

Your Hypnotherapist Barbara DeVico...



Barbara DeVico holds a degree in Medical Social Work from California State University, Long Beach and has done graduate work in both Educational Psychology and Special Education. She is a certified Clinical Hypnotherapist, Neuro-Linguistic Programming Master Practitioner, and a Health and Wellness Coach. She is a member of the American Board of Hypnotherapy, the National Guild of Hypnotists, and the National League of Medical Hypnotherapists. Barbara holds several specialty certifications in hypnosis which include pain control, IBS, Fibromyalgia, hypertension and smoking cessation. She has also worked several years as a specialist in weight management and stress management.

Barbara DeVico
Director

***Now is the time to make
that appointment, call us
today!***

Your health is our priority.

CALL TODAY

Healthy Body Healthy Mind is a legal alternative/complementary healthcare provider; not a licensed physician. Their self-regulated holistic treatments and specialties do not require state licensing. All treatment must be done under a doctor's referral.



Total Integration of Mind, Body, & Spirit

Healthy Body

Healthy Mind

Healthy Body
Healthy Mind

25550 Hawthorne Blvd. Suite 211
Torrance, CA 90505
Phone: 310-519-5744
Fax: 310-375-4662
Email: healthibodi@aol.com
www.healthybodyandmind.org

**Healthy
Body**

**Healthy
Mind**



CONTROL

- Relieve and control chronic pain now with hypnosis.
- Surgical preparation and healing with hypnosis.

PAIN CONTROL

Healthy Body Healthy Mind

Do you suffer from chronic pain in any part of your body? Are you plagued by any of these conditions:

**TMJ●Bruxism●Stress Induced Headaches
Migraines●Burns●Chronic Post Surgical Pain
IBS●Fibromyalgia●Cancer●Hypertension**

And Others...

Research has shown that hypnosis is one of the most effective psychological, non-drug methods of relieving and controlling pain. The AMA has recognized that hypnotherapy is an important tool in the healing process since 1958.

We recognize that pain is an important signal in the body to alert us of a possible danger whether it's an injury or disease. Without

these signals we would not survive. We expect that once we have heeded these signals and given them the proper attention the associated discomfort will subside. However when the symptoms of disease or injury continue beyond the normal time for healing we begin to suffer. The signal we receive is no longer effective as it tells us nothing new. The alarm no longer serves a purpose, it no longer protects. This suffering leads to frustration, depression, anxiety, fear and loss of control, which ultimately leads to further pain and suffering.

Through hypnosis many of our clients have had success in controlling their pain. Clients feel that Healthy Body Healthy Mind is their source for true pain control:

"After years of trying other alternative therapies for my long term chronic neck pain, I experienced complete relief of my pain after my third session with hypnosis. I have the highest praise for Barbara as a hypnotherapist and I treasure our friendship." ~ Andrea L.

YOUR PAIN GOALS

The PAIN Control Process

Through the process of our program, your life will begin to change in ways you could not have previously imagined. Imagine a life where pain is no longer the controlling factor! Imagine a life where you are free to do what you please when you please! You have once again gained control of your life. Whether you have suffered from chronic pain for many years, or if you are undergoing surgery and want your healing process to be faster and pain level to be reduced.

Here is what our program can do for you:

- This program will teach you how to regain control of your life and reduce discomfort during the first session.
- Manage your pain by understanding the stress response.
- Uncover the emotional components underlying persistent pain; and understand how these multiple components could be having a profound influence on your pain experience.
- Learn how your thoughts, your words, and past experiences impact your pain and how hypnosis allows you to understand and communicate and make comfortable solutions to all those parts of you.
- Learn to take back your life and live with a positive outlook and inner joy.
- If you are undergoing surgery or a major medical treatment, our hypnosis program will help alleviate possible discomfort, decrease your healing time, and allow you to glide through the medical procedure with peace and comfort.



HYPNOSIS WORKS!

What is Hypnosis?

Hypnosis is the original mind/body medicine during which you are given suggestions that will change your life. During hypnosis you are in a state of deep concentration and able to intensely concentrate on the issue at hand thus making the necessary changes to your behavior or thought patterns. Simply put, hypnosis is a state of increased awareness where we can bypass the conscious or critical part of our mind. This allows us to reach the unconscious aspect of the mind, in which all of our memories and experiences are stored. Reaching the unconscious mind is useful, because it knows it has more influence over our daily lives than the conscious mind. It knows how our problems developed and it often knows what resources we need in order to make the changes we want.

How will I know if I am Hypnotized?

Hypnosis is similar to daydreaming. If you have ever just drifted off into your thoughts or experienced meditation, you have felt something similar to the state of hypnosis. People often say they feel very relaxed and comfortable. Others have said they felt nothing at all, but they still got the changes they wanted!

Healthy Body Healthy Mind

25550 Hawthorne Blvd. Suite 211

Torrance, CA 90505

Phone: 310-519-5744

Fax: 310-375-4662

Email: helthibodi@aol.com

www.healthybodyandmind.org