

Hypnosis Works



The idea of drifting into a peaceful state of mind and waking up able to resist cravings and drop weight sounds too good to be true for most dieters.

Hypnosis is widely used to help overcome phobias and change certain behaviors, such as alcohol or tobacco use. Interestingly, there is strong support that it can also promote weight loss.

This article looks at the evidence to determine whether hypnosis can help you lose weight and keep it off.

What Is Hypnosis?

Hypnosis is a state of consciousness involving enhanced attention and concentration and an increased response to suggestion.

There are two different theories about how hypnosis works. The "state" theory suggests that subjects enter an alternate state of consciousness with altered brain function, which accounts for the effects of hypnosis.

Meanwhile, the "non-state" theory says that hypnosis is not an altered state of consciousness. Instead, the subject is responding to suggestion and actively participating in the session.

Once you've entered the state of hypnosis, you are more suggestible and more likely to be receptive to making the positive changes in your behavior that you want.

Entering into hypnosis is often described as a relaxed state of awareness. Once in this state, the hypnotist or hypnotherapist will give verbal suggestions, such as "when you wake up, you will feel more motivated" or "you will not drink alcohol."

Hypnosis can also help retrieve repressed memories, cure allergies, treat addictions and reduce anxiety and depression.

SUMMARY

Hypnosis is a state of consciousness that involves increased attention and responsiveness to suggestion. Once in a state of hypnosis, you are much more likely to be open to making positive behavioral changes.

Hypnosis Could Influence Certain Behaviors

Some studies have found hypnosis to be effective at modifying different types of behavior, including smoking and drug use. In one study, 286 smokers underwent either standard counseling or hypnosis to help quit smoking. After six months, 26% of the hypnosis group had quit smoking, compared to 18% of the counseling group. This difference was still significant even after one year.

In another study, nine methadone patients using street drugs went through 10 weekly group sessions of hypnosis. After six months, all patients had completely stopped street drug use. What's more, other studies have found that hypnotherapy can improve self-esteem, reduce anger and impulsivity, manage anxiety and treat insomnia.

SUMMARY

Some studies have found that hypnosis can help people quit smoking and drugs. It can also improve self-esteem, reduce impulsivity, manage anxiety and treat insomnia.



Hypnotherapy Can Enhance Weight Loss

In addition to its ability to modify behavior, research shows that hypnosis can safely increase weight loss. In one study, 60 obese people with sleep apnea were either given dietary advice, hypnotherapy for stress reduction or hypnotherapy for reducing calorie intake.

After three months, all the groups lost comparable amounts of weight. However, only the group receiving hypnotherapy for stress reduction had sustained their weight loss after 18 months.

In another study, 109 people underwent behavioral treatment for weight loss, either with or without hypnosis. After two years, the hypnotherapy group continued to lose weight, while the control group exhibited fewer further changes in weight.

Moreover, an analysis of several studies found that adding hypnosis to a cognitive behavioral treatment for weight reduction resulted in nearly double the amount of weight loss.

SUMMARY

Several studies have found that hypnosis can enhance long-term weight loss.

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If you would like to lose weight safely, easily and permanently, **schedule your complimentary phone consultation**. Find out if you are a good candidate for hypnotherapy.



Celebrities Using Hypnotherapy for Weight Loss and More

Every day more and more people are discovering the power of Hypnosis & Hypnotherapy to lose weight and for creating other positive changes in their lives. This list includes a growing number of celebrities of all kinds.

Celebrities like **Orlando Bloom**, **Ellen DeGeneres** and sports figure **David Beckham** have successfully used hypnosis for the different challenges they faced. For example with David Beckham sought out a hypnotherapist to help him get out of a deep personal slump and **Orlando Bloom's** mom took him to a hypnotherapist when he was younger to control his addiction to chocolate and help him lose weight.

While it's far from complete, **here is a partial list of other celebrities** and the issues they used hypnotherapy to address. They've all used hypnosis and hypnotherapy at some point in their lives to help them to overcome their bad habits and personal problems or to eliminate their limitations and become either initially successful or even more so.

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