

## HOW HYPNOSIS HELPS

Hypnosis can help you to manage stress and reduce dental related anxiety in several effective ways:

- Release the anxiety from your mind
- Relax your body deeply
- Release the gag reflex
- Letting go feelings of nausea
- Deal with feelings of claustrophobia
- Embrace a more positive attitude
- Improve your ability to focus
- Letting go of old fears and thoughts
- Deactivating stress triggers
- Travel to the future and see success
- Heal any initial sensitizing events from your past
- Create anesthesia without drugs
- Able to keep mouth open longer with far less fatigue
- Faster post-procedural recovery

We combine hypnotherapy, post-hypnotic suggestions, use healing imagery as well as incorporating other coping mechanisms to assist you as you naturally alter the way you live your life.

## SELF-HYPNOSIS

We introduce relaxation techniques using self-hypnosis to help you to deal with day to day situations on the spot.

We support you at home or on the move with our Guided Meditation CDs and Hypnosis CDs.

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**Certified Hypnotherapist**  
Master of Clinical Hypnotherapy

Member of:

Ontario Association of Hypnotherapists

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# Hypnosis in Dentistry

Using Hypnosis for Anesthesia,  
Relaxation, Bruxism & more



**SOLUTIONS IN MIND**



## RELEASE FEARS

Hypnotherapy can assist you to retrain your mind and body, enabling you to release old patterns of behaviour such as fear of dentistry, feelings of nausea and the gag reflex. Very often, after around six sessions of hypnosis, you will have successfully integrated the new patterns of behaviour and will be able to undergo dental procedures free from fear.

## DENTAL ANESTHESIA

Prior to chemical anesthesia techniques, hypnosis was the only way dental subjects used to experience numbness in the areas requiring clinical intervention.

## REDUCE BRUXISM

By easily accepting more effective ways of dealing with your triggering situations, and using powerful post-hypnotic suggestions to assist the integration of these changes, hypnosis enables automatic relaxation responses. Significant reductions in teeth grinding and clenching have been achieved.

## HEAL ROOT CAUSE

Using regression techniques, you are able to return to the root cause of troublesome behaviors, healing them, and then welcome new behaviors and positive coping mechanisms.

## WHAT IS HYPNOSIS

Hypnosis is a natural state of mind which happens several times throughout the day to everyone. Highway trance is a very common experience of hypnosis, we just don't think of it that way.

Hypnosis is a heightened state of focus and awareness where you gain access to internal resources and abilities normally outside the range of conscious control.

By continuing to practice your new techniques and behaviour patterns for between 21– 30 days, you create new pathways in you mind ... and the changes are now your new habits!

After Freud took many techniques from hypnotherapy, he proceeded to distance himself from this method, spreading disinformation regarding it's validity and effectiveness and creating a period of unpopularity

## FUTURE PACING

We use hypnosis to take you in to the future where you experience yourself living your life to the fullest potential. You experience yourself filled with confidence, feeling energized, competent, happy and fulfilled.

## ALL AGES

Hypnosis is effective for all who want and believe that they can change.

## SELF EMPOWERMENT



At Muskoka Hypnotherapy we are dedicated to help you to help yourself. We believe in self-empowerment and encourage you to trust your inner guidance as your healing journey progresses.

At Muskoka Hypnotherapy we have worked with children as young as three and adults as old as ninety!

## HYPNOTIC CHANGE

Hypnosis can help you create a more relaxed behaviour:

We use:

- Positive phrases to instill your new behavior patterns
- The benefits relaxation techniques are reinforced and anchored into your body
- See yourself in control in the future
- Behavioural root causes are explored
- Healing root causes creates good conditions for making permanent change



**THE KEY TO  
EMPOWERMENT  
IS INSIDE YOU.**

