



**Look Good. Feel Great!**

Hypnotherapy – mind over matter

## Living with cancer

***DR CASEY CHUA of Hypnae Center explains how hypnotherapy can work hand-in-hand with traditional treatments to offer cancer patients complete care.***

**A**sk any patient with a debilitating illness how they feel and it's likely they'll admit to being quite frightened. Some suffering from a fatal illness find it impossible to let go of their fear. But times and treatment methods are constantly improving. And the American Cancer Society now claims most patients diagnosed with cancer survive. In spite of this, most people dread such a diagnosis. Whether it's a small patch of cancerous cells or a large carcinogenic growth, the fear is the same. And cancer doesn't discriminate – it affects us all in some way.

Traditional forms of treatment such as chemotherapy, surgery and radiation have certainly become more effective and less traumatic and painful. But these methods can also disable a patient, making them feel very miserable. Fortunately, hypnotism can offer relief. In the hands of a properly trained hypnotherapist – working with the approval of your physician – treatment and comfort levels can be dramatically improved.

Most chemotherapy side-effects such as nausea, fatigue and discomfort can be soothed away by hypnotic suggestions. By the same token, pain can be reduced and the effectiveness of medication increased. Appetite can also be improved. And as a healthy appetite ensures the body is able to distribute appropriate nutrients, a patient's mood is also lifted. Apart from an improved quality of life, evidence also suggests receiving hypnotherapy from a fully-qualified practitioner can help medically. A longitudinal study over 10 years focused on cancer patients receiving hypnotic interventions with a noted improved rate of survival. While some argue the research on hypnotherapy and cancer is controversial, it's not difficult to fathom why people who feel good within themselves eat better, sleep better, are more optimistic and also live longer.

If you seek assistance from a hypnotherapist make sure you only visit a trained professional, certified by the National Guild of Hypnotists – the world's largest hypnotist organisation. Members are held to very high ethical and professional standards and are experienced in working with doctors to offer patients the best courses of treatment. And don't forget, by visiting a hypnotherapist with your doctor's referral, you'll have two experts monitoring your progress – both working in tandem to offer you *complete care*. ■

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