



Solutions for Chronic Pain

Hypnosis has been used for chronic pain for hundreds of years, and more and more studies are coming out



what they think about pain and their social environment, can all influence pain and its negative impact on functioning.

demonstrating its effectiveness. Chronic pain can result from Fibromyalgia, rheumatoid arthritis, cancer treatment, migraine headaches, injury or just from overexertion. **No matter what the cause, hypnosis can provide you relief.**

Imaging studies have shown that hypnotic therapy influences all of the cortical areas and neuro-physiological process that underline pain.

Helping people manage pain can have a **significant psychological impact**. What people do to manage pain,

Research shows that hypnosis can **reduce daily background pain intensity** for many people.

Well-documented clinical trials in people with disabilities have demonstrated that hypnotherapy for chronic pain has **specific effects on pain intensity** over and above effects based on placebo (expectancy) alone.

Chronic pain can have a major impact on your emotions. Chronic pain is debilitating and depressing. Not only does it affect you physically, it affects



Hypnosis Health Info

self-hypnosis makes the difference



Solutions for Chronic Pain

you mentally and emotionally as well. How well you cope with your pain, and whether you get the right treatment for the physical and emotional impacts



The more trouble you have dealing with stress, the more likely you are to experience pain. Stress and pain can turn into an inescapable

of it, will determine whether you control your pain—or it controls you. Chronic pain is something that **interferes with every aspect of daily living**, including your relationships, your appetite and your sleep. It also impacts your perception, feelings and thoughts. The worse you think your pain will be, the worse it feels. Self-hypnosis can help you change your perception of pain so you can feel better.

Pain can lead to emotional distress and emotional distress can increase pain.

cycle. You're in pain, so you feel stressed and anxious. Stress can cause your muscles to tense up, which ratchets up the pain even more.

Stanford University, Mayo Clinic and others have long been documenting the effectiveness of hypnotic pain control.

Keep your mind occupied which will help you cope with the condition.

And of course, learn to do self-hypnosis.

Roger Moore 206-903-1232 roger@hypnosishealthinfo.com