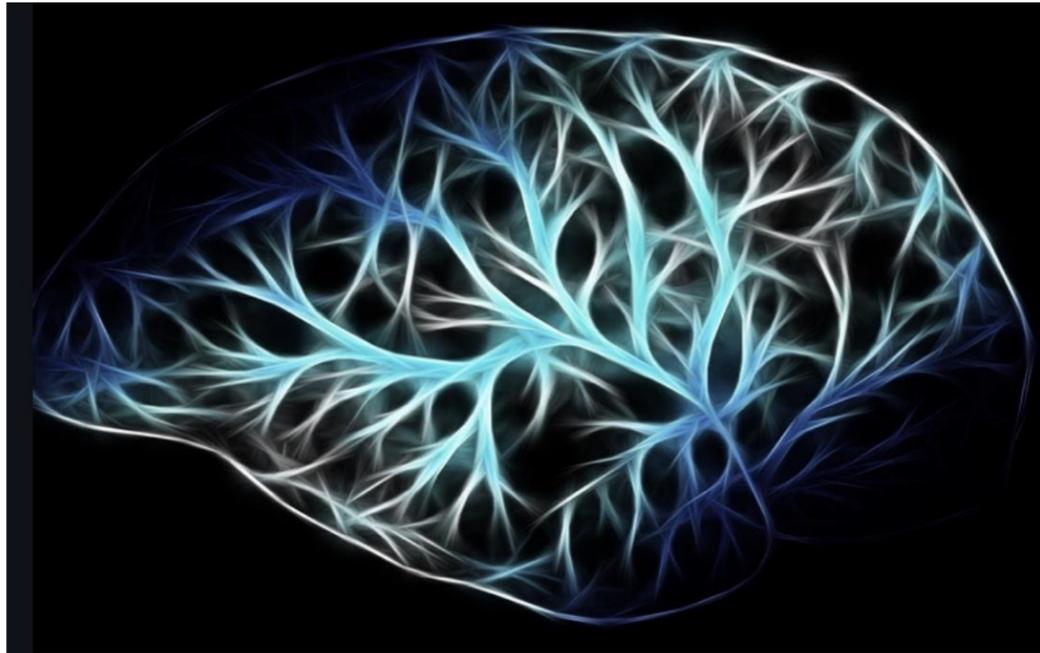


CLINICAL HYPNOTHERAPY NEWS

TAKING BACK CONTROL THROUGH HYPNOSIS



Hypnosis a solution to address many concerns

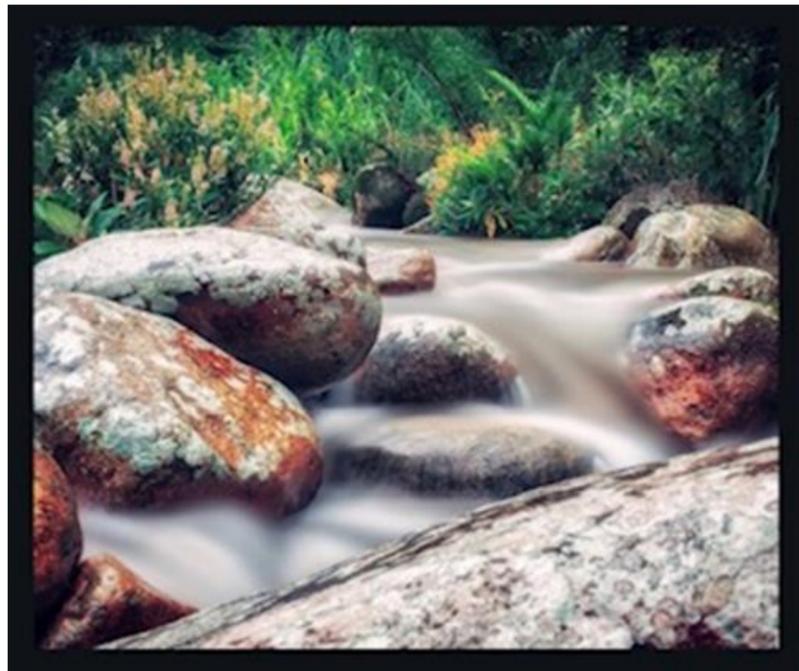
LOU PATCHITT
JULY 2019

PICTURE CAPTION: Clear the cluttered brain by unblocking the synapsis

Unleashing burdens successfully

When you are in a state of hypnosis you are in a natural state of highly concentrated attention. While you are in this state you are highly suggestible to the changes you want to achieve. You are able to devote an intense attentiveness to the particular issues affecting your life that may be holding you back. By using a hypnotic state to your advantage, as a qualified practitioner I will offer you positive suggestions that are directly to your subconscious mind, with little or no resistance from your conscious mind, creating profound shifts and rapid, powerful long-lasting changes.

Clinical hypnotherapy can have you taking back control from a vast range of issues that can weigh you down in more ways than one. From smoking, weight loss, irritable bowel syndrome (IBS), anxiety, depression, insomnia, addictions, anger management, fears, phobias, goal setting, deep relaxation and unwinding, right through to healing the body.



PICTURE CAPTION: Natural state nature and nurture work together to cleanse and create new growth and new pathways.

Hypnosis is a natural occurring state of mind and is often refereed as a trance like state. Hypnosis is a healing state and is as natural as day dreaming. When you day dreaming (happens more than you may realise) you become so focused, so absorbed in whatever thoughts or images are on your mind that you can lose all track of time. You can often enter a natural state of trance when you are driving, reading a book, watching a movie, listening to music, undertaking a hobby or other activity. These examples are all an 'altered state of consciousness' and you can experience various levels of trance without realising. Trance is therefore a normal, natural state and a common experience in everyday life.



A long history of hypnosis and its proven benefits

For over 60 years hypnotherapy has been one of the most successful methods for people wanting to quit smoking and achieving it. So much so many medical practitioners are now aware of how hypnosis can aid you in stubbing out this costly financially and health wise habit once and for all. Hypnosis has over a 90% success rate for those people wanting to quit smoking. Quit smoking packages of two to four sessions are available and entirely dependent on what type of smoker you are.

Targeted weight loss through hypnotherapy or through the virtual gastric band technique has been used for a number of years with people losing weight and being able to keep it off when completing the recommended number of sessions. For maximum achievement you can combine the hypnotherapy with a nutrition and psychotherapy to say goodbye once and for all to the weight that causes many more health problems as a result.

The unique combination can help you change your eating habits in adding you to reduce your weight without dieting and feelings of deprived. By changing your eating habits this way, it creates a successful way to achieve sustainable weight loss. Hypnotherapy does this by removing unwanted blocks to your success, addressing emotional/comfort eating, your negative thoughts and feelings about your body and desire for unhealthy snacks. Increasing the desire for eating nourishing foods, water and exercise, this can be a lasting and beneficial way to safely reduce your weight and improve your overall health outcomes.



Hypnotherapy has also proved to be effective in aiding you to stop drinking. If you are struggling to stop drinking alcohol or even soda drinks that you find addictive with willpower, hypnotherapy is such a successful way to stop drinking. Hypnosis is one of the most effective ways of removing habits, unwanted behaviours and addictions that no longer serve us quickly, safely and naturally.

With proven medical research symptoms of Irritable Bowel Syndrome (IBS) and some cases of Inflammatory bowel disease (IBD) have been treated very successfully with 'Gut Directed Hypnotherapy.

Gut directed hypnotherapy has been one of the most researched areas of clinical hypnotherapy in recent times since the early 1980's. The founder of gut directed hypnotherapy Professor of Gastroenterology, Prof. Peter Whorwell is well respected in his field especially for his pioneering work with Irritable Bowel Syndrome (IBS). Over the last 30 year Whorwell and his research has shown the long term benefits of hypnotherapy and most of all hypnotherapy directed at the gut.

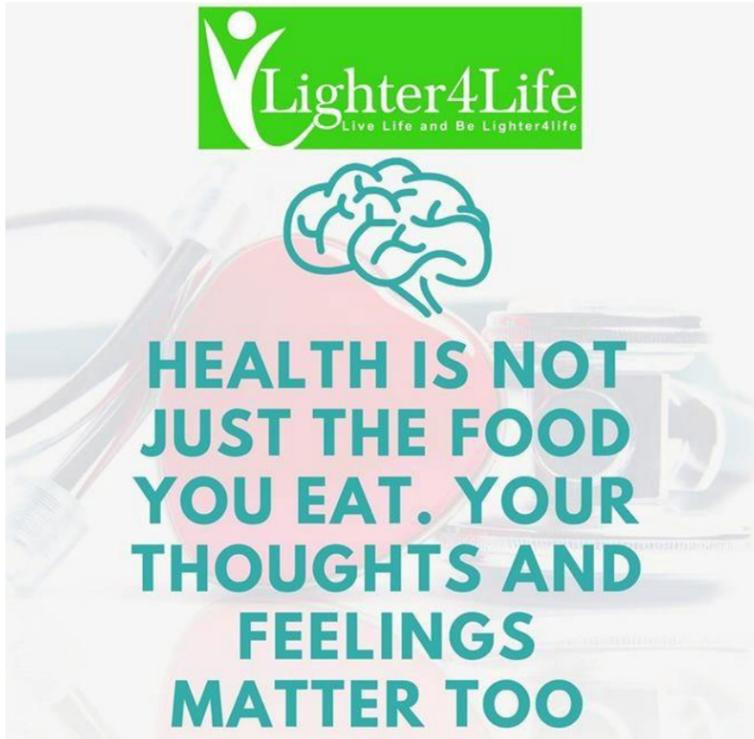
According to a study conducted by Prof Whorwell and colleagues, they found:

- 83% of those who had a positive treatment outcome were well after 1-5 years
- 59% were taking no medication
- 42% that were on medication were taking them less often
- 79% consulted their GP/hospital consultant less often or not at all
- 49% consulted their GP less often about other symptoms.

Hypnotherapy is a powerful way of reducing the negative effects of IBS so much so that it's now recommended by the National Institute of Health and Care Excellence (NICE) in the UK and is prescribed as medical intervention treatment in the US.



PICTURE CAPTION: Woman under-going clinical hypnosis while in a deeply relaxed state



Stress reduction with hypnosis is one of the easiest ways to achieve deep relaxation. It is a very effective way to enhance your health and well-being, leaving you feeling calmer, more positive and very refreshed. It can help you achieve success by working with you to re-think almost rewire your mind to achieve success in your life whether in your finances, love life, creativity, motivation, improve your confidence and self-esteem or to see and experience your best possible future.

Fears and phobias can hold us back and restrict our lives. Many people can relate to something that happened that caused the fear. I myself was attacked by a dog on my 8th birthday. The dog was German Shepard. This of course left me incredibly traumatised when it came to dogs, I was terrified and it seemed the older I got the stronger my fear became until it was stopping me from doing what I enjoyed which was being outside in nature, either along the coastal paths, or woodlands. As my fear/phobia was so chronic I had three sessions of hypnotherapy and now I'm a different person when it comes to dogs!

Our unconscious minds' primary function is to protect us from emotional pain and physical harm which is why these problems arise. By taking you back to find the event, cause or experience that has caused this issue we can then resolve, release, and rewrite the past.

 **Melissa Graham** recommends Lighter4Life.
21 hrs · 🌐

As someone that finds it very difficult to relax, let alone relinquish control I was not sure that a session with Lou would have much of a benefit to me, however I was very pleasantly surprised. I left our session feeling wonderful like I had just spent hours having a massage, but better! I was calm and relaxed more than I had been in years. I have already recommended that family and friends go and see Lou and I will certainly be back myself.

www.lighter4life.com.au

Beyond Blue estimates that 45 per cent of people will experience a mental health condition in their lifetime.¹ In any one year, around 1 million Australian adults have depression, and over 2 million have anxiety.²

 **Ayesha Emma** recommends Lighter4Life.
6 July at 12:21 · 🌐

Wow, what an amazing experience. I was able to unwind and relax which is something I really struggle to do being a busy mum with 2 kids. I highly recommended Lou she was so welcoming and helpful and informative. I have tried a lot of treatments for my anxiety and this is something I would definitely like to continue.
Thanks again Lou

Anxiety and depression is affecting many people who find very little respite though counselling or medication. Both anxiety and depression can be caused or exacerbated by harsh critical words we say to ourselves. It's said we have over 50,000 thoughts a day and most of these can be negative. Hypnotherapy is an extremely effective way of reframing the negative thought patterns and moving you towards positive, empowering and life-affirming thoughts, behaviours and actual changes to break the cycle and move you forward.



Clinical hypnotherapy certainly has had such a long and successful history in so many areas concerning our health and wellness with an number of medical research interest groups being long established such as quit smoking, weight loss, IBS and IBD, insomnia, hypnobirthing, pain management, and more so no more than ever is the time to experience the benefits of clinical hypnotherapy

 **Toni Mark Page** recommends Lighter4Life.
5 July at 17:44 · 🌐

Thank you so much. I have never had hypnosis before and was very unsure, so glad I went ahead. Best nights sleep for a long time and after a really hard week at work, breezed through. Can not recommend Lou highly enough. Thank you so much and you will see me again. Toni

For more information contact Lou at Lighter4life@yahoo.com or call/message on 0450 643 425. To keep up-to-date with latest news and updates Like and Follow <https://www.facebook.com/1Lighter4Life/>