

## PARTIAL LIST OF INFORMATION AND SITES ON THE EFFICACY OF HYPNOSIS

There are reams of research articles available, written about hypnosis and its effectiveness in the treatment of weight control, stress/anxiety, nicotine dependence, pain control, etc. Articles can be found from Universities such as Stanford, Texas A&M, Harvard, Oxford and Duke. Other articles can be found in the Journal of Clinical Psychology, The Journal of Consulting and Clinical Psychology, JAMA, John Hopkins, Lancet and The Mayo Clinic, among others. I realize that your schedule is full and no one has the time to read article upon article; thus I am providing some sites that you can briefly look at if and when time arises. **Hold Ctrl and then click mouse to follow the links.**

### ***Hypnosis in General***

<http://www.mayoclinicproceedings.com/april2005> scroll down to hypnosis article Hypnosis in contemporary medicine PDF-An excellent article.

[www.worldwidehealth.com/health.com/health-article-hypnosis](http://www.worldwidehealth.com/health.com/health-article-hypnosis).

The John Hopkins News-Letter-Hypnosis Practices gain Credibility

<http://jama.ama-assn.org> Over 89 documents referring to hypnosis.

<http://www.bmj.com> Several articles available with hypnosis in the title.

[www.NGH.net](http://www.NGH.net)

### ***Hypnosis and Pain Management***

<http://www.sciam.com/2001/0701issue/0701nash.html> The Truth and the Hype of Hypnosis- by M. Nash

Though often denigrated as fakery or wishful thinking, hypnosis has shown to be a real phenomenon with a variety of therapeutic uses—especially in controlling pain.

[http://www.cancer.org/treatment/ Treatment](http://www.cancer.org/treatment/Treatment) and side effects

<http://www.Hypnos.co.uk/hypnomag/whorwell>.

<http://www.sciencedaily.com/> Hypnosis and pain

<http://www.ajp.psychiatryonline.org/> Am J Psychiatry 2000 157:1279-1284. Refers to Pain Management, IBS and reducing stress to boost the immune system.

### ***Hypnosis and Smoking***

<http://www.health.usnews.com/smoking>

Hypnosis and smoking Texas A & M University- System Health Science Center College of Medicine, USA

### ***Hypnosis for Weight***

<http://abcnews.go.com/GMAPersonalBest>