

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. Although hypnotherapy does not require licensing, Barbara holds several specialty certifications in hypnosis which include pain control, IBS, Fibromyalgia, hypertension, smoking cessation and child hypnosis. 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



Total Integration of Mind, Body, & Spirit

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Healthy Mind

Healthy Body
Healthy Mind

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

Healthy
Body

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Mind

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► Irritable Bowel Syndrome (IBS)

**Hypnosis Will Help
You Regain Control
Of Your Life...**

IMPORTANT!

This therapy program is done in conjunction with your personal physician. *This is not an alternative to conventional medical treatment.* Conventional medical treatments alone have not been able to adequately alleviate IBS symptoms. However, hypnotherapy combined with conventional medicine produces remarkable results in long lasting symptom alleviation.

This IBS therapy program is a specific sequence of sessions designed to retrain the muscles and nerves of the GI tract to function properly. Hypnotherapy is not magic. It is a clinically proven set of scientific techniques that will help you! These techniques have been used in England with success since 1981!

IBS FAST FACTS:

- Affects up to 35 million people in the US
- Accounts for 10% of all visits to primary care physicians
- Accounts for 50%-55% of all visits to gastroenterologists
- Each year 26 million people seek treatment for IBS symptoms
- Affects 1 out of 5 people, two thirds of which are women
- IBS is the second leading cause of employee absenteeism
- Average age of onset is 20-29 in adults, and 9-11 in children.

WHY HYPNOSIS WORKS!

Hypnosis is very effective when it's combined with the traditional medical treatments of drug and diet therapy and bulking type fibers and working with the physician at the beginning.

Because IBS symptoms are cyclical in nature its necessary to use multiple hypnotherapy sessions. For the majority of clients, six sessions are all that are necessary to alleviate their symptoms. This program consists of an extensive personal history intake, explanation of the GI tract, diet counseling, exercise, stress management, symptom charting and review. The hypnosis program incorporates progressive relaxation, suggestions and gut specific imagery and gut specific suggestions.

These multiple hypnotherapy sessions are spaced over a period of months. The hypnosis session will be taped and given to the client to listen to daily. You will be instructed to listen to your tapes daily and participate fully in their suggestions.

This is a process rather than an event. The client will be a fully participating member of there own healing team. You will be in charge of your own healing process.

CALL US TODAY TO CHANGE YOUR LIFE! YOU CAN'T AFFORD TO WAIT...

Hypnotherapy has had the full support of the American Medical Association since 1958

CASE HISTORIES:

J.C. characterized her IBS symptoms as a "panic attack of the bowels." As a result of this program, she is symptom free for the first time in over four years and has resumed normal activities at her job and with her family. In conjunction with her MD, she has been able to discontinue all her IBS medications.

M.J. came straight from the hospital where she was treated for uncontrolled diarrhea, dehydration and pain. Eight weeks later she reported an 80% reduction in symptoms. Her MD has now taken her off her daily medications.

J.H. experienced chronic constipation for as long as he could remember. During the first visit he stated that he had not had a bowel movement in over a week and considered that normal. At the second session, he reported that he had experienced a normal bowel movement every day without laxatives or pain.



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