John E. Sheffel APRN, FNP, CMS-CHt Medical Support Hypnotherapy

## Hypnotherapy to Support Medicine

- HYPNOSIS IS A NATURAL STATE OF MIND WHICH PROVIDES AN EXTRAORDINARY QUALITY OF RELAXATION AND INCREASED RESPONSIVENESS TO SUGGESTIONS SO YOU WILL FEEL MORE MOTIVATED TO ACHIEVE YOUR PHYSICAL, MENTAL, OR SPIRITUAL GOALS.
- WHEN IN HYPNOSIS PEOPLE TEND TO FEEL PHYSICAL RELAXED AND MENTALLY PRESENT.
- EVERYONE CAN LEARN DO IT.
- INDIVIDUAL CONTROL IS RETAINED.
- SESSIONS ARE FROM 15 TO 60 MINUTES.
- FOCUS ON POSITIVE OUTCOMES ARE MADE EASY.

## Hypnosis helps you

- Lose weight.
- Stop smoking.
- Non-pharmaceutical means of pain management.
- To reduce stress.
- Lower blood pressure.
- Overcome insomnia.
- End fears and phobias.
- Impotency and sexual non responsiveness.
- Improve sports performance and-interpersonal relationships.
- To grow spirituality
- Is use as a complement to medical treatment.
- ...and more

MEDICAL
HYPNOTHERAPY
IS AN ADJUNCT TO
MEDICAL
TREATMENT

-LESS ANXIETY
-LESS PAIN
-HEAL FASTER

## **CONTACT US**

