

# Life Changing Benefits of Hypnotherapy



*The Edinburgh Reporter's Mike Smith is a qualified hypnotherapist. In the latest in a series of articles, Mike looks at some of the life-changing benefits of hypnotherapy.*

Hypnotherapy is one of the most successful ways to **stop smoking** safely and easily. I had a recent client who has stopped smoking after ten years. The recent feedback he gave me was that he is now a non-smoker and feels proud to tell me people he no longer smokes. Hypnotherapy can help you stop smoking after just one session. A smoking cessation session costs £95. If you smoke 20 cigarettes a day you spend close to £3,000 a year on tobacco. Think what you could do with that money.

If you want to **reduce your weight** without dieting and feelings of deprivation, hypnotherapy is a proven way of changing your eating habits. Hypnotherapy removes unwanted habits by addressing emotional eating, negative thoughts and feelings about your body and desire for unhealthy snacks. The power of your mind can help increase the desire for eating nourishing foods, water and exercise.

One of my clients has lost nearly two stones in just four months. To quote he said 'Hypnotherapy has changed my outlook on food. I no longer have an inclination to eat chocolate just because it's there. If you're like me and are serious about losing weight – and nothing else has worked – try hypnotherapy. It really does work'

Like a drink but are wanting to cut back or even stop? Hypnotherapy is a successful way to address this. Hypnosis is the most effective way of **removing habits, unwanted behaviours**

**and addictions** that no longer serve you and is a quick, safe and natural method.

Struggling to cope with stress in your life? Stress can be a good thing but too much stress can have a serious impact on your life. **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.

Re-programme your mind to **achieve success in your life** whether at work or in relationships. If you are lacking the **motivation**, hypnotherapy can help **improve your confidence and self-esteem** and help you envisage your best possible future.

**Fears and phobias** can hold us back and restrict our lives. Our unconscious mind's 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. One of my clients had an irrational fear of spiders. After a few sessions of hypnotherapy, she views the little creatures differently and they no longer frighten her.

Hypnotherapy is a powerful way of resolving the negative effects of **IBS** – so much so that it is now recommended by the NHS.

**Anxiety and depression** can be caused or exacerbated by harsh critical words we say to ourselves. We all have negative thoughts but when these take over our lives these can have a damaging effect. Hypnotherapy can help reframe negative thought patterns that keep us stuck where we don't want to be and move us towards positive, empowering and life affirming thoughts and behaviours.

Hypnotherapy has been a proven success in **fertility**, doubling the chances of success when used with IVF. For women

struggling with conceiving, this is a positive and effective way of removing any blocks that are unconsciously stopping you having a baby.

Every thought you think has a physical reaction in your body. Start using the **power of your mind** and **heal your body**. Hypnotherapy can change the way you feel and the way you view things that have a negative impact on your life. We have just one life – why not make the most of it?

*The article above is based on a piece by Elaine Marsh, clinical hypnotherapist and psychotherapist.*

So, if you are someone who wants to lose some weight, stop smoking, cut back on alcohol – but find your willpower evaporates after a few weeks – or if you are someone who has a phobia (for example, fear of spiders, rodents, flying) – contact me today to arrange an appointment for a consultation.

The cost of a consultation is just £10 and this is deducted from the cost of your first session. Sessions are £60; for smoking cessation, it's £95.

My website and email address is below – you can leave a message on my mobile phone at any time, day or night.

If you would prefer a home visit, I would be happy to arrange this.

Take the first step to changing your life!

**Mike Smith Cert Hyp CS**

**[Mind Generating Success](#)**

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