

Over the years hypnosis has oftentimes been associated with stage shows; making people behave in silly and strange ways; but now even hospitals are endorsing the use of hypnosis as a complement to regular medical treatments.

Here's an interesting article on Mayo Clinic's website about hypnosis as a support for people going through medical treatments. You'll



notice the article doesn't suggest that a person do hypnosis and nothing else; instead it suggests using hypnosis as a support to manage certain challenges related to stress and anxiety while dealing with health issues. [Hypnosis - Mayo Clinic](#)

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