

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 Educa-

tional 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.
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► **Fibromyalgia (FMS)**

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

Tel: 310-519-5744

What is Fibromyalgia?

Fibromyalgia (FMS) is a frustrating and misunderstood illness. It is called an illness rather than a disease because there are no specific diagnostic tests that confirm or deny its existence. It is a collection of confusing symptoms that come and go with varying intensity. Its chief characteristics are widespread pain in the muscles, ligaments and tendons, stiffness, fatigue and non-restorative sleep. While it is not life-threatening, it can be debilitating and severely reduce one's quality of life much as rheumatoid arthritis does. FMS is an illness which frustrates both patients and physicians alike.

FMS is a collection of symptoms without a known cause. It affects 5-10% of the population, eight times more women are affected than men, and it strikes at all ages. It is often found in the company of other related conditions such as irritable bowel syndrome (IBS), spastic bladder, mitral valve prolapse, and chronic fatigue.

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Diagnosis and Treatment... What Can You do?

The classical diagnosis for FMS is pain in all four quadrants of the body that lasts longer than three months and penetrates 11 of 18 trigger points. Although the cause remains elusive, there are many common triggering events thought to precipitate the onset of the illness. These are an infection, an automobile accident, or the development of another disorder such as rheumatoid arthritis, lupus, or hypothyroidism.

Traditional treatments aim at improving the quality of sleep and reducing pain. Recent research confirms that a multidisciplinary approach to treating FMS provides the greatest relief from symptoms and the best long term prognosis. This approach includes improving the quality of sleep, proper nutrition, physical conditioning, deep relaxation, and positive mental imagery. No one treatment style has proven effective more than 40% of the time. However by combining therapies the patient can frequently return to a healthier state of being. You can begin to overcome the effects of fibromyalgia and enjoy the mental and physical rewards that life has to offer! We can help you regain control of your life!

How Hypnosis Can Help You!

Our program at Healthy Body Healthy Mind for FMS symptom alleviation is non-invasive and is designed to be used in conjunction with your physician's treatment plan. We always work in conjunction with your doctor, treating you from all possible angles. Our program is a multi-session program which focuses on easing pain, boosting energy levels, restoring sleep without drugs, releasing anxiety and tension, improving concentration, and alleviating other troublesome symptoms. Typical sessions will include:

In 1958 the AMA recognized Hypnototherapy as an important tool in the healing process.

- Triggering the relaxation response
- Restorative sleep
- Pain relief
- Overcoming anxiety and depression
- Boosting energy levels
- Improved concentration
- Allergy relief
- Calming the dysautonomic nervous system
- Increased flexibility

This is scientifically proven to train your mind to do what you want it to do. Hypnototherapy is not magic. It is a clinically proven set of scientific techniques that will help you! Please call or e-mail us today for more information on how we can help you NOW!