

Hypnotherapy helps to quit smoking, to overcome overeating, for fears such as fear of flying, recovery from trauma and many other issues and illnesses where it can work alone or increase the effectiveness of other treatments, depending on the problem.

Today the use of hypnosis is seen in medicine, dentistry, law enforcement, professional sports, and education.

How does hypnosis work? Our minds work on two levels – the conscious and the unconscious. We make decisions, think, and act with our conscious mind. The unconscious mind controls our habits. In the relaxed state known as hypnosis, we can communicate directly with the unconscious mind. This is why it is so quick and easy to change habits of a lifetime with hypnosis.

Will this work for me? So long as you do not have an altered mind-state like people suffering from a major psychotic illness including bi-polar disorder or schizophrenia, or taking psychotropic drugs, hypnosis will work for you.

Is hypnosis safe? Yes – hypnosis and NLP are both completely safe. You are aware and in control at every moment and can terminate the session at any time. You cannot get stuck in hypnosis. You can't be made to do anything against your will! Hypnosis is a safe, relaxing, and enjoyable experience.

How long does it take? This varies with the problem – some simple habits can take as little as a single one hour session while others take 4 or more sessions.



Jean Cannon combines training in medical science and neurophysiology with teaching experience, business management consultancy and clinical hypnotherapy. She has many awards for her work including being a Finalist in the Telstra Business Women's Awards.

Change is inevitable and Jean uses hypnosis to help her clients when the changes are too fast, uncomfortable or out of your control.

She achieves over 97% success rate when she helps smokers to quit smoking and has similar success rates for other types of therapy.

Quit Quick Adelaide
Jean Cannon
Phone: 1300 88 36 46

Clinical Hypnotherapy and NLP

**Hypnotherapy
works with
your whole
mind to:**

- Increase the effectiveness of other treatments
- Change habits
- Relieve pain and trauma
- Visualise the future you want
- Be effective where other treatments have failed

Phone: 1300 88 36 46
Quit Quick Adelaide

Quinton Avenue, Tranmere
Strictly by appointment only.

Coping with anxiety

and trauma

Stress is what happens when we try to control something that we actually have no control over.

Hypnotherapy and NLP enable more rapid recovery from trauma and anxiety than some other modalities because I seldom, if ever, go back to the root cause of the problem. There are very effective techniques that can work from where the person is now and move forward to the desired outcome.

One example of trauma was a fire fighter who had been trapped in a “burn over” and subsequently felt very hot and panicky in crowded situations, including supermarket queues. I was able to help him to collapse that response in a single session so that he no longer lived with that problem and without going back and dwelling on the actual trauma.

It is astonishing how simply some things work. Our minds are amazing.

Owning or managing a business requires emotional resilience and strength to help you cope with all that day-to-day stress and overload. Many business owners and managers also need individual help as they take problems home, impacting badly on lives, health and even families.

My management experience combined with hypnosis gives control over the damaging habits and addictions that sometimes result.

Don't waste any more of your life if you are in a stress cycle, **phone 1300 88 36 46** for help.

Medical Hypnosis

Disease can be created by the MIND and also by the BODY. The word itself means lack of EASE.

I am constantly amazed at how much healing my clients achieve when I help them to relax and get their logical doubts out of the way so that the body can get on with healing itself.

Medical hypnosis and NLP can help by providing ease with a huge range of conditions. These include but are not exclusive to:

- Weight loss and Virtual Gastric Banding
- Arthritis, Asthma, Autoimmune disease, Fibromyalgia, Trauma, Migraines, Thyroid, Diabetes, Skin problems, MS (Multiple Sclerosis), Cancer, IBS (Irritable Bowel Syndrome), Menopause, Recovery from strokes, Pregnancy and birthing support and minimisation of morning sickness, and many more

My own passion is helping people with cancer, because I have been on that journey some years ago and am now very healthy.

I use a wide range of tools including trance work, progressive relaxation, visualisation, and energy therapy to relieve stress and help you to allow your body to direct your energy and treatments to the best location. This enhances your medical treatments, reduces side effects and enhances your comfort. I work collaboratively with your other medical practitioners as appropriate.

To get help, or ask questions, just call

1300 88 36 46

Behavioural Help

Hypnosis and NLP are both helpful in changing a wide variety of habits and behaviours. This includes the minor habits like nail biting and the others like smoking and alcohol and uncontrollable blushing and performance enhancing.

Learning and studying is a behavioural area where we can help you and your family with better study methods based on identifying HOW an individual takes in information and stores it. We also help with ego strengthening, visualisation and more.

Smoking is a habit that is usually changed in a single hypnosis session. In the few cases where a client needs to come back for more help, they do so at no extra charge.

Alcohol Abuse is another common habit that becomes an addiction and is treated successfully using hypnotherapy over three to five sessions in almost all cases.

Bullying is a very important area where hypnosis helps – both the bullies and the bullied. A bully is an immature person who feels they can't cope and is looking to improve his self esteem. The bully feels threatened or challenged in some way by the person they are bullying. And the bullied are people who are open and often strong so that it may be surprise that they can be bullied. The bullying puts the victim into a stress cycle with low self esteem, anxiety, depression and poor performance at work or school.

Hypnosis provides very real help here as it can ego strengthen both people so that there is no longer a perceived threat. For both, urgent help is needed.