress or frustration
- Feel better physically and maybe even shed a bit of that beer belly

Hypnotherapy audio sessions is a safe and natural way to help improve your self-control. With this Hypnotherapy audio sessions you can listen and relax in the privacy of your own home. The benefits of this Hypnotherapy audio sessions can go well beyond just drinking less alcohol.

Drink less alcohol with the help of Hypnotherapy audio sessions! Visit www.hypnotherapy.eorg.in now

Ease Eczema

Eczema can be mildly irritating or extremely painful. In milder cases of eczema the skin becomes dry, flaky, hot and itchy. In severe cases the skin can become broken, raw, scabby and bleeding and, of course painful.

There are many treatments for eczema and we recommend you use treatments recommended you by a medical professional however you can use this session alongside physical treatments because your mind is an extremely powerful tool for change on physical as well as psychological levels. Hypnosis is the best way to use psychology to influence biology.

Causes of eczema

The causes of eczema are not specific so there may be a hereditary factor, it certainly flares up more during times of stress and different types of eczema can be caused by irritant chemicals such as tobacco, detergents and yeast growth. Dry humid conditions and even blood circulation problems can all bring on eczema symptoms.

Some outbreaks of eczema are caused by dust mites, plant pollens and moulds. Some foods may also trigger eczema such as dairy foods or preservatives in foods. It's useful if you can determine the types of things that trigger eczema in yourself.

Eczema is an over reaction

Eczema like any allergy is an overreaction of the immune system. The immune system wrongly determines the trigger as a *threat* and produces a big unnecessary response shedding skin.

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This is like a guard dog that barks at everyone not just intruders or a car alarm that keeps going off when it doesn't need to. The guard dog needs re-training so it only barks when it really needs to and the car alarm needs to be re-set so that it only goes off when there is a genuine threat to the car's security. Medical treatments include steroid creams which work to calm the immune systems over reaction. However medical treatments are palliative and won't necessarily stop the symptoms from starting in the first place.

Hypnotherapy audio sessions and eczema

Hypnotherapy audio sessions can help re-set unconscious patterns so that the immune system only responds to what it *needs* to respond to.

In this Hypnotherapy audio session your subconscious mind will be encouraged to 're-set' it's responses to any trigger (including stress) that had been causing your skin to over-react in this way.

This session will enable you to relax so deeply and to change unconscious patterns.

We know that using hypnosis we can alter physical responses within the body. People can cure warts, heal burns even have major surgery without chemical anesthetic all with the help of nature's best tool for change-hypnosis.

This session will be useful if you are currently suffering an outbreak of eczema and will also help prevent future outbreaks-effectively re-training your physical response system.

Buy *Ease Eczema* Hypnotherapy audio sessions now and feel better. Visit www.hypnotherapy.eorg.in now

NB We recommend that you speak to a medical professional if you do suffer hay fever.

Hypnotherapy audio sessions endometriosis treatment can reduce stress and relieve pain

Hypnotherapy audio session is a powerful natural endometriosis treatment you can use alongside medical approaches

Do the constant pains and gripes of endometriosis really get you down sometimes?

Does the stress of having this condition, combined with other stresses in your life, make everything seem even worse than it is?

It's hard for someone who doesn't have the condition to appreciate just how much it can affect you. Although outwardly invisible, inside you can feel so much pain and distress sometimes that you can hardly function. You may have pain in your back, in your pelvis,

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during your periods. You may be exhausted. You may get dispirited and grumpy - which can damage your relationships. Your sex life may be disrupted. It's just dire.

High stress makes endometriosis worse

And as if all that wasn't enough, you can find yourself caught in a proper 'Catch-22' of stress. It's well known that high stress makes the symptoms of conditions like endometriosis worse. But merely *having* this condition *itself* causes stress. So the stress of having all that pain and suffering adds to the stress in your life, which then worsens the pain and suffering and causes you more stress. Great.

How do you escape from this vicious spiral?

The two-pronged approach to endometriosis treatment

You are (hopefully!) already tackling your treatment with your doctor, and exploring all the medical and physical ways you can improve your situation. It is, of course, very important that you find and follow the best medical advice that you can get. But you can also do something about the stress patterns (which medicine can't really do anything about).

There are two ways you can tackle the issue of stress. Firstly, you can look at the *sources* of stress in your life and see what can be done to reduce what we might term incoming stress. Can you say 'NO!' to any of it? Can you get someone else to deal with it? Can you ask people to give you some leeway? Any reduction will be helpful to you and will have positive knock-on effects on how you feel.

Hypnotherapy audio sessions can help you feel better and experience less stress

But of course not all stress is directly avoidable or reducible. So secondly, you can look at how you *respond* to stress. And this is where hypnosis - the ideal tool for developing new instinctive behaviors in ourselves - can really help you.

Endometriosis treatment Hypnotherapy audio session is a powerful Hypnotherapy audio sessions created by psychologists which will

- Allow you to enjoy really profound relaxation - effortlessly
- Reduce the intensity of your emotional reaction to stress
- Help you feel much more comfortable and less sensitive to pain
- Enhance your natural capacity for healing
- Help you naturally build your resilience to deal with what life throws at you

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Buy *Endometriosis treatment Hypnotherapy* audio sessions and break free from the stress/distress cycle to increased comfort and well-being. Visit www.hypnotherapy.eorg.in now

You can learn to master the shakes caused by essential tremor

Having your hands shake when you go to pick up your coffee cup, and maybe even spilling your drink as you lift it to your lips, can be quite alarming. Not to say embarrassing. Finding that your legs feel like they won't hold you up when you go to step into the subway, or board a bus, is an equally alarming experience. Even if the cause turns out to be benign, you'll be pretty keen to find a way to control essential tremor.

And, of course, worrying that it's going to happen only makes it more likely to occur, does it not?

What is essential tremor?

Essential tremor is a neurological condition which causes involuntary shaking or trembling, which lasts for some seconds or longer. It is most common in the hands, the feet, the head, the jaw and the tongue, but it can occur in any part of the body. It is most likely to manifest when undertaking certain activities, and is generally absent during sleep. Stress, excitement, and caffeine are all known to make it worse.

Causes and treatment of essential tremor

Tremors can also be symptoms of other disorders, so you may undergo several medical tests before you get a diagnosis of 'essential tremor'. Although essential tremor is thought to be genetic in about 50% of cases, there is still uncertainty about what causes the other 50%. Your doctor will have told you there is no 'cure', as such. Treatment generally focuses on reducing or removing the involuntary movements.

What your doctor might suggest to help with essential tremor

If your tremor is fairly mild, your doctor is likely to advise you to avoid things that are known to make tremors worse, such as caffeine - in coffee, tea, chocolate, fizzy drinks, etc. They will also recommend that you get enough sleep and avoid stress (not always easy, that...). If more severe, they may prescribe tranquillizers or other medication. Apart from this, you are likely to be mostly on your own.

So what can you do to help yourself deal with essential tremor?

Using Hypnotherapy audio sessions techniques to calm and still essential tremor

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You should, of course, follow the medical advice you are given as best you can. But the good news is that there *is* more you can do to ease essential tremor. You can learn to use the techniques of hypnosis to calm and still the shaking.

Easing Essential Tremor Hypnotherapy audio sessions is a tailor-made hypnosis session which you can safely use alongside your medical treatment.

As you listen regularly to *Easing Essential Tremor* Hypnotherapy audio sessions, you will enjoy all the benefits of deep relaxation (a powerful defense against stress). At the same time, you will learn how to deploy proven hypnotic techniques which will allow you to take more and more control of your inner physical and mental state, and significantly reduce shaking episodes.

Easing Essential Tremor Hypnotherapy audio sessions will teach you to really make full use of the powers of the unconscious mind to bring about beneficial improvements in your life.

Buy *Easing Essential Tremor* Hypnotherapy audio sessions and enjoy both calm and stillness. Visit www.hypnotherapy.eorg.in now

Stop Excessive Sweating

Excessive sweating (also known as hyperhidrosis) is an embarrassing problem, and can make life difficult. If you sweat excessively you will probably have worried about shaking hands with people, whether the place you are visiting is cool and ventilated, or choosing clothes that won't show sweat if it soaks through. Most sweating problems occur in the hands and armpits, but facial sweating can be the worst as it is so visible.

Many people who sweat excessively end up avoiding all kinds of situations that they would otherwise, resulting in missed opportunities and reduced enjoyment of life in general.

Excessive sweating - a vicious circle

We all naturally perspire as our bodies automatically regulate body temperature but sweating is also a symptom of anxiety. So of course the more anxious you become about sweating, the more likely you are to sweat!

This vicious circle can feel impossible to escape, but this is where hypnosis excels. Not only can hypnosis rapidly reduce anxiety, but it has been used for centuries to control bodily functions. You only have to see an operation performed under hypnosis to understand how effective it is for this purpose.

Hypnotherapy audio sessions **calms your sympathetic nervous system**

Sweating is caused by your sympathetic nervous system, which also controls your fight or flight response. If you are suffering from excessive sweating or hyperhidrosis, too many signals are

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being sent from your sympathetic nervous system to the sweat glands causing unnecessarily high sweat production.

Reducing the activity of this part of your nervous system calms you down and can stop excessive sweating.

Automatic sweating

The body can become conditioned to producing excess sweat as a learned response.

So just as a dog can be conditioned to salivate every time they hear a bell, so can the business person 'learn' sweat in particular rooms, or with particular people, even when it is not hot. This is called classical conditioning. It's because this problem occurs unconsciously that it is best treated hypnotically.

Buy the *Overcome Excessive Sweating* Hypnotherapy audio session now and enjoy all your work and social life coolly and confidently. Visit www.hypnotherapy.eorg.in now

How to cure facial tics and twitches

Facial twitching can be distracting and embarrassing. Hypnotherapy audio sessions can stop them by relaxing the muscles responsible.

A facial tic can be extremely embarrassing. Other people notice and *you* notice.

Experiencing a facial tic or twitch is very distracting and can detract from what you are trying to say and of course, make you very self conscious.

As you know a facial tic is a nervous, repetitive and spasmodic movement in your facial muscles it can become habitual and like any habit can start to happen when you are not even thinking about it consciously.

Facial twitching is more common in children and tend to pass off naturally after a few weeks or months. Sometimes facial tics last for longer and may even persist into adulthood.

Occasionally medications are used to diminish tics but it is, of course better to not go down the medical route as all drugs have side-effects.

No one knows the exact cause of facial tics but two things are certain: Facial tics are worsened (and can be brought on by) stress; sometimes there is a buildup of pressure which leads to the tic. And tics are then maintained by the unconscious mind.

Hypnotherapy audio sessions works on the part of the mind that 'does' the facial tic

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It is your unconscious mind that 'does' the tic and because hypnosis works on an unconscious level then we can use hypnosis to diminish and cure facial tics.

You may well have noticed that there are certain times when the twitching is worse-maybe when you are tense or even with certain people. This Hypnotherapy audio sessions will help 'un-hook' those unhelpful associations.

Different types of facial tics include repetitive and compulsive eye blinking, nose wrinkling, squinting and mouth twitching.

This Hypnotherapy audio sessions has been designed to work on the same level of mind that produces the tics-in affect 'switching off' the tic.

Hypnotherapy audio sessions will be a deeply relaxing and calming experience.

Buy *Stop Facial Tics* Hypnotherapy audio sessions now and feel better today. Visit www.hypnotherapy.eorg.in now

How to fight a cold effectively with Hypnotherapy audio sessions

Learn how to strengthen your immune systems and fight a cold with Hypnotherapy audio sessions

Does catching a cold really get you down and render you 'unfit for action' for ages?

Do you sometimes wish there was a way to set cold symptoms aside, temporarily, so you can focus on something really important?

The miseries of the common cold are all too well known. At some time in your life you'll have experienced them all: streaming nose, stuffed up nose, sore throat, congested sinuses, painful cough, sore chest, headache, pile of used tissues building up in the trash basket, etc.

Medicine can't do much to fight a cold

It's the one virus we can all be absolutely certain of catching, at least once or twice a year, and sometimes more frequently. You'd think modern medicine would have found some way to conquer this pest by now! But no. Apart from alleviating the symptoms with soothing syrups and decongestants, there is not much that medicine can do. You are on your own.

But you can help yourself when you have a cold

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But there are things that *you* can do to help yourself through having a cold. You can strengthen your immune system so that it is in the best possible condition to fight off colds. And although the best thing to do with a cold is to let it run its course naturally, you can learn how to temporarily 'switch off' symptoms when you have a really important reason to do this.

Hypnotherapy audio sessions is an invaluable tool in getting over a cold

Fight a cold Hypnotherapy audio sessions is a Hypnotherapy audio session which builds directly on research findings that people who regularly practice deep relaxation measurably improve their immune system response. It will take you through a simple method for relaxing quickly and profoundly. Powerful metaphorical imagery will work on your unconscious mind to help you respond effectively to cold infections.

You will also learn to master the art of 'inner negotiation' that makes it possible to suspend or suppress cold symptoms for a short while in case of special need.

This delightfully relaxing and invigorating session will help you

- Boost your immune system
- Deal more easily with symptoms
- Maintain a positive attitude while a cold lasts
- Recover more quickly
- 'Switch off' symptoms briefly when required

Buy *Fight a cold* Hypnotherapy audio session and become proactive about your recovery. Visit www.hypnotherapy.eorg.in now

Cure that hangover now with Hypnotherapy audio sessions, a powerful natural remedy

If you're looking for a hangover cure, the last thing you need to hear is "if you drink less, you won't need a hangover remedy". So we won't say it. ;-)

We've all done it. The thumping head, the nausea, the exhausted washed out feeling and a mouth dryer than the Sahara. The hangover symptoms from hell.

The classic hangover cure is 'hair of the dog', or simply drinking more, but of course this is just rubbing salt into the wound. The last thing your body needs is more of what made it ill in the first place.

The *Hangover Cure* Hypnotherapy audio session will take you rapidly into deep relaxation, where your mind and body can get to work repairing the damage done by alcohol. For 20

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minutes you will feel like your sore head is being caressed by angels, with a mountain stream splashing refreshingly through your mind.

When you wake up afterwards, you will feel rejuvenated and relaxed, your nausea will be gone and you will actually have some energy.

The way you feel right now, this could sound too good to be true, but we aren't kidding. Buy the session below and in less than 5 minutes, your hangover will be on the retreat.

**Buy *Hangover Cure* Hypnotherapy audio sessions and start feeling better now...
Visit www.hypnotherapy.eorg.in now**

Control Hay Fever

Hay fever can be a nightmare. Symptoms include runny, streaming, sneezing, stuffy and blocked nose, itching in the throat and nose, headaches, itching and red watering eyes, inability to smell and even taste food, itchy ears and disturbed sleep as well as feelings of listlessness and depression.

Hay fever can affect work and personal life and spoil what should be enjoyable and productive activities.

Hay fever is an over-reaction

Hay fever, like any allergic response, is actually an *over*reaction. Hay fever is medically labeled as 'seasonal allergic rhinitis.' But let's just stick to hay fever.

Pollen from blooming or pollinating plants can cause all the symptoms of hay fever from streaming eyes, sneezing and general irritation of the delicate linings of the nasal passage, throat and eyes.

Hay fever is usually seasonal.

Hay fever can affect up to 20% of the population. For most people hay fever is seasonal and they only experience the symptoms during the spring and summer pollen season. For a minority of sufferers the symptoms last all year round and can be caused by house dust mites, mould and animal fur. This can feel like having a permanent cold and sore throat.

So hay fever is caused by an over-reaction or allergic reaction to pollen.

Pollen is basically a grain to transport the male DNA to the female part of the flower. There are different types of pollen, the most common allergen is grass pollen.

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Hay fever like any allergy is an overreaction of the immune system. The immune system wrongly determines the pollen as a threat and produces a big unnecessary response.

Your natural guard dog

This is like a guard dog that barks at everyone not just intruders or a car alarm that keeps going off when it doesn't need to. The guard dog needs re-training so it only barks when it really needs to and the car alarm needs

to be re-set so that it only goes off when there is a genuine threat to the car's security. Medical treatments include antihistamines and steroids which work to calm the immune systems over reaction. However medical treatments are palliative and won't necessarily stop the symptoms from starting in the first place.

Hypnotherapy audio session can help re-set unconscious patterns so that the immune system only responds to what it needs to respond to not what it doesn't need to.

This session will relax you deeply it is also a way to begin to re-train your allergic response to stop firing off when it doesn't need to.

Buy Control Hay Fever Hypnotherapy audio sessions now. Visit www.hypnotherapy.eorg.in now

NB We recommend that you speak to a medical professional if you do suffer hay fever.

Set the scene for optimum health and healing

We all know that the body needs the right vitamins and minerals to maintain health. However, there is one other vital part of the picture that is often missed out.

Your immune system and healing mechanism needs *rest* and *positive expectation* to work at their best. Listening to *Help Your Body Heal* Hypnotherapy audio sessions whilst your body is mending itself will:

- Provide regular, deep, rejuvenating relaxation to refresh your mind and body
- Provide optimum conditions for your immune system to work efficiently
- Give you positive suggestions and healing imagery
- Give you a break from the stress of illness
- Make you feel better if you feel sick, tired or run-down

Help Your Body Heal Hypnotherapy audio sessions should not be used as a replacement for appropriate medical intervention, but instead as part of a full recovery program.

Complete the picture and give your body and mind what they need to heal best –

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Buy Help Your Body Heal Hypnotherapy audio sessions now... Visit www.hypnotherapy.eorg.in now

General Health and Wellbeing

Experience a healthy body and a healthy mind with the help of Hypnotherapy audio sessions!

Life can be chaotic from one day to the next. Every day we face a large list of things that must be done. There are places we have to go, business dealings that must be attended to, and people we must take care of. But what about you? What about taking care of your health and wellbeing? Where does that fall on your list?

Many of us get so focused on all the external things that need our attention that **we neglect to consider our own health and wellbeing**. Sometimes we fail to recognize **the messages our bodies and minds are sending us**. Do you suffer from tension headaches, muscle aches, or regularly get sick? Do you worry too much, find it difficult to concentrate, or battle negative thoughts? It may be a sign that you've forgotten to put something on your list: You.

We know that if we neglect our "to do" list our lives will not run smoothly, but why do we not consider the impact of neglecting our bodies and minds? Your health and wellbeing enables you to accomplish everything you do, **so doesn't it make sense to keep your health in tune?**

You can experience inner calm and relaxation as you go throughout your day. You do not have to suffer from aches and pains or illnesses that create imbalance. **You have the ability within to feel harmonious inside and out**. By nurturing the equilibrium that naturally resides within our bodies and minds, each and every one of us **can attain the benefits of positive thinking and feeling**.

Imagine what it would be like to:

- Feel physically and emotionally in balance!
- Have more confidence and a stronger sense of self!
- Be free of stress and general ailments!

Hypnotherapy audio sessions **is a form of creative relaxation** that allows you to de-stress and let go of the negative thoughts and feelings that impact your health and wellbeing. We don't generally intend to make ourselves sick or unhappy, but it can be hard to feel good when so much has built up inside. This Hypnotherapy audio sessions can **help aid you in finding the natural balance your body and mind desires**, and help you bring it in to your daily life.

Make your health and well being a priority with the help of Hypnotherapy audio sessions! Visit www.hypnotherapy.eorg.in now

Health Issues and Self-Hypnosis By Dr. Manish Patil

Learn how to make healthy choices

A Hypnotherapy audio session to train your mind to make better choices, more often

Do you wonder why you find it so hard to consistently make healthy choices for yourself?

Are you looking for a way to stop sabotaging yourself?

If we let ourselves be guided purely by instinct, we'd probably make much better decisions about what we eat, what we drink, and what we do on a daily basis. Our instincts evolved over millions of years, and they are finely honed to focus firmly and exclusively on our survival. But evolution has also gifted us with the power to *over-ride* our instincts when we choose. This means we don't always choose wisely.

The brain has evolved to enable us to make healthy choices

The part of the brain that we use to block instinct is the 'pre-frontal cortex' and is the most recent part of the brain to evolve. This is where we imagine the future and think consciously about the consequences of our actions, and where we develop our 'beliefs' about the world. 'Beliefs' are what we hold to be true, and they can remain true when tested in the real world, however beliefs can also be a bit off target or simply false or harmful when reality kicks in.

How our beliefs complicate our choices

Beliefs have an astonishing emotional power over us. Humans notoriously cling to their 'beliefs' even when they plainly see, thanks to the reality check by the pre-frontal cortex, that there is a very obvious mismatch between their 'belief' and the reality in front of them.

This contradiction may be what underlies our difficulty with making good choices for ourselves. If we have developed a belief that some unhealthy behavior (such as smoking, or drinking, or over-eating) is actually 'good' for us in some way, our knowledge of the harmful effects is not enough to keep us from choosing that behavior, even if we regret it afterwards.

So are our beliefs our masters?

Far from it! Understanding the mechanism that is in play is the first step to gaining some control over it. And there is a very powerful way to 'get in on the act'.

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Hypnotherapy audio sessions can help you train your brain to choose wisely

Make healthy choices Hypnotherapy audio session is a Hypnotherapy audio session developed by psychologists that will enable you to tap directly into the unconscious processes and patterns that underpin your choices and begin to influence them.

As you relax and listen repeatedly to your Hypnotherapy audio sessions, you'll quickly begin to notice that

- You begin to take a much longer view on your life
- You are less easily 'taken in' by instant satisfactions
- You are less rigidly convinced of your own 'beliefs'
- You develop a naturally healthier and balanced mindset
- You feel more in control

Buy *Make healthy choices* Hypnotherapy audio sessions and live more comfortably with your instincts. Visit www.hypnotherapy.eorg.in now

Effective natural herpes treatment with Hypnotherapy audio sessions

Hypnosis is a powerful way to boost your immune system and a natural herpes treatment anyone can use

So you've got herpes? But you're not delighted to be among the 80% or so of the population who've also got it?

Are you looking for some way to keep it under control?

A herpes infection is no fun, even if it's not exactly a threat to your life. Whether it shows up as a cold sore (oral herpes - the most common kind), or around the genitals (genital herpes - much less common), the blisters can be painful and unsightly. Although various treatments help, the herpes simplex virus doesn't leave the body. It's going to stay with you. And make its presence known from time to time.

What brings on a herpes outbreak?

What 'wakes' the virus from its dormant state? If the skin around the nerve area where the virus has taken up residence gets damaged, the virus will be stimulated to produce new blisters. But it doesn't require physical damage to bring on an outbreak. If you get over-tired or stressed, and your immune system is weakened, you are also susceptible to a fresh outbreak.

Paradoxically, this is good news! Why? Because fatigue, stress, and the state of your immune system are things you can influence. This means that, even though you cannot

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get rid of the virus completely, you can reduce or even completely stop the recurrence of symptoms.

Hypnotherapy audio sessions **can put you on the fast track to natural herpes treatment**

And the fastest and most effective way to reduce stress and boost your immune system is with hypnosis.

Natural herpes treatment Hypnotherapy audio sessions is a Hypnotherapy audio sessions which makes full use of the latest understandings of the intimate connections between body and mind to help you strengthen your immune system. (1)

Regular listening to this Hypnotherapy audio sessions will help you to

- relax frequently and often and so reduce your stress levels
- rest deeply and reduce fatigue
- significantly boost your immune response
- reduce your herpes symptoms and outbreaks
- feel stronger and healthier all round

Buy *Natural herpes treatment* Hypnotherapy audio sessions and show that herpes simplex who's in charge Visit www.hypnotherapy.eorg.in now

Note (1) See '[Medical hypnosis in cases of herpes labialis improves resistance for recurrence](#)', *Hautarzt* (The Dermatologist), 2005 Jun;56(6):562-8.

How much of your high blood pressure is due to stress?

A client of mine, Elaine had high blood pressure and she was worried. She'd tried everything from cutting down her sodium levels, through yoga to crystal healing. She was certainly an open minded 78 yr old.

Why wasn't Elaine's high blood pressure coming down?

Lowering her salt intake, taking more exercise, and reducing her stress had improved Elaine's general health - and since all these factors influence high blood pressure you would think her scores would have dropped. But she found whenever she went to her doctor she was still getting a high reading.

When she came to me, Elaine was at the end of her tether. Her last reading had been 220/140 - dangerously high. From her description, it was clear to me that Elaine was suffering from 'White Coat Syndrome' - meanin that sight of any health professional would send her blood pressure up.

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Hypnotherapy audio sessions shows you how to overcome white coat syndrome

Hypnotherapy audio sessions is a fast track way to influence how your body works. Of course you need to take care of your lifestyle and making healthy life style choices but you can also harness the power of your subconscious mind to lower your blood pressure. White coat syndrome is particularly easy to deal with as treatment is as simple as retraining the mind to respond to the blood pressure test with relaxation instead of anxiety.

Elaine's blood pressure is now better than it has ever been. She loves hypnosis and uses it all the time. Now having her blood pressure taken, thanks to Hypnotherapy audio sessions, is a cue for her to relax deeply and be pleased with her results.

The Lower Your Blood Pressure Hypnotherapy audio sessions is not a replacement for a healthy lifestyle and the treatment your doctor recommends. What it will do is allow you to distinguish psychological factors from physical ones. Whilst we urge you to make healthy lifestyle choices and to consult your local medical professional the power of hypnosis in lowering blood pressure is well attested.

Buy *Lower Your Blood Pressure Hypnotherapy* audio sessions today and let us know how your next test comes out... Visit www.hypnotherapy.eorg.in now

Cool Down Hot Flashes

The hot flash (or flush) is infamous as a classic symptom of menopause. And for sufferers, hot flashes can be a nightmare.

Hot flashes vary in their intensity and duration from woman to woman and are simply the outward sign of internal hormonal changes. During the menopause levels of estrogen fall dramatically and estrogen is involved in regulating the temperature center in the brain.

When estrogen drops because of the menopause the brain gets the 'wrong message' and thinks that the body is too hot, creating measures such as sweating and heat loss (through the skin) to try to cool down the inside of the body. Some women find they have the horrible experience of waking up at night drenched in sweat.

Hot flashes can be extremely uncomfortable and embarrassing, lasting from three to five minutes and occurring many times a day for some women. Hot flashes can last for years through the menopausal transition.

Although of course the menopause is inevitable the mind also has a major influence over the body and can be hypnotically trained to cool down hot flashes.

Buy *Cool Down Hot Flashes Hypnotherapy* audio sessions now and get some relief today. Visit www.hypnotherapy.eorg.in now

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Hyperacusis treatment

Hypnotherapy audio sessions can help make your hearing less painfully sensitive

Do certain ordinary sounds have a painful and distressing impact on you?

Is it hard for you to tolerate noise levels that other people find perfectly comfortable?

Hyperacusis is an extreme sensitivity to sound that can make life very difficult for sufferers. It can have many causes, and is often associated with tinnitus (ringing in the ears). If you find that certain sounds 'hurt your ears', or make you feel sick or dizzy, you should of course consult your doctor and follow their advice on any medical treatment.

Hyperacusis treatment is not just about your ears

Sensitivity to sound is not just a matter of physiology, of how your body works. As with all our senses, there is a psychological element involved in how - and whether - we perceive sound. People who are engrossed in an exciting drama on their TV won't hear their phone loudly ringing and will roundly deny that you told them dinner was ready.

And the important thing about this psychological variability in our sensory perception is that you can *modify* it. This, for example, is what happens when surgeons use Hypnotherapy audio sessions instead of anesthetics in an operation. The Hypnotherapy audio sessions helps to *turn down* the patient's sensitivity to pain so that they can undergo the operation without discomfort - and without any of the side effects of anesthetics.

And Hypnotherapy audio sessions can help you in the same way.

Hypnotherapy audio sessions is a powerful way to modify how you perceive sound

Hyperacusis treatment Hypnotherapy audio sessions is a Hypnotherapy audio session developed by psychologists specifically to help people who are over-sensitive to sounds and noise.

As you relax and listen repeatedly to your Hypnotherapy audio sessions, you'll notice that you

- Sense an overall lessening of tension in your body
- Quickly learn to go deeply into trance
- Become skilled at modulating your experience of sounds
- Feel more confident and relaxed even in noisy environments
- Enjoy life much more

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Buy *Hyperacusis treatment* Hypnotherapy audio sessions and feel more comfortable whatever you hear. Visit www.hypnotherapy.eorg.in now

How to overcome hypochondria (fear or phobia of illness)

Being worried about your health all the time can be incredibly tiring.

And when the fear and anxiety about possible symptoms and diseases gets out of hand, hypochondria is the diagnosis.

Many people who worry excessively about their health spend a lot of time looking up books and searching the internet for information on symptoms in an effort to reassure themselves.

But this rarely works.

Most symptoms can be interpreted in a huge variety of ways, from the mundane to the life threatening.

Hypochondria sufferers usually assume the worst, with the resulting feelings of anxiety and even panic.

This is why an effective cure for hypochondria has to go about things differently.

The breakthrough usually comes when people are able to „step out“ of the thoughts that create the anxiety, and in turn, the focus on symptoms subsides, usually very quickly.

If you suffer from hypochondria, the Overcoming Hypochondria Hypnotherapy audio session will help you regain control over your own thoughts and help you enjoy a life free of unnecessary fear again... Visit www.hypnotherapy.eorg.in now

Strengthen your defenses - boost your immune system!

Everybody wants to be well and strong. If you should get sick, you want to be able to recover quickly, and bounce back to health. Nowadays, we know a lot about what it takes to enjoy the best health. Eat a good balanced diet - and don't overdo it. Exercise frequently. Get enough rest and relaxation. Minimize stress. But few people really understand just how important it is to actively look after your immune system.

In fact, relatively few people even know they *have* an immune system! What is it, exactly? If they cut you open, where would they find it?

Health Issues and Self-Hypnosis By Dr. Manish Patil

What is the immune system?

'Immune system' is the phrase used to describe the complex mechanisms, and the interaction between them, that the human body has evolved to defend itself against invasion by disease causing agents. The body carries within it a sort of SWAT team of free-roaming cells whose job it is to seek out and destroy invading 'germs' - bacteria and viruses. And this SWAT team has some amazing abilities!

How the immune system works to protect you

For instance, some of these defense cells carry within them the 'pattern' of certain 'enemy germs' - a sort of blueprint. You may never actually encounter those particular germs in your life. But if you do, the cells which carry that blueprint will 'recognize' them immediately, lock on to them and set about destroying them. They are 'pre-programmed' for it.

Of course, there will only be, at any one time, a handful of cells of each type circulating round your body. So what happens if a serious infection gets started? Well, that's when another amazing ability of your SWAT team comes into play. They can suddenly 'clone' themselves, hugely increasing the number of them available to attack the enemy. Imagine if a real life SWAT team could do that...

Influencing the immune system is easier than you think

Is it really possible to influence your immune system? The answer is yes. It is well known, for instance, that stress has a marked effect on the immune system. People living with long term stress are more prone to fall ill, and take longer to recover, than those who have less stressful lives. So stress management and relaxation alone can make a significant difference to how effective your immune system is.

But you can go even further than this, as research has shown.

Scientific research confirms hypnosis can boost the immune system

In a study at Washington State University, a group of volunteers were given hypnotic suggestions specifically to boost their immune systems. Another group received only relaxing suggestions, or no suggestions. Their levels of T- and B-cells (special defense cells) were measured. Those who had received hypnotic suggestions showed significant increases in their levels of protective cells. (1)

And you don't have to volunteer for a research study to get these benefits.

Using Hypnotherapy audio sessions at home to improve your own immune system

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Strengthen your immune system Hypnotherapy audio sessions is a Hypnotherapy audio session which pulls together the latest understandings of mind-body interactions. It will allow you to effortlessly learn and master the art of deep relaxation. This will help you dramatically reduce the effects of stress in your life.

While you are in a state of profound relaxation - a brain state highly conducive to effective learning - *Strengthen your immune system* Hypnotherapy audio session will give you precisely targeted suggestions designed to boost the functioning and efficiency of your immune system. You can just let your conscious mind float away in delicious serenity, and your unconscious will take all the steps necessary to fortify and amplify your immune system.

Buy *Strengthen your immune system* Hypnotherapy audio session and unleash the protective power of your own body. Visit www.hypnotherapy.eorg.in now

Note: (1) Ruzyla-Smith, Patricia et al. (1993). As reported at the annual meeting of the American Psychological Association.

Improve your posture without even thinking about it

We all know we should improve our posture, but posture is one of those things that suffers when we're busy doing other things.

So how can you improve your posture without having to think about it all the time?

Modern life breeds poor posture

In these times of decreased physical activity we spend vast amounts of time sitting behind wheels of a car, computers and in front of the TV. Poor posture can result in back ache, neck pain, the appearance of looking older and unhealthy, pain, tiredness and muscular stiffness-even poorer blood circulation. Even breathing is affected by the way we sit, stand and walk.

The many benefits of improved posture

Improved posture not only makes you look more confident, vigorous and youthful but gets you feeling more alive too. When you improve your posture you feel more relaxed, healthier and more comfortable. You even feel a little taller!

Whether you need to improve posture whilst sitting, standing, walking or lifting you first need to consciously focus on better posture. Then your *unconscious mind* needs to embed the good posture habit so that it becomes second nature.

Hypnotherapy audio session is the 'glue' that sticks a new habit and makes it instinctive so you don't even need to think about it. This is how you can improve your posture automatically.

Health Issues and Self-Hypnosis By Dr. Manish Patil

Buy *Improve Posture Hypnotherapy* audio session now and protect your health for the years to come. Visit www.hypnotherapy.eorg.in now

A safe and effective natural indigestion remedy

Hypnosis can gently relieve your indigestion symptoms and reduce the likelihood of recurrence

Are you fed up with repeating bouts of indigestion?

Are you looking for a natural indigestion remedy you can safely use at home?

People who've never or rarely experienced indigestion are likely to think of it as a trivial problem, easily resolved with some over-the-counter tablets or one of the liquid treatments. But if you regularly suffer painful heartburn or uncomfortable bloating and cramps after eating, you won't find it at all trivial. It can make your life a misery and spoil your enjoyment of your meals.

Of course, in some cases repeatedly experiencing such symptoms may be an indication that there is an underlying health problem, and it's wise to consult a doctor to find out whether medical treatment is needed. However, in most cases indigestion points to one or both of two possibilities.

Possible causes of indigestion

The first possibility is that there is something about the specific meal that has just been consumed that makes it hard to digest. This could be the actual content of the meal (what you ate) or the process of consuming it (how you ate). For instance, eating a lot of rich food very quickly can overload your stomach and bring on those burning pains and bloating.

The second possibility is that you may be under stress. Stress is known to cause indigestion and to make it worse if you already suffer from it. A tablet remedy can help with 'what' and 'how' related indigestion, but it won't do much for stress-related problems.

A natural indigestion remedy that really works

A remedy that has been proven to help with both meal-related and stress-related stomach ache and heartburn is hypnosis. Researchers in Manchester in England found that indigestion sufferers treated with hypnotherapy did nearly twice as well as those treated with drugs or counseling - and the results lasted.

And you can benefit from this too.

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Natural indigestion remedy Hypnotherapy audio sessions is a Hypnotherapy audio session developed by psychologists experienced in treating all kinds of stress-related problems. Simply taking regular time out to relax deeply and listen to these powerful hypnotic suggestions will

- relieve the strain of any tension or stress you are under
- help you to easily modify any eating patterns that might be contributing to the problem
- condition your mind to associate mealtimes with calm and relaxation
- give you the means to continue to look after yourself well
- help to prevent recurrence

Buy *Natural indigestion remedy* Hypnotherapy audio session and look forward to increased comfort and improved health. Visit www.hypnotherapy.eorg.in now

Hypnotherapy audio session Proven Effective for Irritable Bowel Syndrome (IBS)

Irritable bowel syndrome (IBS) is not only physically painful, what is also difficult to deal with is the medical establishment's inability to treat it effectively. Frighteningly, some physicians are still prescribing a high-fibre diet for irritable bowel syndrome, when it is known to make symptoms worse.

So why can Hypnotherapy audio sessions help IBS?

Over a decade of scientific research has shown hypnotherapy to be an effective choice for alleviating the symptoms of irritable bowel syndrome. Hypnotherapy audio sessions routinely produces positive results in over 80% of the people who use it.

Hypnotherapy audio sessions has been so successful for improving IBS symptoms that Adriane Fugh-Berman, MD, chair of the National Women's Health Network in Washington, DC, says that Hypnotherapy audio sessions should be the treatment of choice for IBS cases which have not responded to conventional therapy.

The main theory behind the success of Hypnotherapy audio sessions for IBS is that the relaxation improves blood flow to the gut - something that stress tends to inhibit - and so improves digestion and the movement of food through the bowel.

If you from irritable bowel syndrome, then Buy the IBS session now and see how it can help ease your symptoms... **Visit www.hypnotherapy.eorg.in now**

Health Issues and Self-Hypnosis By Dr. Manish Patil

Overcome jetlag more quickly next time you fly

Jet lag can be a real pain. Especially if you travel frequently and have to work soon after you arrive. Jet lag causes irregular sleep patterns, insomnia, fatigue, confusion and disorientation, irritability, headaches, nausea, dehydration and loss of appetite.

It's been said that one day of recovery time is needed for every one hour time zone crossed. That's not great for the start of your vacation or if you have to do business.

What is jetlag?

Jetlag is caused by crossing time zones during air travel. It's really a symptom of the disruption of your body's circadian (day/night-light/dark) cycle which controls the timing of bodily functions such as when you sleep and eat.

Other contributing factors to jetlag are the dry atmosphere of planes and the lack of fresh air, the discomfort from cramped conditions, swelling caused by cabin pressure, food and drink consumed in transit (which can mess up your appetite at destination) and the direction of travel.

Practical measures to reduce jet lag include:

- Drinking plenty of water
- Avoid alcohol
- Avoid caffeine based drinks
- Get as much exercise as possible by stretching in your seat and walking up and down the plane
- Adjusting your watch to the destination time to psychologically adjust
- Once you arrive have a shower
- Try to adapt to the new time zone as fast as possible by exposing yourself as much as you can to the sun to adjust to the new environment and staying up and going to bed at an appropriate time for the new time zone even if this means staying up
- And, of course listen to this Buy session

Hypnotherapy audio session is a great way to retune your body quickly and comfortably we recommend you relax to his session before you fly (in mid air) and on your arrival just before you go to sleep.

Buy *Overcome Jetlag* Hypnotherapy audio session now and adjust quickly next time you fly. Visit www.hypnotherapy.eorg.in now

Health Issues and Self-Hypnosis By Dr. Manish Patil

Manage Excessive Sweating

Don't let excessive sweating embarrass you anymore!

You're convinced everyone is looking at you in disgust. How are they barely breaking a sweat when you look like you just stepped out of a sauna? Your clothes are soaked through and you begin to feel uncomfortable and embarrassed, only adding to your flushed look and increased perspiration. Just once you'd like to go out in the summer and not sweat profusely.

Sweating is a very natural thing. Our bodies perspire as a way of cooling and regulating our temperature. **Unfortunately, some people have an overactive sympathetic nervous system that causes them to sweat more than needed.** Excessive sweating can be uncomfortable and embarrassing, seriously impacting a person's quality of life. There are just so many times where sweating is bound to happen, and for those who sweat excessively it can get depressing.

Do you avoid situations where you fear your sweating will be noticeable? Are you tired of always having to carry a change of clothes? Have you tried countless remedies but nothing seems to work? Do you view antiperspirants as a joke and now doubt any claims for a cure? It's likely you've considered medical treatments like injections and surgery, but these expensive options are far from natural cures. **Before making any permanent changes to your body, consider hypnotherapy.**

Imagine what it would be like to:

- Boost your body image and self-confidence!
- No longer worry about how much you're sweating!
- Feel more comfortable and enjoy life more!

Hypnotherapy audio session **is not a miracle cure for excessive sweating.** However, Hypnotherapy audio session allows you to relax deeply and access the unconscious (subconscious) part of your mind. This part of the brain is responsible for regulating many of the body's automatic functions and reactions.

This Hypnotherapy audio sessions contains hypnotic suggestions and visualization techniques to help you improve your mind-body connection and hopefully put an end to your excessive sweating. This Hypnotherapy audio sessions is a safe and natural way to help you achieve the results you desire.

Get control over your body with the help of Hypnotherapy audio sessions! Visit www.hypnotherapy.eorg.in now

Health Issues and Self-Hypnosis By Dr. Manish Patil

Deal Positively with Menopause

Think for a moment. What does the word menopause mean to you?

Is it the end of something or a new beginning?

We all know how important a positive attitude is in life generally. Do you have a positive attitude to the menopause?

The menopause is the time at which a woman ceases to have regular periods. Typically the menopause occurs any time between the early forties and the late fifties.

The average age squares out at about fifty one. Some women have an earlier menopause and it can happen in the thirties or even earlier.

Many women have few actual symptoms but all women experience changes.

Some women feel less 'feminine' in some way after the menopause as they are no longer fertile.

Others feel as if they are on the fast track to aging and becoming somehow less attractive and feeling less sexy. They may suffer some loss of confidence and start feeling 'invisible' to the opposite sex.

To make matters worse there can be all kinds of physical symptoms for some women including: hot flushes, extreme itching, night sweats, diminished sex drive, emotional ups and downs and osteoporosis also known as 'brittle bone disease.' There is also a tendency to put on more fat around the thighs and stomach after the menopause.

It's important to have a great diet, to remain smoke free and exercise regularly to keep fit and young feeling and also to offset some of these changes.

It's also vital to have a positive attitude to the menopause.

The menopause is a transition into a new 'season' in your life. It's not an illness or disease. We want you to really feel confident and healthy around your menopause and to feel about it in a way that is comfortable and positive. The end of one thing is always the beginning of another.

Positive mental attitude coupled with deep relaxation can have profound effects on your health and sense of well being.

This Hypnotherapy audio session will implant suggestions for you to feel much more positive and healthy about and during your menopause.

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Buy *Deal Positively with the Menopause* Hypnotherapy audio sessions now and make that smooth transition. Visit www.hypnotherapy.eorg.in now

Migraine Relief

Use Hypnotherapy audio sessions to help release the pain of migraines!

The pain can be overwhelming. Every movement, every bit of light encountered seems to create greater discomfort and bring you closer to nausea. **Migraines are not a minor event.** They can be crippling when they come on full force. Maybe you've become so accustomed to the ache that you can keep moving, but only with continued agony. This is no way to live your life. How are you supposed to go on with this regularly excruciating occurrence?

Have you tried different medications only to find that nothing works? Or maybe the side effects aren't worth the relief they provide. The upset stomach, sleepiness, and inability to concentrate can mingle with the lingering pain to create a situation no better than before. **Migraines are different for everyone, but one thing remains the same - its effect on your quality of life.** Don't you wish there were something else you could do to get relief?

Well, there is. Hypnosis is a completely natural, side effect-free means of treating pain like that associated with migraines. **With Hypnotherapy audio session you get to be in control of your body again.** I know it sounds hard to believe, but there are many people who have sought and received reprieve from their suffering with the help of hypnosis. **Its success lies in the body's own natural pain-killing ability,** the keys to which are kept in the unconscious mind. Hypnosis is your path to unlocking it.

Imagine what it would be like to:

- Get the relief you need without having to take a pill!
- Say goodbye to side-effects and days wasted in pain!
- Treat your symptoms naturally and live your life again!

Hypnotherapy audio session **isn't a magic cure.** It's not as though you listen to one hypnosis recording and your days of migraines are behind you forever. **What Hypnotherapy audio session does is give you the tools to gain control of your internal experience.** With repeated use, the Migraine Relief Hypnotherapy audio session can help strengthen your ability to turn off those pain receptors and turn on the natural pain-killing endorphins that already reside within you. In addition, the deep relaxation provided by regular Hypnotherapy audio session can help to relieve much of the stress and tension that can bring on migraines in the first place.

You can get relief from migraines with the help of Hypnotherapy audio session!
Visit www.hypnotherapy.eorg.in now

Health Issues and Self-Hypnosis By Dr. Manish Patil

Get rid of your migraine before it gets started

Those who have never had a migraine just can't appreciate how awful they can be. The visual disturbance, the nausea, the pain.

Often, pain killers don't work, and you're stuck with having to stop what you're doing and lie down quietly until it passes.

However, using Hypnotherapy audio sessions, as long as you catch your migraine early (and most migraine sufferers can spot one a mile off!), you can stop it developing.

How to get rid of your migraine

As soon as you feel a migraine coming on, simply close your eyes and listen to the Get rid of migraines Hypnotherapy audio sessions, from your computer, or whatever you have transferred it to (CD, MP3 player...).

The Hypnotherapy audio sessions will help you access a powerful relaxation response which will naturally lower your blood pressure, and so alter the distribution of blood in the brain.

And so, using a completely natural (and extremely beneficial) technique, you can get rid of the migraine before it gets started.

Buy your session and put it to the test... Visit www.hypnotherapy.eorg.in now

Mind Body Healing

Use hypnosis and let your mind help keep your body fit!

Have you been struggling with your health lately? Do you find that you get sick, only to get better, and then fall ill again? Do you lack energy or fight mid-day exhaustion on a regular basis? Maybe you are in okay general health, but desire a more fit and sound body and mind. **The ability to fend off illness and achieve physical and emotional fitness is within your reach.** Actually, it's right inside your body.

The power of the mind is an amazing thing. Our brains are constantly communicating with our bodies. They tell our lungs to breathe, our heart to pump blood, our muscles to flex and relax, and how and when to do all these things. Most of the time we aren't even aware that this is going on, since the mind is capable of doing this while simultaneously managing a multitude of other tasks.

But the brain is capable of so doing much more. **Inside our mind is the power to heal and energise our bodies.** So underused is this potential, that many of us doubt we have the ability at

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all. It is possible though. **All you have to do is unlock the hidden potential** of the incredible muscle that is your mind.

Imagine what it would be like to:

- Feel stronger and more energetic every day!
- Fend off illness without medication!
- Become a more balanced and healthy person!

Hypnotherapy audio sessions **is a form of creative relaxation that opens the untapped potential of our unconscious (subconscious) mind.** Our conscious mind is what tends to all the daily tasks, while our unconscious minds provide the necessary mechanics to make it happen. By providing the unconscious mind the motivation and the tools to achieve the natural balance our bodies capable of, **we can experience a healthier and happier existence.**

This Hypnotherapy audio sessions can help you **recharge your batteries, feel calm and more connected to your inner self.** Through repeated listening, your body and mind can begin to communicate more effectively resulting in increased immunity and physical performance. In addition, the relaxation techniques will help aid you in **managing your stress and finding emotional balance.**

Unlock the power of your mind and become physically and emotionally fit! Visit www.hypnotherapy.eorg.in now

Overcome anxiety about your MRI scan

The fear of MRI claustrophobia puts many people off vital medical treatment. Don't let fear stand in the way of your health.

The prospect of an upcoming MRI scan makes many people nervous. Whether you have had an MRI scan before and found it unpleasant, or have just heard reports that they are claustrophobic, the fact is, the MRI process can be uncomfortable for many.

What happens during an MRI scan?

During an MRI scan you are basically lying down in a large tube. MRI (Magnetic Resonance Imaging) is a way of generating pictures of the body parts that are not amenable to X-rays. MRI scans are very sensitive to movement so you have to keep still for anything from around twenty to sixty minutes.

MRI scanners work by displaying clear and useful images of tissues, muscles, nerves, discs and ligaments and even the brain. The information it can provide can help you so much.

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Remember during your MRI scan you should be able to talk to the radiographer through an intercom system. But bear in mind that after using *Overcome MRI Scan Anxiety* Hypnotherapy audio sessions you might not particularly want to talk as you are so relaxed!

Knowing the facts doesn't overcome the fear

Knowing these facts about MRI scans doesn't always help because once the emotions kick in, rational thought goes out the window and claustrophobia takes over.

Of course the best way to keep still during your scan is to relax deeply - there are no side effects to MRI scans so it's actually a perfect opportunity to hypnotically relax. That is what this session is all about.

The beauty of priming yourself hypnotically for your MRI scan is that Hypnotherapy audio sessions is the perfect state to drift into during the scan. Why? Because during Hypnotherapy audio sessions you can be anywhere you choose - in your mind. In your mind you can always have enough space around you, just as when you dream and 'travel' beyond the confines of your bed.

Hypnotherapy audio sessions is also a wonderful way of using 'time distortion.' In fact time distortion is a natural every day phenomena but can be directed consciously. We've all experienced time flying when we are pleasantly absorbed in something (or someone) and time dragging when we are bored for example. This session can get you feeling as if time has surprisingly flown by during the MRI scan.

Buy *Overcome MRI Scan Anxiety* Hypnotherapy audio sessions today and prepare your mind to relax. Visit www.hypnotherapy.eorg.in now

Learn how to use deep relaxation to help you live more comfortably with Multiple Sclerosis

'Relaxation' is not a word that immediately springs to mind in conjunction with multiple sclerosis (MS). Just having MS is intensely stressful. During a bad episode, even the simplest physical actions can just feel so impossibly hard. Learning to cope with MS is a major challenge for the sufferer and those close to them.

But there is more.

The impact of stress on MS episodes

A major study at the University of California (reported in the *British Medical Journal* in March 2004) established that the stress of the condition itself is not the end of the story. Researchers found that what you might call 'ordinary stress' - problems at work, relationship issues, financial worries, etc - is statistically linked to exacerbation of MS symptoms.

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This means that, if you are experiencing high stress levels in your life in addition to coping with MS, you may be at risk of exacerbation - a triggering of a 'bad episode'.

Why relaxation is good for MS sufferers

So learning the art of deep relaxation can benefit MS sufferers in two ways. It can bring you immediate stress relief from the pressures of the present moment. And it can help bring down your *general* stress level, thus reducing your risk of exacerbation.

Why Hypnotherapy audio sessions is particularly good for MS patients

The benefits of using Hypnotherapy audio sessions to improve immune function, lower blood pressure, relieve irritable bowel syndrome and help other health problems have long been known. But did you know that its usefulness in helping MS sufferers has also been studied?

The American Journal of Clinical Hypnosis (April 1997) published a preliminary report on the effectiveness of hypnosis in facilitating healing in a number of different conditions, and specifically in MS.

All three MS cases studied showed improvement either immediately or within several weeks when hypnosis was used to suggest improvement of symptoms.

How *Relaxation for MS* Hypnotherapy audio sessions can help you

Relaxation for MS Hypnotherapy audio sessions will allow you not only to enjoy a session of deeply relaxing Hypnotherapy audio sessions, but will also show you how to relax more deeply each time you listen to it. You will discover how to influence your own immune system and enhance your general health. You will soon begin to notice how much calmer and more relaxed you feel - about everything.

Buy *Relaxation for MS* Hypnotherapy audio sessions now and start to enjoy the benefits of feeling so much better in mind and body. Visit www.hypnotherapy.eorg.in now

Powerful muscle spasm treatment with hypnotherapy

Use Hypnotherapy audio sessions as a muscle spasm treatment and enjoy real relief from twitches and cramps

Do you regularly experience painful twitches or jerking movements in certain muscles?

Have you been given a physical all clear by your doctor, and yet the spasms continue?

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Of course twitches, tics, cramps or intermittent jerky movements in the muscles, if they continue for any length of time, should always be checked out for physical causes. These can be symptoms of some neurological conditions, or a side effect of medication, or connected with deficiencies of certain mineral elements in the diet. But when all of these have been attended to, it's time to ask some questions.

Questions about stress.

How much stress is your life under?

The effects of stress build up slowly, and you may not even notice them accumulating as you just get on with your life as best you can. Modern life has greatly increased the stresses we are exposed to. The constant rush, the deadlines, the incessant flow of email, texts and phone calls, the need to hold on to that job, the need to keep up with the Joneses, the ever lengthening to do list. And that's before we get to private life!

Ideally, your private life, how you live with your family in the seclusion of your home, should be a stabilizing, balancing force. A place to recover from the pressures of the outside world and re-energize. But of course many people have just as much if not more stress at home. There may be relationship difficulties, issues with neighbors, problems with children, illness of family members, isolation, you name it. It's all stress.

And what has stress got to do with muscle spasm? Or muscle spasm treatment?

The role of stress in tics and muscle spasms

When your body is faced with a 'stressor' - a stress-inducing experience - it responds by preparing for action. Physical action. So the muscles tense in readiness to 'get to work'. When the action has been taken, the muscles relax and rest and recover. This is a simple and effective response we have evolved over millions of years and it works well in most cases. Trouble is, it evolved to suit a pre-modern life.

There isn't a physical action you can take to respond to the stress of being shouted at by your boss. Or missing a deadline. Or having the phone constantly ringing. Or worrying about the failing health of your elderly mother. But your muscles don't know that. They tense up, ready for action. Over time, this can lead to a build of stress in the muscles which can set off tics and twitches. Involuntary muscle spasms.

How reducing stress can help muscle spasm treatment

So it may be a good idea to take a long hard look at the sources of stress in your life to see what leeway you have to eliminate or reduce them. Nobody can get rid of *all* sources of stress, but you can learn to manage the stress that you must put up with in

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more beneficial ways - especially through developing good relaxation skills. It may sound strange to speak of 'skills' - but many people just don't know how to relax!

Hypnotherapy audio sessions can directly target muscle spasms

Muscle spasm treatment Hypnotherapy audio session is a Hypnotherapy audio session which will allow you to kill two birds with one stone. Created by psychologists, this powerful session will teach you how to use hypnosis to relax your body more deeply than you may have believed possible. But not only that. You will also learn how to re-program the muscles and nerve fibers that have been firing off inappropriately and causing those twitches and tics.

As you enjoy the benefits of regular deep relaxation on repeated listening Hypnotherapy audio sessions, you will find that

- your nervous system becomes more calm and balanced
- you find yourself handling stress and strain more effectively
- you move through life so much more easily and smoothly
- your muscle spasms diminish

Buy *Muscle spasm treatment* Hypnotherapy audio sessions and get some real physical relief. Visit www.hypnotherapy.eorg.in now

Promote fast natural healing after surgery

Hypnotherapy audio sessions turns 8.5 weeks worth of healing into 6 weeks

Hypnotherapy audio sessions has long been used to accelerate healing and influence other mind/body processes. Research done recently at the Harvard Medical School found that hypnosis reliably speeded up the healing of broken bones (1). Those who received weekly hypnosis showed 8.5 weeks healing in 6 weeks.

Of course we are all well aware now that what your mind does has immediate physical effects on your body. If you imagine your favorite food when you are hungry you salivate. If you think about something that embarrasses you extra blood can flow into the skin of your face making you blush. These changes occur *because of what your mind does*.

Anxiety, depression, negativity and pessimism can all slow down the rate at which your body heals. And after surgery of course, your body usually has a lot of healing to do!

Hypnotherapy audio sessions is the best way to influence the mind/body connection and therefore speed up the rate at which you heal. You'll be able to surprise everyone (and yourself) at the rate at which you heal rapidly after surgery.

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Buy 'Fast Healing after Surgery' Hypnotherapy audio sessions and harness your own powerful natural force to help your healing. Visit www.hypnotherapy.eorg.in now

Overcome Depression

You can overcome the suffocating darkness of depression with the help of Hypnotherapy audio sessions.

Does your life seem pointless? Is it a struggle just to get out of bed in the morning? Is happiness a distant memory that seems forever lost? If you find yourself wondering why you just can't "snap out of it" and get it together, the answer is simple - depression has rolled over you like a dense and endless fog.

Depression is not your fault and it is by no means an indication that you aren't a normal human being. **Depression can happen to the best of us.** Millions of people across the globe suffer some form of depression each and every year.

If you're wondering when depression is going let go of you and give you back your life, you're asking the wrong question. You need to ask yourself **what are you going to do to take control of the situation and overcome your depression.**

So what *can* you do to get your life back?

Throughout the centuries, men and women from all walks of life have turned to Hypnotherapy audio sessions in order to overcome their inner struggles. Using the power you have within you, Hypnotherapy audio sessions **can help you overcome the endless darkness that depression creates.**

Imagine what it would be like to:

- Reclaim your right to happiness.
- Enjoy the time you spend with family and friends.
- Get out and do things because you want to, not because you have to.
- Celebrate waking up to a new day feeling renewed and refreshed.

Hypnotherapy audio sessions **isn't a miracle cure for depression.** Nobody can force change from „outside“. Our aim is to help you create change from the inside. This hypnotherapy session for overcoming depression targets the creative unconscious part of your mind - your creative mind is the part of you that motivates your emotions and behavior.

Your creative mind speaks a „different language“, the language of imagination, dreams and metaphor. We use that same language in this hypnotherapy session - which helps you to go through your own „change processes from „inside out“.

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The overcome depression Hypnotherapy audio sessions can help lead you out of the long, dark tunnel you've been dealing with for so long. With regular listening, this Hypnotherapy audio sessions can help you to become better and stronger.

Hypnotherapy audio sessions can help you overcome your depression! Visit www.hypnotherapy.eorg.in now

Pain Management

You can manage your pain with the help of Hypnotherapy audio sessions!

What things would you do if you could manage your pain? Would you take a stroll in the park, go see a movie, or play with the kids? How about dinner with a friend, or an afternoon enjoying your favorite hobby? Maybe there are things around the house that need attending to, like laundry that needs folding or floors that need mopping. Has your pain taken you away from your job? Would you go back to work if you could be pain free?

Whatever your pain or its cause, there is a life you still want and deserve to live. But I know it hurts too much right now. I understand your pain afflicts you everyday and prevents you from doing these things. **Are you beginning to feel like there's nothing that will help?**

It's highly likely that you have become angry with your body or at whatever has caused your pain. This is a natural reaction to frustrating situations, particularly painful ones. Unfortunately feeling this way doesn't help matters, but the anger and frustration we turn against our body does have the ability to make matters worse. It doesn't seem fair that you are faced with this horrible reality, but there is hope. **Inside you there's an amazing ability to manage your pain - you just need some help tapping into it.**

Imagine what it would be like to:

- Have less pain and more mobility!
- Experience renewed strength and freedom!
- Let go of your anger and love your body!

Hypnotherapy audio sessions **isn't a miracle cure for pain relief and we don't make any such claims.** However, both emotional and physical problems originate in our minds at a deeper level, so it makes sense to direct any change work where the problem lies and where it is presently maintained.

This pain management hypnotherapy audio session includes **visualization, suggestion, metaphor and advanced hypnotherapy techniques**, all designed to help you carry out your „change work“ in a safe, comfortable manner - with the intention of **helping aid the body's natural ability to heal and regulate pain**, so you can once again feel more comfort and ease.

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Through repeated listening, your mind can begin to communicate more effectively with your body, which will hopefully result in **increased physical health and well being**. In addition, the relaxation techniques will help aid you in managing your stress and finding emotional balance.

You *can* use the power of Hypnotherapy audio sessions to manage your pain! Visit www.hypnotherapy.eorg.in now

How to harness the awesome power of the placebo effect

Hypnotherapy audio sessions can enhance your power to heal and to change in ways that will amaze you

Can ordinary people make use of the famous 'placebo effect' for their own benefit? And can it be used in contexts other than illness and healing?

The answer, in both cases, is a resounding YES.

Many people are skeptical about the claims that are made about placebo response - the phenomenon whereby people 'get better' when treated with a non-drug substance, typically a sugar pill, which they think is a real medication. "If placebo is that powerful," they say, "how come doctors don't prescribe it for everything?"

It seems like a reasonable question. But it misses the real point.

The placebo effect is not a panacea for all ills

It is not the case that sugar pills will heal anything and everything.

However, it *is* the case that living organisms, which includes us humans, show a remarkable capacity to self-heal from injury and sickness and to develop protective immunity against disease. All medical treatment, whether applied to humans or animals or even plants, is essentially an attempt to assist or boost the organism's *innate* ability to get better when it gets into trouble through illness or injury.

Expectations influence outcomes

What the placebo response reveals is that this ability, in humans, has an extra dimension. 'Getting better' is not just about physical processes and chemical interactions taking place in the body. It is significantly affected, in terms of both *pace* and *extent* of recovery, by what we *expect to happen*, by our *attitude*.

It is important to point out that this is not at all the same thing as saying that if you just *believe* it enough, you can get better from anything. This proposition is widely-peddled, but it is actually no different from saying that sugar pills can cure anything.

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Instead, what the placebo response tells you is that where a 'treatment', whether by medication, surgery, physiotherapy, exercise or any other means (including doing nothing), is likely to benefit you *anyway*, the level of benefit you gain is *likely to be enhanced* where you yourself have a positive expectation of the outcome.

It's not just about medicine

And the same is true of almost everything you do. If you do something which is likely to be beneficial for you *in itself* - for instance, learning a new skill, eating apples instead of doughnuts, joining a community group -

having a positive expectation of the outcome is likely to make the benefits *even better* than they would have been anyway.

So it makes sense to tap into this amazing capacity of ours and make the most of it.

Hypnotherapy audio sessions **can help you tap into the power of the placebo effect**

Placebo effect primer Hypnotherapy audio session is a Hypnotherapy audio session developed by psychologists that will help you do just this.

As you relax and listen repeatedly to your Buy , you will

- Focus on one particular thing you are doing for the benefit of your health (in the widest sense)
- Connect with one or more of the benefits that it will bring you
- Hypnotically experience what it will be like to have those benefits
- Create a powerful symbolic representation of your benefits to effortlessly augment your unconscious expectations
- Start to see many positive changes in your life

Buy *Placebo effect primer* Hypnotherapy audio sessions and make the most of what you can do. Visit www.hypnotherapy.eorg.in now

Reduce PMS symptoms using the power of your mind

Pre-Menstrual Syndrome (PMS) symptoms can make life seriously unpleasant. Pain, irritability, low self esteem, anxiety, depression, insomnia, bloating and skin disorders are all common symptoms of PMS and can make the time before the 'time of the month' absolute hell. In fact PMS has been associated with as many as 150 different symptoms ranging from tender breasts to extreme anger and nausea.

Many women feel that PMS alters their whole personality and it can incapacitate some women completely.

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There are other factors to PMS than nutrition, hormones and genes!

Although nutrition, hormones and genes can all be contributory factors to PMS there is good evidence that PMS symptoms can be greatly alleviated by relaxation and hypnotic suggestion.

Research studies show that women with severe PMS symptoms who received regular hypnotic relaxation training showed a 60% improvement in their physical and mental symptoms over women who didn't have the hypnosis!

PMS is worsened by life stress but in turn, PMS worsens stress creating a vicious cycle.

The soothing physical changes of deep relaxation

When you relax deeply your body produces more endorphins. Endorphins reduce pain and produce feelings of comfort. Low endorphin levels contribute to PMS symptoms. Imagine when you can forget about your monthly cycle and look forward to feeling comfortable and well all month.

Buy 'Reduce PMS Symptoms Hypnotherapy audio sessions ' now and enjoy your whole month. Visit www.hypnotherapy.eorg.in now

Poor Circulation

Poor circulation (sometime known as Peripheral Artery Disease or PAD) produces all kinds of problems. Symptoms of poor circulation include pain and swelling in the legs, low energy, tired and aching feet, cramps and cold hands and feet.

Infections caused by bacteria spread quicker in areas of bad circulation and you may find that your legs, hands or feet have a habit of 'falling asleep', giving you that numb feeling.

If left untreated poor circulation can lead to heart disease, strokes and in extreme cases amputation so it's vital you get yourself medically checked out.

Lifestyle factors of poor circulation

If you have bad circulation your lifestyle may be partly to blame. Do you eat well? Do you exercise and manage stress? Do you smoke? Are you prone to anger? All these things can, over time, lead to poor circulation.

How your mind can help improve your circulation

However we also known that in tandem with medical help and good lifestyle, your mind has a massive effect on your body. Hypnotic imagery can improve immune function, build muscle strength, lower blood pressure and improve your circulation.

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Approximately 95% of hypnotically untrained people can significantly increase blood flow to their hands and feet *on the very first attempt* using hypnotic techniques.

So we urge you to look after yourself in all ways as well as relaxing deeply to this session on a regular basis to train your unconscious mind to improve your circulation.

Buy *Improve Your Circulation* Hypnotherapy audio sessions now and help take control back of your health. Visit www.hypnotherapy.eorg.in now

Stop! No more popping zits if you want a healthy skin

All young people dread the 'zit zone' they have to go through in their teens. There's no avoiding those hormonal changes that take you from being a child to being an adult. Of course, nobody wants to remain a child, but wouldn't it be nice if you didn't have to put up with having a face like a bombsite?

Being spotty and pimply may be natural, but it's no fun. Spots easily become infected and painful. They look pretty bad too, and can make you feel terribly self-conscious. It's difficult to feel confident and outgoing when those zits just make it impossible for you to look your best. It's no wonder that picking and squeezing them feels so tempting - it *feels* like it will help remove them.

Why squeezing spots does you no good at all

Tempting though it is to squeeze them 'to death' (and satisfying, it must be said), zit popping has no positive benefits. At all.

All that will happen if you constantly squeeze and pick and scratch at your spots and pimples is that you will spread the bacteria which cause the swellings, and possibly scar your face permanently.

The best way to care for pimpled spotty skin

While you are waiting for this phase of your life to pass, there is something you can do to help your skin. Make sure you eat a varied diet and get sufficient vitamins A, C and E, and zinc in your food (lots of fresh fruit and vegetables is a good idea). Drink plenty of water and take regular exercise. Keep your skin *clean*. There are plenty of good over the counter medicated lotions and face washes you can use.

What if it doesn't get better?

Although most pimples and spots clear up by themselves in a few weeks, some people may have more severe problems. In this case, you should always consult a medical practitioner for advice.

Health Issues and Self-Hypnosis By Dr. Manish Patil

But on no account should you start squeezing the spots.

Getting over the squeeze

If you've fallen into the habit of squeezing your spots, you'll have noticed how compulsive it feels. Even though you know you shouldn't do it, it can feel hard to stop.

Stop popping zits Hypnotherapy audio sessions can help you overcome this urge much more easily than by will power alone.

Stop popping zits Hypnotherapy audio sessions will teach you how to access the ideal mental state for changing ingrained habits. You will find yourself easily integrating a new perspective on your own healthy functioning and discover that it's much easier than you thought to put zit popping behind you. For good.

Buy *Stop popping zits* Hypnotherapy audio sessions and get on your way to a healthier skin. Visit www.hypnotherapy.eorg.in now

Prepare for surgery with Hypnotherapy audio sessions

A controlled study of 32 coronary bypass patients showed that those taught self-hypnosis pre-operatively were found to be more relaxed after surgery and had less need for pain medications and healed faster. (1)

When you are relaxed, confident and calm pre-op then you may even bleed less during the surgery itself.

From the very second that your body is operated on healing starts to occur. Using Hypnotherapy audio sessions, we can prepare your body to heal even more rapidly and effectively.

You can hypnotically tell your body to expect the surgery so there will be no shock to the body. The surgery is going to help you and your body is going to know that.

This Hypnotherapy audio sessions will help you feel calm pre-op and relaxed during the operation itself even though you may be unconscious.

It will prime you unconscious mind with suggestions to relax during the operation, feel calm before you go into surgery and heal rapidly after surgery.

Buy *Prepare for Surgery* Hypnotherapy audio sessions now and heal as quickly as you can. Visit www.hypnotherapy.eorg.in now

(1) (Journal of Cardiovascular Surgery, February 1997).

Health Issues and Self-Hypnosis By Dr. Manish Patil

Soothe away those itches and scales - treat psoriasis with hypnotherapy

Psoriasis is an unpleasant skin condition which can make your life really miserable. Whether you have the commonest 'plaque' type or a less common form, you can be driven wild by itching, disabled by cracking and bleeding, kept awake by discomfort, repelled by your appearance, and totally disheartened by your prospects. So finding a good psoriasis treatment that works for you is pretty important.

Factors that affect psoriasis

Although the exact causes of psoriasis aren't yet fully understood, and no 'complete cure' has yet been discovered, a great deal is known about the process of the illness itself. For example, it's known that psoriasis doesn't randomly appear but requires a 'trigger' to activate it. Injury, infection and drug reactions are all known to be triggers. But one of the commonest triggers is emotional stress. Paradoxically, this is good news!

Why psoriasis responds well to hypnotic intervention

Conditions where emotional factors play a significant role are particularly amenable to hypnotic intervention. Why is this? Our emotional states may appear to arise autonomously, in a way that's outside our control. However, while it is true that emotional response is not a conscious behavior, it has been clearly demonstrated that the nature, intensity and duration of such responses *can* be modified with hypnosis.

The power of Hypnotherapy audio sessions to bring about healing change

Furthermore, it has been conclusively shown that, where emotional states are modified, measurable physical consequences follow. Blood pressure can be raised or lowered. Healing can be speeded up. Immune response can be strengthened. Pain can be reduced or eliminated. And hypnosis is the most effective way to bring about such changes. This is because, in Hypnotherapy audio sessions, your brain can easily reprogram so-called instinctive responses.

Scientific research into Hypnotherapy audio sessions for psoriasis

Hypnotherapy audio session's intervention for psoriasis has been specifically investigated in a pilot study at the John Hopkins Medical School in Baltimore. (1) Five patients were given specific positive suggestions about their skin. Six were given neutral suggestions. All the patients showed some benefit, but those who were given hypnotic suggestions *specifically* directed at their psoriasis enjoyed much better healing.

Hypnotherapy audio sessions help for psoriasis you can use at home

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Psoriasis treatment Hypnotherapy audio sessions is a Hypnotherapy audio session which brings together all these understandings of how to use the powers of the mind to influence healing. It is designed to be used alongside medical care.

Regular listening to *Psoriasis treatment* Hypnotherapy audio sessions will allow you to enjoy (and master) deep relaxation techniques. Regular repeated use of such techniques is a powerful way to reduce emotional stress and maintain calm even in difficult situations.

In addition, *Psoriasis treatment* Hypnotherapy audio sessions allows you to attain a much greater level of control over your condition through the use of powerful metaphor and hypnotic visualization. You will soon find yourself not only feeling much calmer, but noticing increasing improvements in your skin and general health.

Buy *Psoriasis treatment* Hypnotherapy audio session and look forward to enjoying life more. Visit www.hypnotherapy.eorg.in now

(1) Tausk F, Whitmore SE: 'A Pilot Study of Hypnosis in the Treatment of Patients with Psoriasis.' *Psychotherapy & Psychosomatics* 1999;68:221-225 (DOI: 10.1159/000012336)

Did you know you can relieve constipation using the power of your unconscious mind?

OK, the state of your gut may not be a 'nice' subject, but since you're reading this you're probably used to discussing constipation.

What is constipation?

When it comes to matters of health, we need to know exactly what we are talking about, or you may suffer needlessly. So we're going to use plain terms here.

Constipation is an acute or chronic condition of the digestive system in which bowel movements (the removal of solid waste from the body through defecation - otherwise known as having a crap) occur less often than usual, or consist of hard, dry stools that are painful or difficult to pass, or cause bleeding because of straining.

If you are constipated, you may have some or all of these symptoms:

- Bloating
- Stomach aches and pains
- Feeling 'full' all the time
- Loss of appetite
- Fatigue and depression
- Less frequent bowel movements than is normal for you

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Health Issues and Self-Hypnosis By Dr. Manish Patil

What's 'normal'?

The fact is that everybody is different. Some people will have a bowel movement every day; others every other day - or even less often. That's all normal.

The question of constipation only arises if you are going to the toilet less often than is normal **for you**, or if the consistency of your stools is harder than is normal **for you**. If you regularly have to strain to pass a stool, you should check with your doctor, as straining can cause bleeding, and may be a factor in hemorrhoids (piles).

Causes of constipation and 'holiday tummy'

Constipation may be the result of insufficient fiber in your diet, insufficient fluid intake, lack of exercise, illness, or even side effects of certain medications (another good reason to always check with your doctor). There are many practical things you can do to prevent or overcome constipation.

And constipation can also come about through or be influenced by psychological factors, such as stress or even going away on holiday. Sometimes, just being in a strange environment seems to make it hard for people to carry out their natural excretory functions.

How Hypnotherapy audio sessions can help with relieving constipation

The mind and the body are intimately connected and what's going on in your mind can significantly influence what happens in your body. Hypnosis is a wonderful tool for communicating with your unconscious mind and getting it to oversee the proper functioning of the body.

Relieving Constipation Hypnotherapy audio sessions will not only encourage a healthier life style but will also directly instruct your unconscious mind to do all the things it needs to do to get and keep you regular.

Buy *Relieving Constipation* Hypnotherapy audio sessions now and enjoy surprisingly fast relief! Visit www.hypnotherapy.eorg.in now

Health Issues and Self-Hypnosis By Dr. Manish Patil

Remember to take your medication on time, every time

Remembering which pill or potion to take, and when, and how much seems simple at first. One blue pill, three times a day. That's easy. But what about one red pill on waking, three spoonfuls of the yellow liquid every four hours, and the white powder dissolved in water every other day? And you could have an even more complicated routine than that.

Some people find it tricky to remember to take their medication even when they have them all sorted into one of those neat little dispensers with days of the week printed on them, and times of the day. Or a chart stuck to the fridge door. Because you've still got to remember to *look*. It can get really frustrating to keep on top of it. And annoying if somebody has to keep checking on you.

The risks of not taking medication as prescribed

On top of that, you can't help but be aware of the risks you face if you do happen to miss or muddle your doses. Some conditions require you to take very precise amounts of medication at very specific intervals, or you can really suffer. So there is an added stress to the whole business of keeping on top of the medication regimen.

It would be so good if there was a simple, easy way to make yourself remember to take the medication.

Well, there is.

Using Hypnotherapy audio sessions to help you remember to take medication

Using what we know about how habitual behavior gets established, and speeding up that process by using the power of hypnosis, you can create, instill and integrate a medication routine that runs as reliably as the routine that ensures you don't leave home undressed in the morning.

Remember to take medication Hypnotherapy audio sessions is a Hypnotherapy audio sessions which uses the very latest understandings of how the brain builds the neural pathways that control routine, instinctive behaviors so that you can effectively program your own brain.

Listening to *Remember to take medication* Hypnotherapy audio sessions will take you into a deeply relaxed, highly focused, highly receptive state. You simply follow each carefully targeted suggestion in your mind, while you relax and let the new pattern take hold.

Buy *Remember to take medication* Hypnotherapy audio sessions and enjoy the relief. Visit www.hypnotherapy.eorg.in now

Health Issues and Self-Hypnosis By Dr. Manish Patil

Easing Restless Legs Syndrome

Restless legs syndrome is miserable. And the strange thing is that trying to relax can seem to make things worse. This is why restless legs syndrome often disrupts sleep, leaving sufferers feeling as if they'll never rest properly again.

Restless legs syndrome is often felt most strongly in the evenings or at night. Often there is an almost overwhelming urge to move about and be active. The feelings seem to be deep within the legs often between the knees and ankles.

Restless legs syndrome can be worse after periods of inactivity such as sitting in a meeting, cinema or car for long periods of time. Restless legs syndrome can also run in families although it seems there are contributing factors such as low iron levels, diabetes, and other physical ailments and certain medications can worsen the condition. Restless legs syndrome symptoms may be a result of some other medical condition so ensure you consult the advice of a medically qualified professional if you suspect you may be suffering from this condition.

Common remedies

Some commonly prescribed behavior patterns such as increased daytime exercise can sometimes alleviate evening and night time symptoms. Also alcohol, caffeine and sometimes tobacco can aggravate restless legs syndrome and should be used minimally or cut out all together.

Restless legs syndrome and the mind

Although restless legs syndrome is a neurological disorder it is now beyond any scientific doubt that the mind and body are deeply interconnected. Hypnosis is nature's optimum tool for influencing physical processes through the power of the mind. Restless legs syndrome can be eased and greatly diminished by the effective and repeated use of hypnotic suggestion.

Buy *Ease Restless Legs Syndrome* Hypnotherapy audio sessions today and start getting the rest you need. Visit www.hypnotherapy.eorg.in now

Hypnotherapy audio sessions can help Raynaud's Disease

With Raynaud's disease not only do you get the physical symptoms such as numbness and pain in the fingers and toes (and even sometimes the ears and nose) but you also have to suffer the emotional fallout of terrifying changes in sensation and skin color brought on by Raynaud's disease.

What causes Raynaud's disease?

Raynaud's can be brought on by cold air or touching a cold object. Stress and anxiety may also bring about a Raynaud's episode. Which is why hypnotic relaxation can help.

Health Issues and Self-Hypnosis By Dr. Manish Patil

Occasionally Raynaud's disease may be classified as 'Secondary Raynaud's' which means that it may be a symptom of some other disorder so you need to be medically checked out just to be sure.

What is Raynaud's disease and how will Hypnotherapy audio sessions help?

Raynaud's disease is a circulatory disorder. During a Raynaud's 'attack' blood vessels narrow (constrict) reducing blood supply to the affected areas-usually the fingers and toes.

Color changes also typically occur. So the area may become pale as blood supply reduces, followed by blue as oxygen supply is cut off eventually followed by bright red as the blood returns to the area. Of course someone can have a Raynaud's episode without all or any of these obvious skin color changes but Raynaud's can be very disturbing; even terrifying for some.

Hypnotherapy audio sessions has been shown to be highly effective in changing, increasing and decreasing blood flow in Raynaud's disease (1) Hypnotherapy audio sessions are famed for it's ability to cure warts and this seems to be partly achieved by diverting blood from 'feeding' the wart so that it eventually drops off.

Hypnotherapy audio sessions can also be used for encouraging healthy blood flow into the hands for example and of course the feet. So use Hypnotherapy audio sessions for Raynaud's and let us know of your success (2)

Buy *Ease Raynaud's Disease* Hypnotherapy audio sessions now and get rapid and lasting relief. Visit www.hypnotherapy.eorg.in now

(1) In a careful single case controlled study of a patient with Raynaud's disease. Conne (1984) showed a rapid and dramatic vasodilation in response to hypnotic suggestion. Biofeedback, cognitive-behavioral methods, and hypnosis in dermatology: is it all in your mind? Shenefelt PD. Dermatol Ther. 2003;16(2):114-22. The behavioral treatment of Raynaud's disease: a review. Rose GD, Carlson JG. Biofeedback Self Regul. 1987 Dec;12(4):257-72.

(2) The Hypnotherapy audio sessions control of blood flow and pain: the cure of warts and the potential for the use of hypnosis in the treatment of cancer. 1975 Am J Clin Hypn 17;3:160-9, Clawson, T. A. Jr and Swade, R. H.

Health Issues and Self-Hypnosis By Dr. Manish Patil

Make self injection easy and comfortable

Hypnotherapy audio sessions can make self injection much less stressful

Do you hate having to administer your own injections?

Would you like to find a way to make it easier to give yourself what you know you need?

Most people are aware that diabetics have to take insulin on a daily basis, but diabetes is not the only condition where you may find yourself having to stick a needle in yourself rather more often than you would like. Modern needles and syringes are generally small and easy to use, but many people find it highly stressful to subject themselves to this treatment, even though they know it is for their own good.

They may feel anxious at the sight of the syringe, capsule or needle. They may hate the smell of the alcoholic swabs. They may feel repulsed by the physical sensations they experience when they administer the shot. They may experience pain or nausea or both.

Nonetheless, it has to be done.

You can do it the hard way

You can grit your teeth, bite the bullet, set your shoulders, take a deep breath and *just do it*. And that is, indeed, how many people get through the unpleasant necessity.

But did you know you can make giving yourself a jag a totally neutral and even comfortable routine, hardly any different from brushing your teeth? Something that you do without even thinking about it, never mind noticing it?

Or you can do it the easy way - with hypnosis

Self injection Hypnotherapy audio sessions is a Hypnotherapy audio sessions created by psychologists that use powerful hypnotic suggestion to quickly and easily get you

- Feeling deeply relaxed
- Associating your shots with strong feelings of calm and detachment
- Instinctively relaxing around the idea of putting that needle in
- Forgetting the old uncomfortable responses
- Feeling much better about managing your medication effectively

Buy *Self injection* Hypnotherapy audio sessions and make treating yourself so much more comfortable. Visit www.hypnotherapy.eorg.in now

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Health Issues and Self-Hypnosis By Dr. Manish Patil

Overcome Shy Bladder

Shy bladder affects many more people than you would imagine. The delay of urination or even the complete inability to urinate in public bathrooms is inconvenient, embarrassing and potentially painful.

Shy bladder - or paruresis - can cause social anxiety as social events start to become a concern. Sufferers may endanger their health by avoiding drinking in an attempt to not need to go to the bathroom. Whole social events can be spoiled by shy bladder syndrome.

A simple explanation

Experiencing shy bladder syndrome does not mean the sufferer is under confident in any other respect or has any unresolved 'issues'. Bashful bladder is usually simply a conditioned response, a physical habit.

Protection mechanism

What many shy bladder sufferers don't realise is that a longer delay before urination in public places is perfectly natural - everyone experiences this to some degree. It is a natural survival response - after all, in evolutionary terms you are vulnerable while urinating and you first need to ensure the environment is safe.

But when this natural 'protective pause' lengthens even slightly, anxiety levels can increase, further hindering the ability to urinate. The body interprets this anxiety as a sign that the environment is not safe and restricts urinary flow. This vicious circle leads to the symptoms of paruresis.

Happily, shy bladder Hypnotherapy audio sessions excels in retraining the unconscious mind so that your body receives the relaxation signals it needs to allow you to urinate normally. This paruresis Hypnotherapy audio sessions can work surprisingly quickly, so that you get relief from the problem quickly.

Buy *Overcome Shy Bladder Syndrome* Hypnotherapy audio sessions now and notice the difference the next time you visit a public bathroom. Visit www.hypnotherapy.eorg.in now

Health Issues and Self-Hypnosis By Dr. Manish Patil

Stop Bedwetting

Make bedwetting history with the help of Hypnotherapy audio sessions!

It happened again. There you were blissfully asleep and unaware, until you woke up wet again. **It can feel shameful and embarrassing**, even if no one knows about it. Maybe you've struggled with it your entire life, or maybe you just recently began having problems. Either way, you want the nightmare to stop. You want to stop releasing your bladder in your sleep.

Bedwetting is more common in children, but adults can suffer from it too. Medications, advanced age, medical problems, and emotional issues can all have an impact on our sleep behaviors. **We don't consciously choose to wet the bed**, sometimes it just happens. You go to sleep with what you think is an empty bladder,

Maybe even shunning liquids for hours before bed, only to wake when it's too late. **How long have you been trying to control your bedwetting?** Has your frustration and fear reached maximum capacity? Are you ready to get rid of plastic sheets and feel more in control of your body? **There is hope.**

Hypnotherapy audio sessions **are a natural way of treating physical and emotional issues**, such as bedwetting. The reason bedwetting is so difficult to stop is because you're very rarely aware that you're doing it. By relaxing deeply into a state of hypnosis, **your mind and body can begin to communicate more freely with each other.** If you aren't sure why you wet the bed, you may learn the cause through hypnosis. Even if you never understand why, you can get control of your bladder and prevent release. You can become more aware, even when you're asleep.

Imagine what it would be like to:

- Stop feeling ashamed of yourself and get more restful sleep!
- No longer fear going to sleep or deprive yourself of fluids!
- Get rid of plastic sheets and be in control of your bladder!

It doesn't matter whether you're old, young, or somewhere in between, **bedwetting can be a thing of the past.** Although, let us be clear - hypnosis isn't a miracle cure and success does vary from person to person. The reason why we believe hypnosis is so effective is because it accesses the unconscious mind, the part of our brain responsible for our body's automatic functions, and allows us to change our response.

The stop bedwetting Hypnotherapy audio sessions is a relaxing and private experience. **Within just a few minutes you can ease deeply into hypnosis and begin to work on resolving your issue.**

Health Issues and Self-Hypnosis By Dr. Manish Patil

Use Hypnotherapy audio sessions to gain control of your bladder in bed! Visit www.hypnotherapy.eorg.in now

Stop Blushing

Hypnotherapy audio sessions can help you to stop blushing!

People blush for many reasons. Blushing may happen as a result of a passing embarrassment, a quick brush of anxiety, or due to an outright humiliation. Blushing might occur when we see or speak to someone who simply excites us. Then again, anger can also bring on that telltale flush of redness with a fury. Undoubtedly, our being prone to blushing is not limited to only emotional causes. Changes in temperature can just as easily cause the blood to rush to our cheeks.

Whatever the cause of your blushing, known or unknown, it can make you feel as though a giant red neon sign is signaling your physical and emotional state to everyone around you. This experience alone can be embarrassing, which only seems to add to your dilemma. Even though blushing is a natural occurrence it can still bring on some serious emotions, such as helplessness and shame. Feeling as if our body is out of our control is frustrating and has been known to cause social phobias among some of its sufferers. **Has the fear of blushing ever caused you to avoid a celebration, confrontation, or even just a conversation before?**

Well, relax. There's good news. This seemingly involuntary response can be calmed. Our unconscious (subconscious) mind processes psychological experiences and triggers physical reactions such as facial blushing. Like an auto-pilot function, it responds to internal and external stimulus without thought. **But we can change this automated response.** We can train our unconscious mind to take on new behaviors **with the help of Hypnotherapy audio sessions.**

Hypnotherapy audio sessions are a wonderfully relaxing experience that allows us to examine the causes of our psychical and psychological responses. Through self hypnosis we can gain a better understanding of how and why our bodies blush, and we can begin to replace our unwanted, previously involuntary behavior with **a much calmer and more controlled response.**

Imagine what it would be like to:

- End the embarrassment of emotional blushing!
- Feel more confident and in control of your body!
- Become more sociable without the fear of facial blushing!

Hypnotherapy audio sessions aren't a miracle cure. But it can help improve your mind-body connection and put a stop to unwanted physical and emotional behaviors. **Your unconscious mind is well equipped to help you manage your blushing.** The creative relaxation, visualisation, and other advanced hypnotherapy techniques contained in this powerful Hypnotherapy audio sessions can help you to calm your blushing.

Health Issues and Self-Hypnosis By Dr. Manish Patil

Control your blushing with the help of Hypnotherapy audio sessions! Visit www.hypnotherapy.eorg.in now

Stop Nail Biting

Stop nail biting with the help of Hypnotherapy audio sessions!

When was it that you first started nail biting? Can you even remember, or is it just something that you've always done? **What is it about biting your nails that makes it such a hard habit to break?** Sometimes you're not even conscious that you're doing it. Then, all of the sudden, you realise it and it's too late – you've chewed off too much of the nail. It can be embarrassing when you reach out to shake someone's hand and you instantly reveal your habit.

There are plenty of ideas out there to try and treat nail biting behavior. There are bitter tasting gels and coatings to apply, theories about snapping rubber bands when the urge hits, and even suggestions that wearing gloves will prevent you from biting. But what if none of these so-called solutions have worked for you? Maybe they're just not practical for your life, or maybe they work for a while but fail to stand the test of time. **A long-term solution can come from within you.**

Hypnotherapy audio sessions can be an effective treatment for nail biting and other similar behaviors. Hypnotherapy audio sessions **work because it helps you recognise your unconscious drive to bite your nails and what fuels it.** Do you tend to bite when you are stressed, hungry, tired, or uncomfortable? If you know what makes you bite, you'll be more capable of preventing it. In addition, the connection you'll make with your unconscious mind during hypnosis can help you become more aware of your behaviors as you act on them. These and many other benefits of Hypnotherapy audio sessions and creative relaxation **can help you kick the habit once and for all.**

Imagine what it would be like to:

- Be fully aware of what drives you to bite your nails and stop it!
- No longer feel embarrassed of your nails or have to hide your hands!
- Finally find a solution to nail biting that stands the test of time!

Hypnotherapy audio sessions is not a magical cure and everyone responds differently. But the stop nail biting Hypnotherapy audio sessions has been designed to target the unconscious motivations that make you bite your nails. It is an easy and affordable way to **save your nails from repeated destruction.**

Grow gorgeous nails with the help of Hypnotherapy audio sessions! Visit www.hypnotherapy.eorg.in now

Health Issues and Self-Hypnosis By Dr. Manish Patil

Take care of you - you deserve it!

Have you ever thought about how to really take care of you? In the self-help age, the idea of looking after yourself, 'taking time for me' has gained currency. Most people understand this to mean being kind to yourself, not overdoing things, not criticizing yourself too much, putting yourself first sometimes, and so on. This is all wonderful, and you should be doing it. But there is more to taking good care of yourself.

Good care starts with the basics

You see, when it comes to 'care', you have to start with the basics - the fact that you are a *physical* organism, you have a *physical* body. Your attitudes, thoughts and emotions are vitally important for a good healthy life, of course, but your *first* priority is the state of the physical body in which these attitudes and emotions exist. If that body is well-looked after, your emotional life will also have a healthy foundation.

Healthy living leads to a healthy state of mind

We all tend to take our bodies for granted, and we underestimate the role that our physical health plays in our general well-being. When people get depressed, or anxious, for instance, they often look first for a *psychological* explanation and fail to check whether they are eating a healthy diet, getting sufficient exercise, or getting enough good quality rest. Yet these physical factors have a dramatic impact on how you feel.

Long term benefits of looking after yourself well

And they don't just affect how you feel today. They affect how you will feel a long time from now. Researchers at Cambridge University studied the effects of diet, drink, exercise and smoking in a cohort of 20,000 people over 12 years. The results were striking. Those who ate and drank sensibly, took moderate exercise and didn't smoke lived an average of 14 years longer than those who didn't.

So, when you take care of you, you can get a whole lot of extra time to get more out of life. That sounds like a good deal!

Using Hypnotherapy audio sessions to easily make healthy changes in your lifestyle

But taking better care of yourself, even when you know what the benefits are, can feel like altogether too much of an effort when you try to force yourself to do it. It's all too easy for us to fall into habits of eating less than healthy foods, or drinking rather more than we should, or sitting around instead of getting some exercise, and so on. So how can you help yourself improve how you look after yourself more easily?

Health Issues and Self-Hypnosis By Dr. Manish Patil

Take care of you Hypnotherapy audio sessions is Hypnotherapy audio sessions which will fire up your inner motivation and commitment to live more healthily. Rather than arguing with yourself all the time (and losing!), you'll find yourself just naturally making healthier choices around food and drink and exercise.

As you relax into deep trance, powerful hypnotic suggestions will work at the unconscious level to kick start some wonderful changes in your life. You'll notice that you find it both easy and fun to really begin to nurture yourself on every level, physical and emotional, and the more you listen to the session, the more firmly embedded your new healthy habits will become.

Buy *Take care of you* Hypnotherapy audio sessions and get yourself more life to enjoy! Visit www.hypnotherapy.eorg.in now

Stop teeth grinding with Hypnotherapy audio sessions...

Teeth grinding is a bigger problem that many people realize. If you grind your teeth, you will know the problems that it can cause:

- Grinding your teeth at night can cause a painful jaw in the morning
- Over time, teeth grinding can cause serious tooth damage, such as cracking of enamel
- Teeth grinding can keep your sleeping partner awake, causing relationship difficulties

Many people who grind their teeth find their jaw is tense during the day as well, but the worst grinding happens at night.

And this is where the real problem arises: how can you stop grinding your teeth if you are asleep when you are doing it?

How Hypnotherapy audio sessions can stop teeth grinding

When you grind your teeth even when asleep, this is because your jaw muscle has got into the habit of remaining tense. Habits are unconscious patterns and because hypnosis works with your unconscious mind, it can help re-educate your brain to relax the main jaw muscle. This will have the effect of giving you a more comfortable jaw during the day and at night.

Buy our *Stop Teeth Grinding* Hypnotherapy audio sessions now and look forward to better sleep and a comfortable jaw... Visit www.hypnotherapy.eorg.in now

Health Issues and Self-Hypnosis By Dr. Manish Patil

Ease away tension headaches quickly and naturally

Tension headaches can make it difficult to concentrate, often sabotaging you when you need your focus the most.

All the advice about relaxing your shoulders and neck is all very well, but it can be extremely difficult to remember when you have a busy life.

How Hypnotherapy audio sessions can help

There are three main reasons hypnosis is so effective at curing tension headaches:

- 1) The deep relaxation lowers your **blood pressure**, easing any tension in and around your brain.
- 2) The levels of **stress hormones** in your system drop, returning you to your 'base level'.
- 3) Your **concentration and memory** improve so you don't have to push yourself so hard afterwards. If you have a headache right now,

Buy 'Get Rid of Tension Headaches Hypnotherapy audio sessions ' now and experience the relief within minutes. Visit www.hypnotherapy.eorg.in now

Caring For a Terminally Ill Relative

It's not easy caring for a dying person - and it's much harder when you care *about* them as well. You want to help, but you may fear that something you say or do will further distress them. You may feel exhausted, but guilty about wanting respite for yourself.

However, you *can* make a difference to the quality of the final months, weeks and days of someone's life. Being calm enough and having the spare energy to help the dying person is what this session can give you.

Dying people have the same needs as everyone

Terminally ill people have the same emotional, physical and spiritual needs as everyone else. Everyone has the need for quality attention, intimacy, dignity, security, and a sense of control at least over some things.

A terminally ill person may worry more about being abandoned and disconnected from every day life. They may fear losing control over their body and lives or about being in overpowering pain or grief. (terminally ill people can grieve the life they are leaving). A person suffering terminal decline may worry about change in their appearance or tying up financial matters. They may be plagued by worries about people they will be

Health Issues and Self-Hypnosis By Dr. Manish Patil

leaving behind or what will happen to their possessions. They may want to talk about their life as a whole or what their life has 'meant.' It's important to be able to listen calmly.

What dying people need most of all is to be cared about, not just cared for

Terminally ill patients need to have their emotions taken seriously, not brushed aside or minimized. It's normal for someone who is terminally ill to experience and express negative feelings such as anger and irritability, anxiety, fear and sadness. Their emotions are real, and they need to be respected, acknowledged and expressed.

A gentle touch can be wonderfully psychologically healing. Many dying people are comforted by caregivers who gently touch their arm or wrist, hold their hand, or hug them.

Keeping your own emotions together

If you care for a dying person then it's easy to feel overwhelmed by your own emotions. Letting them know how much they mean to you can be wonderful but if your emotional outpourings cause them (and you) greater distress then you need some control. This relaxing hypnotic session will help you feel more balanced and calm when you are with the dying person.

When you are calm you can apply more real compassion and practical support because you can think more clearly.

Getting your needs met to better help them

Caring for someone with a terminal illness can be emotionally and physically exhausting. It can be too easy to focus entirely on the needs of the terminally ill person you are caring for and forget to look after yourself. But of course the better you look after yourself, the more rested you are the better able you are to care for the terminally ill person in your life.

You need to take care of yourself to care for the dying person to the best of your ability. By helping yourself you'll be helping them. You need to take regular relaxation breaks. *Caring For a Terminally Ill Relative* will help recharge your batteries getting you feeling refreshed and strong again when you become overwhelmed or exhausted.

Buy *Caring for a Terminally Ill Relative* Hypnotherapy audio sessions and help yourself help them better. Visit www.hypnotherapy.eorg.in now

Health Issues and Self-Hypnosis By Dr. Manish Patil

Tinnitus Treatment

Tinnitus is the perception of sound in the ears or head with no external source. The experience can be distressing, distracting and depressing.

People experience tinnitus in different ways from ringing in the ears, to roaring, hissing, chirping, clicking or whistling. Tinnitus can be intermittent or constant and the volume ranges from mild to deafening.

Maybe you get tinnitus occasionally or possibly it's there all the time. Like any noise sometimes you notice it more than others and you'll find that it may be there but when your attention is taken up with something else then you temporarily forget about it.

The jury is still out on the exact causes of tinnitus but if you have been experiencing tinnitus it's important you have a thorough medical check up with your doctor. It may be that the right medical intervention can alleviate the tinnitus.

Controlling tinnitus with Hypnotherapy audio sessions

Hypnotherapy is the most effective way to gain mastery over the workings of your body.

This Hypnotherapy audio sessions tinnitus treatment will work in a three ways. It will:

- Induce deep and profound relaxation to work directly on stress levels to diminish tinnitus
- Provide hypnotic suggestions to turn down and switch off tinnitus sounds
- Work on making you less sensitive to the tinnitus sounds themselves

So even if this Hypnotherapy audio session doesn't eliminate your tinnitus completely it can reduce the volume and the stress surrounding tinnitus. In fact, one recent study showed that 73% of individuals taking part in a study on the efficacy of hypnosis treatment in tinnitus reduction succeeded in doing just that. Imagine 25%, 50%, 75% or even 100% reduction in your tinnitus symptoms.

Buy *Diminish Tinnitus* Hypnotherapy audio sessions now and get relief today. Visit www.hypnotherapy.eorg.in now

Health Issues and Self-Hypnosis By Dr. Manish Patil

Overcome travel or motion sickness with Hypnotherapy audio sessions

Travel sickness is horrible; that nauseous lurching feeling coupled with anxiety and sweating about actually being sick can ruin a journey. Whether it's in a car, boat or on a train or coach, motion sickness can cause you to dread traveling. But there is a scientific explanation for travel sickness.

What exactly is travel sickness?

Travel or motion sickness happens when the brain becomes confused due to receiving mixed messages. The brain perceives a mismatch between the feelings of movement from your balance center and the seeming stability of the environment from your eyes.

As far as the brain is concerned during travel sickness you are moving and not moving at the same time. The delicate inner ear mechanisms are reporting movement while the eyes are reporting stillness.

Because of this strange mismatch your brain assumes that you have been poisoned and so tries to empty the stomach's contents to try and keep you safe.

Sensible precautions

There are ways to alleviate travel sickness. Firstly look ahead *outside the vehicle*. This prevents the brain becoming confused because if you see the outside whilst you're traveling then the eyes and inner ears can both tag your experience as movement.

If possible look at the horizon or something in the distance. Stop regularly if you are traveling by car for fresh air and if you are traveling by ship get out on deck as much as possible and look to the horizon. You need as much input from your visual field as possible.

How Hypnotherapy audio sessions can help

Sometime travel sickness can start even before you start traveling. The smell of petrol or even the *thought* and expectation of travel can start those travel sickness feelings. This is like your brain doing natural negative self hypnosis. The smell of petrol can act like a faulty link in your mind-just like a post hypnotic suggestion. Hypnosis can re-train your brain to calm down and stop travel sickness from starting by subtly teaching your brain to form a different set of expectations when you travel.

Buy *Overcome Travel Sickness* Hypnotherapy audio sessions now and enjoy your next trip. Visit www.hypnotherapy.eorg.in now

Health Issues and Self-Hypnosis By Dr. Manish Patil

Hypnotherapy audio sessions as Wart Treatment

For centuries, wart treatment has involved 'charming' warts away with incantations, or by rubbing particular materials on the area. None of these approaches has stood up to scientific scrutiny despite the fact that they often work!

So how can this sort of wart treatment be effective?

Recent knowledge about warts has enabled us to understand what could be going on, and illuminates why hypnosis can remove warts so effectively.

Despite the fact that they often 'hang around' for years, warts are actually highly susceptible to changes in blood flow - hence why one wart removal treatment was to immerse the area in hot water and cold water alternately; therefore altering the blood flow to the area.

And, strange as it may seem, blood flow is fairly easily altered by psychological means. If you sit and imagine your hands by an open fire, you can often get them to warm up - as the brain dilates the blood vessels in response to the imagined heat.

This is why Hypnotherapy audio sessions works well as wart treatment - it helps your brain change the wart's environment, making it impossible for them to thrive.

Buy *Wart Treatment* Hypnotherapy audio sessions today and enjoy seeing the little critters vanish... Visit www.hypnotherapy.eorg.in now

(Note: Does not apply to removing genital warts)

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- Anxiety and Hypnotherapy
- Bad habits and Hypnotherapy
- Be More Sociable by Hypnotherapy
- Clinical Hypnotherapy
- Communication skills and Hypnotherapy
- Confidence issues and Hypnotherapy
- Cure addiction by Hypnotherapy
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- Veg rice Varities
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