

## Benefits

## Prices

‘well being, relief and relaxation’

Some of the diseases, symptoms and conditions known to benefit from Hypnotherapy:

- Addictions
- Abuse
- ADD-ADHD
- Agoraphobia
- Alcohol
- Allergies
- Anorexia/Bulimia
- Arthritis
- Asthma
- Bipolar Disorder
- Bulimia
- Blood pressure
- Carpal Tunnel
- Cataracts
- Chronic Pain
- CFS/ME
- Claustrophobia
- Conjunctivitis
- Crohns
- Depression
- Diabetes
- Digestive disorders
- Dyslexia
- Eating disorders
- Eczema
- Post Natal Dep'n
- Headache /migraine
- Heart Disease
- Hypothyroidism
- IBS
- Inflammation
- Glaucoma
- Lazy eye
- Lupus
- Autoimmune Diseases
- Neuropathy
- OCD
- Panic/Anxiety
- Phobias
- PTSD
- Relationships
- Smoking
- Sports perf'
- Trauma
- Type 2 Diabetes
- Weight issues
- Work issues
- and many more...

## Prices

- **First Session 1hr £70**
- **Follow up 1hr £45**

---

**“Hypnotherapy brings focus, clarity, relaxation, and helps gain freedom from stress, anxiety, pain and disease.”**

---

**“Time-Line Therapy for trauma relief, memory regression and relief from anxiety, pain and fear”**

---

**CALL Now -**

**t: +44 (0)7881 958937**

---

hypnotherapy wise

# John Howell

Master Hypnotherapist  
Time-Line Therapy Master Practitioner

## Hypnotherapy & Time-Line Therapy

### Benefits:

- **Relieve stress**
- **Cancel fears**
- **Past life regression**
- **Let go of disease**
- **Create powerful visualisations**

**and much more.....**

---

Hypnotherapist  
Time-Line Therapy Master Practitioner

~ relieves stress & anxiety ~  
**Call Now: +44 (0)7881 958937**

---

**e:** [info@hypnotherapywise.co.uk](mailto:info@hypnotherapywise.co.uk)  
**w:** [www.hypnotherapywise.co.uk](http://www.hypnotherapywise.co.uk)

Member of: AAMET, AHA,  
Member of NHS Register of  
Complementary & Alternative Practitioners

Member of: AAMET, AHA,  
Member of NHS Register of  
Complementary & Alternative Practitioners

## Why Hypnotherapy?

### Why Hypnotherapy?

- Reduces ongoing stress
- Increase calmness
- Improve focus
- Let go of disease
- Relief from pain and trauma
- Renewed confidence
- Resolve relationship issues
- Cancel phobias
- Goal setting

and much more.....

### Why Time-Line Therapy?

- Relieve pain, anxiety
- Relieve trauma from past memories
- Resolve anger, loss, guilt, fear

### Testimonial

“I had to act quickly in order to avoid going through the same emotion of fear, breakdown in confidence, and isolation from the world. My relationship with my husband has improved. Difficult to believe that only two sessions helped to resolve some issues deeply engrained in my mind (and nurtured!) for so long. Source: Juliette Simmonds

## Your Treatment

### Treatment

Hypnotherapy is client friendly so can be done on patients who are in pain, as it is calming and relaxing.

### *What to expect in your Treatment*

- Introduction & History taking
- Creation of your scripts and affirmations
- Hypnosis induction
- Read back of your scripts, affirmations, and goal setting scripts if required.

I sit opposite you so I can see physiology changes which are helpful in knowing progress, and so you can hear me.



Hypnotherapy is completely harmless, calming and relaxing, and is used in helping you attain an improved state of health, happiness and wellness and helps you let go of disease.

## History

### History

The name of Hypnotherapy derives from Hypnos, the Greek God of Sleep.

1734-1815 Dr Anton Mesmer  
Mesmer found Hypnotherapy when he ran out of bandages to dress a patient's wound and, having seen magicians waving wands he grabbed hold of a stick in his surgery and waved it slowly over his patient's knee, seeing this stopping the bleeding he realised how effective it was and continued to use the technique.

The term “Hypnotism” itself was coined only in 1843 by Scottish surgeon James Braid (1795-1860). Braid coined the term expressly to discourage any association of his Hypnotic techniques with Mesmer's fanciful Metaphysics.

### Time-Line Therapy

Tad James created Time-Line Therapy and it is used to journey through your memories relieving anxiety, pain and trauma, and installing new memories.