



HYPNOTHERAPY

What is Hypnosis?

Hypnosis is simply a process that produces a very calm state of relaxation and increased awareness and concentration, where the Unconscious Mind is open and receptive to heightened suggestibility. A practitioner will offer suggestions to your Unconscious Mind that are most in keeping with the changes you want to create in your life.

The Unconscious Mind is the doorway to all success in Hypnosis. The Unconscious Mind is the part of you that governs and manages all your bodily functions; it is the part of you that stores all your memories; it is the domain of the emotions; it is the part of you that preserves your body.

Milton Erickson, one of the 20th Centuries most notable hypnotherapists, said that clients are clients because they are out of rapport with their own Unconscious Mind. Anyone who has established positive rapport knows that the Unconscious Mind is a willing participant in the transformation process.

Hypnotherapy offers such advantages and is widely accepted as a profound and effective method for making positive changes at an Unconscious level.



What messages are you sending to your unconscious mind on a daily basis?

What kind of self-talk are you normally engaged in?

Do you have happy, positive self-affirming thoughts?

What about the images you repeatedly run in your mind?

Are you running success films or disaster films?

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Monday – Wednesday &
Friday 9:30 am – 4:30 pm
Thursday 9:30 am – 6:00 pm