

GUEST ARTICLE:

Can Hypnosis Help My Back Pain?

by Kathryn Morris, Health Blogger



Hypnosis refers to a state of human consciousness, characterized by a reduction in peripheral awareness and an enhanced ability to respond to suggestions or directions, in a relaxed environment. Although controversial, [hypnosis](#) has been used in therapy for hundreds of years, to help treat various bodily disorders and mental conditions. This therapeutic procedure has become popular in recent years, thanks to its effectiveness as an alternative treatment method. If you are suffering from chronic back pains and back mobility issues, then consider hypnosis for a lasting solution. The following are tangible findings concerning hypnosis in relation to treating back pain.

Back pain is all in the head

Scientific research reveals that all forms of bodily pain all emanate from the

brain. Sensory receptors located around the body send a message to the brain via nerve fibres. Once received by the brain cells, the “message” is processed and sent back to the area that hurts. However, you must be conscious about your condition for your brain to process such messages. Since hypnosis controls your state of consciousness, you can use this technique to convince the brain to cease from sending pain messages and instead focus on releasing endorphins, which are natural pain relievers.

Hypnosis lowers intensity and pain events

When in a hypnotic state, your brain is highly responsive to suggestions and directions from the therapist. Your mind will respond positively to a suggestion to decrease the feeling of unpleasantness during a state of hypnosis. This will ultimately lower intensity and reduce pain events. While medical intervention reduces pain for a particular period, hypnosis lowers the intensity and the number of pain events.

Hypnosis uncovers emotional causes of pain

Sometimes, the causes of back pain can be emotional rather than physical. Stress, anxiety, anger, rage and trauma are some of the emotional causes of back pain. The most ideal and practical way of dealing with these emotional causes is through hypnosis. Hypnotherapy ideally uncovers all emotional distress that causes pain and acts fast to deal with these problems. This treatment method trains the mind to deal with these problems appropriately, leading to permanent healing.

Hypnotherapy does not have side effects

Unlike most medications and other surgical interventions, hypnosis does not have any side effects. This alternative treatment method does not have any downtimes and does not cause scaring. Hypnotherapy is a natural technique that only aims at programming your brain to deal with physical and emotional distress in a more effective manner. This therapeutic treatment helps relax and program the nervous system to become less responsive to pain.

Most people think that hypnosis is all about mind control and brainwashing. However, nothing could be further from the truth. The therapist administering this treatment does not have control over your mind. This procedure is safe for treating all types of emotional and physical disorders.

Conclusion

From the aforementioned research findings, we can deduce that hypnosis and [health and well-being exercises](#) actually work when it comes to treating pain and back mobility issues. This technique aims at dealing with the core causes of back pain, leading to permanent healing. If you are looking for a treatment method that is natural and does not require surgery, then you should consider going for hypnotherapy.

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