

## **Hypnosis For Eating Disorders?**

**By Carl Graeber**

Today, eating disorders such as Anorexia and Bulimia are running rapid. If a person intentionally starves him or herself yet believes they are overweight, they could very well be suffering from Anorexia Nervosa, which is a severe emotional disorder that needs serious intervention. With this, the diet is drastically restricted, coupled by excessive exercise. The result is dangerous weight loss that can cause serious damage to the body to include death.

Bulimia is a form of Anorexia, which is characterized by misuse of laxatives, diuretics, enemas, and/or vomiting to rid the body of food consumed during binge eating. In both cases, the body is put at great medical risk. The problem is that both Anorexia and Bulimia are not just serious but difficult to treat. In addition to the body needing intervention, the mind also needs intervention since the individual with the eating disorder sees him or herself as fat although they could easily be 50% of their normal weight.

These eating disorders typically begin in adolescents, which are seen most often around time of puberty. However, although rare, eating disorders can affect people over the age of 40, and again, both males and females although girls are in the highest risk category. If you have a child and you begin to notice things like infrequent or stopped menstrual cycle, dry skin, thinning hair, cold and/or swollen feet, or a bloated stomach while watching drastic weight loss, then you need to pay attention.

The psychological signs generally involve poor judgment, problem with memory and/or concentration, a distorted perception of the body, denial, obsessive-compulsive behavior, and depression; these could well be indications that an eating disorder is a problem. Treating eating disorders is a long process that addresses both physical and psychological. Many of the traditional treatment options include cognitive and behavioral therapy, antidepressants, and herbs. However, because the mind is involved, hypnosis has also been proven very beneficial for some people suffering from Anorexia or Bulimia.

Although the exact cause of Anorexia and Bulimia remains unknown, most experts believe it has to do with the individual trying to gain control over their life. For this reason, you see young girls who are trying to fit into school, dating, or coming from a difficult home life turning to an eating disorder to gain some type of semblance in their life. With hypnosis, the subconscious mind can be reached and taught to change the normal pattern of thinking. By working with a reputable and licensed hypnotherapist, the subconscious can receive positive suggestions that relate to things beyond the eating disorder.

Although that will be the primary reason for seeking hypnosis, the underlying issues that lead to the eating disorder in the first place are addressed. In this case, the depression and cause of depression is uncovered. The individual learns self-confidence, healthy control, and other positive tools that can be used to conquer the battle with Anorexia or Bulimia. Keep in mind that along with hypnosis, the individual with the eating disorder will need ongoing love and support by family and friends. By creating a positive environment, recovery is possible. When choosing the right hypnotherapist, you want

someone who also believes and supports in the individual receiving other treatment and medication.

These factors together will provide the best chance for success. In fact, many medical doctors are now adding hypnosis to their practice for this very reason. Over the years, studies have shown that in some cases, such as severe eating disorders, the combination of traditional medical care with hypnosis greatly improves the resolution.

Warning: This information is to be taken lightly! It may lighten your thinking and BMI (body mass index). So: take 5 minutes, and check out the free website at <http://www.morbid-and-childhood-obesity-help.com> and <http://www.obesity-weight-loss-diet.com> - end your quest by learning how to conquer obesity the right and healthy way!

## When Do I Need Hypnosis?

By Mark Dodd

Have you seen this scene: A man is asked by someone to jump for ten times, crawl on the floor then roll over like a dog? Some have this in mind as the picture of hypnosis. Actually- it is not the truth. What is hypnosis then?

Hypnosis is, in fact, a natural state of heightened awareness, focused attention and, often, deep relaxation. This experience is called "the alpha state". In the "alpha state" our brain wave frequency is slower than when awake, but faster than when we're asleep. According to different academic studies, the old misconceptions are now eradicated and the fact that all forms of hypnosis are really self-hypnosis is now paving the way to deeper understanding.

For others, hypnosis is the exit to stress because it is a way of relaxation. According to experts, hypnosis depends on how the recipient accepts it- whether deep or shallow it depends on him or her.

Nowadays, hypnosis has brought wonders to a lot of people all over the world and it has been the source of all that could be relied on as solutions. Many who were able to accept hypnosis as a deep process were able to see for themselves the goodness behind it and the light at the end of the tunnel.

Hypnosis has solved problems involving one's inner sense like: addiction especially today's illegal substance addiction; it could also help out with one's self-acceptance and acceptance of others too. If your fears, lack of confidence, low motivation, success orientation are really bothering you, hypnosis may let you calm the storm inside you.

The skills that may have been not that active in you because of some reasons may be polished again through this method. So, if you think that you need help with regards to your leadership, learning skills, creativity, sports performance and so forth hypnosis may just be the one you have been looking for.

Health disorders could also be addressed with the use of hypnosis. Experts have proved that the power of hypnosis reach even the solutions of various health disorders like Fibromyalgia, headaches which are common with us, insomnia, high blood pressure and others.

The misconceptions about hypnosis are now near the exit door. Recent studies are now showing how hypnosis paves the way to better living. If done with the proper purpose, this would be a great means of healing naturally inside and out.

Mark Dodd is a freelance writer for the Hypnotic Times. He writes a regular column which is published every Thursday. His latest 'favorite pick' is <http://www.behypnotic.com/>.

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