

# 5 reasons that you may need hypnotherapy - from Cheshire hypnotherapist Alison Ralph. (H1)

Written by [Alison Ralph](#)

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Are there any reasons that you may need hypnotherapy?

People are not often aware of how hypnotherapy can help them and therefore may not seek out the treatment. It is however becoming more widely accepted and used and is making headlines because celebrities have used it to better their lives. This blog will help you to recognise 5 reasons that you may need hypnotherapy.

In this blog I will talk about:

- What hypnotherapy is
- The 5 reasons you may need hypnotherapy
- How you can contact myself or other hypnotherapists for treatments

## What is hypnotherapy? (H2)

Hypnotherapy is a deep relaxation but when in the state of deep relaxation the brain waves are functioning at a different level for subconscious activity. Now the subconscious is the part of the brain where all our experiences are stored and all our patterns of behaviour. It is also the part of us that keeps us functioning. So what happens is the subconscious mind prompts us to have certain reactions in certain situations or to behave in a certain way towards things, such as food or smoking. Because you are at a level where the brain is having subconscious activity, during a hypnotherapy session the hypnotherapist can change any patterns of behaviors by suggesting new behaviours. During sessions a hypnotherapist will also give you strategies to overcome issues in life and will take the time to listen to you in a non-judgmental and understanding environment. You can find out more by reading my blog here [How investing in hypnotherapy sessions can improve your overall health and well being. – Alison Ralph \(alisonralph-therapy.co.uk\)](#)

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1. You are struggling with [anxiety](#) and do not know which way to turn.  
If you are feeling the physical effects of anxiety or constant worry and battles in the mind this is all happening at a subconscious level. Hypnotherapy works with the subconscious mind so it can be used to change your patterns of behaviour, empowering you to say goodbye to those horrible thoughts and feelings!

2. You have tried everything possible to [stop smoking](#) but cannot seem to kick the habit.

Again, habits are deep rooted in the subconscious mind and when hypnosis is used to help you stop smoking the behaviours change at that deeper level making it much easier for you to become that healthier version of yourself!

3. You are feeling [stressed](#) in your daily life and never take time out for you.  
Hypnotherapy works with relaxation. The hypnotic trance is very close to a sleep state and so can make a person feel completely relaxed and once you have finished your sessions this feeling can last for days after. When I see clients I always teach them self hypnosis so they can use it at home and experience the feelings of relaxation for longer. These sessions can also help to change the mindset towards daily stress, making it easier for you to be calmer.

4. You have tried many diets in your life time but cannot seem to stick to them but you want to change your eating and health for life.  
[Weight management hypnotherapy](#) can help you with many areas. It can help to change your mindset towards food, choose healthier foods, give you motivation for eating healthier and exercising if you wish. It can also change your patterns of behaviour so if you are an emotional eater you turn to something else, not food!

5. You are a woman and you are struggling through the menopause. Whether you are peri menopausal or post menopausal and struggling through the transition [hypnotherapy](#) could help you.  
Hypnotherapy can help with all areas of the menopause; anxiety, insomnia, hot flushes, acceptance and more. It works with relaxation, mind set changes and using the subconscious to change bodily functions. It really can have a positive effect on you.

## Cheshire Hypnotherapist Alison Ralph (H1)



You may be wondering who I am and why I am writing this blog.

My name is [Alison Ralph](#). I am a hypnotherapist based in Macclesfield, Cheshire. I have been practising hypnotherapy for two and a half years in my Cheshire therapy room and have helped people to overcome many different issues in their lives, in both private sessions and group workshops. I support people in all the issues mentioned above as well as [phobias](#), [confidence](#), [insomnia](#) and more.

When looking for a hypnotherapist it is important that you find out what their qualifications are and investigate if they are a member of an organisation such as, [The Hypnotherapy Society](#). When they are a member of this society they must follow the codes of ethics and conduct in order to practise safely and give you the best possible experience.

I will be holding some group sessions throughout 2022 at Space 4 Autism (January, April and June) to help people overcome stress and anxiety. If you would like to know more about these sessions then please contact Claire.

No matter what improvements you want to make or issues you want to overcome, hypnotherapy could be the treatment for you and has helped many people before you. It is a safe, holistic treatment and enters the brain at a deeper level to ensure positive change. It is a relaxing process and can help you each and everyday throughout your life. More and more people are recognising the benefits of hypnotherapy and are using it with a positive outcome.

If you would like to know more please get in touch:



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