

Title:

Can Hypnosis Help to Eliminate Pain?

Word Count:

653

Summary:

Most people respond to pain - whether acute or chronic - by taking drugs of some kind. But dru

Keywords:

hypnosis, pain, pain relief

Article Body:

Pain is a subject that touches everyone. After all, it is a human condition from which we all

Research shows that 75% to 80% of all adults will experience lower back pain at some time in t

All of this pain falls into two basic categories: (1) acute pain, which is of short duration a

Most people respond to pain - whether acute or chronic - by taking drugs of some kind. But dru

What few people realize is that the ancient art of hypnosis offers a safe, effective alternati

Hypnosis has been shown effective in the management of various types of pain. Besides providin

Hypnosis also has been shown to be effective in reducing nausea and vomiting in chemotherapy p

The most effective approach for acute pain appears to be the use of hypnotic suggestions focus

Another area where hypnosis offers significant positive results is in dealing with pre- and po

But efficacy and lower medical expenses are not the only positives related to the use of hypno

Does hypnosis always work? In the area of pain control, everyone can be helped to SOME degree.

1. Those who find total and permanent relief.
2. Those that have a decrease in the severity of pain.
3. Those who experience pain relief initially, but who need occasional reinforcement.
4. Those that experience intermittent relief.
5. Those that still have pain, but feel 10-30% less pain than before.

What accounts for these differences in relief? The answer appears to be the patient's suscepti

Certainly, no treatment for pain - whether chemical, physical or psychological - is effective

As a safe, effective alternative for reducing sensitivity to pain, hypnosis is second to none.

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