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& Joy Gurgevich**

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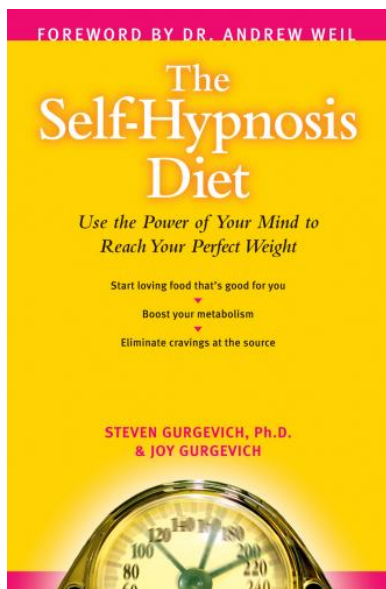
THE SELF-HYPNOSIS DIET

Quiz: What Do You Know About Hypnosis?

Self-hypnosis is a very effective way for you to talk directly to the mind of your body (the subconscious mind or mind-body). It provides you with a way to remove any obstacles and confusion within the dialogue of your mind-body, so that mind-body is sharing exactly what you want in a way that creates your healthy weight and healthy lifestyle. Before we go any further, we would like you to complete a short mental exercise that will help you begin learning about the power and the simplicity of self-hypnosis. Below are sixteen “true or false” statements about hypnosis. Read the statements and wonder, guess, or decide “true or false” according to what you currently *believe* about hypnosis.

What Do You Now Believe About Hypnosis?

1. Hypnosis is complicated and takes many sessions and much instruction.
2. To experience hypnosis, you must be hypnotized by someone who knows how to do it to you.
3. When experiencing a hypnotic trance, one loses consciousness.
4. The subconscious mind cannot tell the difference between what is real and what is imagined.
5. Hypnosis can make you do things that are against your will or violate your values.
6. Most people go into trance every day.
7. All hypnosis is self-hypnosis.
8. Hypnosis can help your body heal wounds faster.
9. Your body has a language of its own.
10. You can use hypnosis to influence your physical responses like digestion, breathing, etc.
11. Stage hypnosis is the same as medical hypnosis.
12. Sometimes you are not even aware that you are already in a trance.
13. Hypnosis is a purely mental or psychological phenomenon (it is “all in the mind”).
14. There are some people who cannot be hypnotized.
15. With hypnosis you can give messages to your body and your body can give messages to you.
16. There are thousands of published research studies and articles that demonstrate the benefits and effectiveness of hypnosis.



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ANSWERS

1. **FALSE.** It is natural, simple and easy.
2. **FALSE.** Hypnosis is “not done” to anyone by anyone. But a skilled therapist can teach you how to learn and use hypnosis.
3. **FALSE.** There is no loss of consciousness. This is one of the greatest misconceptions about hypnosis.
4. **TRUE.** The subconscious acts upon what is imagined as real. Brain scan studies have shown the activity within brain even when only offered suggestions to imagine.
5. **FALSE.** While under hypnosis you are always in control and maintain your values and morals.
6. **TRUE.** There are many examples of every day normal trance states, like being glued to the TV or in a book, or absorbed in a movie or activity, including a daydream, which is a trance state.
7. **TRUE.** Absolutely true.
8. **TRUE.** Research on hypnosis and wound healing shows that it can be used to accelerate healing of wounds and other conditions or injuries.
9. **TRUE.** While you understand both literal and figurative speech, your body or subconscious understand on a literal level. So when you say someone, “is a pain in the neck,” your body will try to create what you have spoken by increasing muscle tension or spasm after repeated messages to yourself.
10. **TRUE.** Hypnosis helps you use access your mind-body connection in order to influence many functions and systems within your body.
11. **FALSE.** Stage hypnosis is purely for entertainment, while the purpose of medical hypnosis is to help people.
12. **TRUE.** For when you are absorbed with interest you may not be paying attention to what is around you... like in a very engrossing movie or book, or a fascinating home study course.
13. **FALSE.** Once thought to be true, sophisticated brain scans with MRI and PET imaging equipment show that what we imagine while in trance have a physical effect within body.
14. **TRUE.** Individuals with serious cognitive deficit or retardation may not be able to concentrate well enough to follow instructions and become absorbed in their thoughts, ideas, or images.
15. **TRUE.** Interactive methods of hypnosis allow you to obtain information from your body about the purpose or meaning of symptoms it may be producing as well as receiving suggestions from you for healing.
16. **TRUE.** “The International Journal of Clinical and Experimental Hypnosis” published by The Society of Clinical and Experimental Hypnosis and the “Americal Journal of Clinical Hypnosis” published by The American Society of Clinical Hypnosis are just two journals which have been publishing research over the past 50 years, not to mention the research printed in other professional medical and psychological journals and books.

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