

# Tranceformation Works!

A division of Behavioral Medicine, Ltd., Tucson, AZ

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## ALS Healing

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This audio program is an application of medical hypnosis for individuals that are dealing with ALS, or Amyotrophic Lateral Sclerosis (often called Lou Gehrig's disease). My friend and colleague, Dr. Andrew Weil, states that, "In general, I believe that no condition is out of bounds for trying hypnotherapy on." This CD guides you into a relaxed state of trance and offers hypnotic suggestions for healing and comfort. Although, a "cure" for this degenerative neuromuscular disease has not been discovered yet, that should not stop us from using any and all resources available to us for healing. Hypnosis is the royal road to the subconscious mind, which I consider to be the "mind of the body." This audio is only available in CD format.

Item Code  
**ALS**

**\$19.95**

## Anxiety and Panic

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This audio is the hypnotic antidote to anxiety. "Anxiety and Panic" is created for people who suffer from panic disorder and anxiety attacks. It is also useful to reduce and un-learn any form of anxiety. Mind/body training is used to experience relaxation and comfort when troubled by anxiety. It works on the principle that it is physically impossible to be relaxed and anxious at the same time. This audio recording provides trancework using hypnotic suggestions and training to restore and enhance your mind/body skills of mental and physical relaxation. Anxiety states are learned experiences. And anything that can be learned can be un-learned through re-learning. Available in CD or cassette format.

Item Code  
**24**

**\$19.95**

## Appetite Enhancement

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This audio program uses hypnotic suggestions to stimulate/increase appetite that may have been suppressed due to illness. It is also a great antidote to nausea when taking chemotherapy. This audio program is for individuals who want the antidote to nausea, as appetite is the opposite of feeling nausea, and also want to put weight on when illness has taken needed weight and nourishment away. When appetite enhancement is needed due to chemotherapy, we recommend the newer "Cancer Chemotherapy Support" CD version instead of this cassette.

Item Code  
**1**

**\$19.95**  
cassette  
only

## Asthma and Breathing

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Breath is life... and anything that constricts, restricts, or impinges upon breathing causes anxiety. This audio includes imagery and suggestions to relax the person, to relax the smooth-muscle lined airways, and to open the airways. This audio program re-educates the mind/body responses to maintain open and clear airways, reduce anxiety and relax into normal breathing patterns. Another title for this audio could have been 'Relax and Breath.' Available in CD or cassette format.

Item Code  
**3**

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## Back Pain Comfort & Healing

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"Back Pain Comfort & Healing" is intended for the individual with back pain, recovery from back injury or surgery, and tension that accumulates in the back as a result of stress. The hypnotic inductions gently guide you into the center of your self, progressively relaxing muscles and nerves, and promoting a deep sense of inner calm. With repeated use, you learn how to do your self-hypnosis, and your body accumulates its own form of memory for the relaxation experience. Hypnotic suggestions are also included to promote a deeper healing sleep and to enhance the positive effects of exercise, nutrition, and any medications you are using. This recording is specific to the back pain sufferer and those who want to minimize the stress that may be causing tension in back muscles and nerves. It is also specific to images and ideas of healing in the lumbar or lower back. Available in CD or cassette format.

Item Code  
4

**\$19.95**

## Boot Camp Success

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This audio program is for the individual who wants to mentally prepare for their success in boot camp. The armed services boot camp experience can be as mentally challenging as it is physically challenging. This CD/tape is for the young person who wants to mentally rehearse with a positive "Can Do" attitude, while also learning the skills of mind-body relaxation. This audio also includes hypnotic suggestions to fortify confidence, endurance, and the ability to remain mentally in charge of themselves under all circumstances. Available in CD or cassette format.

Item Code  
28

**\$19.95**

## Cancer Chemotherapy Support

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This audio program is for individuals who want "support" as they use chemotherapy (and other therapies) to treat cancer. Hypnotic suggestions are directed to strengthen the immune system, to alleviate anxiety and discomfort, and to develop a stronger ego in maintaining a positive outlook, attitude and expectation toward healing and recovery. Having a diagnosis of cancer can be very frightening. But "cancer" is only a word... not a sentence. Positive ideas, affirmations, images, and outlook are supported by hypnotic suggestions offered to the conscious & unconscious mind, and spirit. This audio program promotes a positive outlook while effectively using chemotherapy and/or radiation when treating the condition of cancer. Hypnotic suggestions focus on healing, comfort, protecting healthy cells/tissues while targeting the cancer cells for the chemotherapy or radiotherapy, boosting the immune system, and enhancing confidence and the power of belief. Available in CD or cassette format.

Item Code  
48

**\$19.95**

## Dating and Social Comfort

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Dating and Social Comfort soothingly guides you into hypnosis to offer subconscious messages for confidence, comfort and relaxation to replace any anxiety about dating and social interactions. It teaches your mind-body a cue that you can use to signal a relaxation response in any social interaction or social environment. Designed to help you feel relaxed, confident and comfortable in social interactions; this includes dating and asking for dates, as well as all social interactions and social situations. After gently guiding you into a relaxed state of trance, hypnotic suggestions are offered to your unconscious mind to relieve anxiety and nervous tension and to replace those feelings with comfort and confidence in order to enjoy, as the title says, "Dating and Social Comfort." Social interactions are so much more enjoyable when we feel confident and at ease within ourselves. Post-hypnotic suggestions for comfort and confidence are also embedded with this recording so that your unconscious mind helps you with when you are actually in social settings. Updated and revised July, 2004, this audio is now only available in CD format.

Item Code  
16

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## Depression: Mood Booster

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This CD was created to help the 10 million Americans that suffer from depression each year. Mood Boosting suggestions soothingly spoken to your subconscious, and information about depression, and methods to combat it, are offered to your conscious mind in an enlightening dialog on Track Two. You listen and give your approval to the ideas you find acceptable. And then Track Three is the trancework that offers these ideas to your subconscious mind to work out for you. Thoughts are things. You cannot see them, but you know they are real because you have them. Thoughts and emotions create brain chemistries called peptides. Our bodies become addicted to these molecules of emotion that it receives on a regular basis... like the depressing chemicals and imbalances caused by depression. We are creatures of habit in this way. But, by changing our thoughts, we change our brain chemistry in ways that create a new creature, that can pour out the euphoric chemistries, change habits, develop self-loving ideas and lifestyles, and re-discover our Real self. Medical hypnosis is an effective way to access the mind-body connection and communicate these ideas to the subconscious mind, so it can manifest them in our life. Updated and revised in July 2004, this audio is now only available in CD format.

Item Code  
DepMB

**\$19.95**

## Dialysis Comfort

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"Dialysis Comfort" provides a hypnotic experience for use during the dialysis treatment for comfort, relief of anxiety and positive ideas/images of healing. Major organ dysfunction is a serious medical condition that is also mentally and emotionally challenging. When individuals are undergoing dialysis, whether it is only temporary or permanent, it is a challenge to keep one's spirits up and focused on healing. Images and ideas of healing are embedded within a progressive relaxation into trance. It may also be used to reinforce ideas of healing at other times.

Item Code  
5

**\$19.95**  
cassette  
only

## Erectile Function

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Erectile Function provides mind/body communication with images and hypnotic suggestions to stimulate and retrain the physiological responses for penile erection. The physiology and psychology of erection are woven within the hypnotic suggestions and offered to the subconscious mind (the mind of the body) while in a trance state. Hypnotic suggestions for removing psychological barriers for erection, regaining confidence, and "getting out of one's way" for experiencing the exquisitely subconscious phenomena that produces erection are coupled with images and instructions for the actual physiological mechanisms of erection. This audio was prepared for the most challenging cases of erectile dysfunction; namely, individuals that have had radical prostatectomy surgery. Thus, it has ample "power" to work very well for non-surgical cases of impotence. I had the benefit of a professor of anatomy and physiology from our medical school to assist me in creating the hypnotic suggestions for the mechanisms of action for the mind/body responses. Available in CD or cassette format.

Item Code  
6

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## Fertility Booster

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"Fertility Booster" was developed to help women who are experiencing difficulties or complications in their efforts to conceive a baby. Oftentimes they have had prior pregnancies, in-vitro fertilization, fertility treatments, lengthy delays between pregnancies, and still have had problems conceiving or losing their baby. The emotional strain is horrendous and it can be both discouraging and frightening to make further efforts in trying to conceive and carry. This audio program addresses those issues and uses hypnosis to offer and implant therapeutic suggestions to neutralize the negative effects of their past experience, to stimulate and promote fertility, to affirm positive ideas and emotions that will lessen stress, and boost fertility. Research shows that stress can interfere and undermine the body's reproductive function, and that relieving stress greatly enhances fertility. With this hypnosis audio program you will learn to experience a wonderfully comfortable relaxation response, which will help you to productively use the hypnotic suggestions that are offered, and to use your relaxation abilities to enjoy your entire pregnancy and delivery. Available in CD or cassette format.

Item Code  
**54**

**\$19.95**

## Fibroid Healing

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It is estimated that 20 to 50 percent of all women may have fibroids, which are benign tumors of the uterus. They may grow on or within the uterine wall or in the uterine cavity. Christiane Northrup, MD (Women's Bodies, Women's Wisdom) and Caroline Myss, PhD, feel that fibroid tumors represent a woman's unborn or suppressed "creativity" that accumulates through life and relationships. Although most women do not have symptoms from their fibroids, those that do may be very uncomfortable and distressing. Symptoms usually include extremely heavy periods resulting in anemia and fatigue. The good news is that fibroids are almost never cancerous. Less than one in a thousand may produce a very rare type of cancer. The major problem is the bleeding and their tendency to grow (but not always). Often a hysterectomy is recommended to remove the uterus and fibroids, but studies have shown little justification for surgery in the majority of cases. This audio program uses medical hypnosis to access the mind-body connection to offer hypnotic suggestions, powerful healing images, and discovering insights for healing the fibroids without any invasive measures. It is no secret that the power of the mind and subconscious can influence our physical bodies in ways that can hurt or heal. This audio instructs and gently guides the listener through the trancework that is rich with ideas, suggestions, and imagery for healing. This also includes imagery of a wisdom figure performing a healing ritual. Updated and revised in July 2004, this audio is only available in CD format.

Item Code  
**Fibroid**

**\$19.95**

## Fibromyalgia

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The "Fibromyalgia" audio program offers hypnotic suggestions for relieving symptoms, providing pain relief, dealing with 'fibro fog', enhancing refreshment and energy, and strengthening emotional and physical endurance. Fibromyalgia is challenging, and as a medical condition, can be controversial. The conflicting opinions among doctors and clinicians can often make the patient very confused and conflicted as to "what to believe." This audio is not the "cure" to this very complex and challenging condition. But it is designed to help the individual put the Mind/Body connection to work in relieving symptoms, gaining more energy, and stimulating a positive outlook, greater energy and endurance. Hypnotherapy or the hypnotic process for fibromyalgia is not a substitute for other forms of treatment; but it can be a valuable adjunct or additive to everything that is necessary to treat this condition. It is suggested that this tape be "dosed" or used twice daily.

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**7**

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## Hair Pulling Cessation

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Trichotillomania is the condition of pulling one's hair out. This condition is experienced by an estimated 8 million people. It can often begin in childhood as a nervous habit, and can become quite troublesome in many cases. This audio program is designed primarily for the younger person from age 6 to young adult. The hypnotic induction technique involves imagination, imagery and visualization as well as conventional hypnotic suggestions to remove this nervous habit. As with any type of habit control or impulse disorder, it is very important that the individual is motivated to help themselves. Along with motivation, this audio program helps in gaining greater resources of relaxation and in un-learning the unconscious pattern that is often established as the hair pulling habit is experienced.

Item Code  
47

**\$19.95**  
cassette  
only

## Headache Relief

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Headache Relief can be useful for many different types of headache. Headache is probably one of the most complex and disabling pain conditions to understand and treat. "Headache Relief" addresses the various types of headache with images and hypnotic suggestions to relax and relieve the many mechanisms that may both trigger and maintain a headache. After entering a comfortable trance state, hypnotic suggestions are given to relieve symptoms of pain, relax and retrain muscles, release endorphins, improve sleep, quiet nerves, adjust blood vessels, and ease tension. Migraine, cluster, muscle contraction, and tension headaches are targeted by this tape. Regular practice with this mode of "mind/body medicine" can develop skills for combating headaches as well as retraining one's body for healthier patterns of function that lessen the frequency of headache. Available in CD or cassette format.

Item Code  
8

**\$19.95**

## Head Injury Recovery

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"Head Injury Recovery" provides hypnotic images/suggestions to enhance and speed recovery of a head injury. A simple guided progressive relaxation induction method is used to induce trance. Hypnotic suggestions are offered to instill ideas, images, and visualization of healing to improve concentration, emotional endurance and strengthen frustration tolerance. Recovery from an open or closed head injury may be experienced in phases that include a variety of emotions, such as fear, anger, and sadness. This audio program emphasizes relaxation to calm emotions, minimize frustration, and to maintain optimism throughout recovery.

Item Code  
9

**\$19.95**  
cassette  
only

## Healing Angels

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Healing Angels uses the images and ideas of Angels (your Guardian Angels) healing your body. Relaxation, pain relief, greater comfort, and greater confidence in your body responding to the images and ideas of your greater good expressed as healing, angels, and your protection. Hypnotic induction with reinforcement of relaxation gently guides you into a trance state. In trance, hypnotic images of "Healing Angels" are given to your imagination and unconscious mind with intentions for healing. Available in CD or cassette format.

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49

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## Healing Mind: Healing Body (Hypnotic Tonic)

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Our best selling CD. Healing Mind: Healing Body is a very special audio. It performs a deeper healing of wounds that may have occurred out of stresses experienced minutes ago to years ago. Our life experiences are a collection of emotional reactions (good and not-so-good) that influence patterns of behavior and body conditioning. That is, every experience we collect on this road of life has an emotional and physical impact upon our mind and body. Our bodies accumulate a form of learning (called "conditioning") that subconsciously replays a pattern of stress-induced responses over and over, without our conscious awareness of where and why our body learned to do this. For example, we might develop headaches, upper or lower GI symptoms, asthma, skin reactions, anxiety, etc because of situations and circumstances that were or are beyond our control. As we handle those stressful or emotional events, we do our best to put those stresses "out of mind" but that doesn't necessarily put them "out of body." In fact, our body will remember its response to those stresses (and other stresses) until we un-learn the response by re-learning something healthier and more comfortable. That is where this audio program goes into action. "Healing Mind: Healing Body" guides you into a lovely trance and refreshing relaxation response wherein the re-learning of the healthy responses occur. The negative patterns are thus erased, replaced by the positive experience of comfort and new learning for healthy and comfortable performance. This is a great audio for not only reducing and replacing stress responses but also for a wonderful insulation or inoculation to protect against the effects of stress. I am proud of this audio. Note: it runs longer than most of my other programs at about 45 minutes. Highly Recommend. Available in CD Only.

Item Code  
55

**\$19.95**

## Heart Surgery and Recovery

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"Heart Surgery and Recovery" was created for the individual who is undergoing surgical repair to the heart. Research has consistently shown that mental preparation for surgery is beneficial in reducing pain, using less anesthesia, recovering faster, lessening complications after surgery, and experiencing less pain after surgery. This recording teaches you how to go into a relaxed state of trance and use the hypnotic suggestions for a successful healing experience prior, during, and after heart surgery. Hypnotic suggestions also provide imagery for healing, reinforcement of comfort to reduce anxiety, and positive ideas and images for a rapid and comfortable recovery.

Item Code  
12

**\$19.95**  
cassette  
only

## Heart Transplant and Recovery

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"Heart Transplant and Recovery" was created for the individual who will undergo transplantation surgery. A special emphasis of this hypnotic experience is focused on suppressing the rejection process. Research has consistently shown that mental preparation for surgery is beneficial in reducing pain, using less anesthesia, recovering faster, lessening complications after surgery, and experiencing less pain after surgery. This recording teaches you how to go into a relaxed state of trance and use the hypnotic suggestions for a successful healing experience prior, during, and after heart surgery. Hypnotic suggestions also provide imagery for healing, reinforcement of comfort to reduce anxiety, and positive ideas and images for a rapid and comfortable recovery.

Item Code  
13

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## Hepatitis: Liver Healing

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This audio gives your subconscious mind hypnotic suggestions, with healing images and ideas. Images and ideas in this hypnotic trancework are intended to promote renewal and regeneration of healthy liver cells and liver function, to erase any virus or viral load, and to replace anxiety with relaxation. As with all of the titles within Dr. Steven Gurgevich's "Healing with Hypnosis" series, this one also provides the instruction to learn self-hypnosis and use it creatively for your purposes. During the hypnotic trancework session (approximately 43 minutes) you are guided into a comfortably relaxed state of trance with hypnotic suggestions to reinforce your ability to achieve hypnotic trance for yourself through practice. This audio program is designed for individuals who want to use their mind-body connection to potentiate greater liver support and liver function. This audio program is especially useful for individuals diagnosed with hepatitis. Available in CD only.

Item Code  
14

**\$19.95**

## Hypertension

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This audio program is designed for daily use in conditioning your body for relaxation and lowering blood pressure. It involves using your mind to influence your body in reinforcing a "relaxation response" that your body "learns" and is conditioned to produce by suggestions offered with words, ideas, images, and thoughts. The practice or rehearsal of trancework with this tape requires regular use for several weeks to establish an effective conditioning response of relaxing the blood vessels, muscles and nerves involved. Available in CD or cassette format.

Item Code  
50

**\$19.95**

## Hypnosis: Using the Mind-Body Connection

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This **4-CD** AUDIO album provides four hours of instruction in self-hypnosis. It is an instructional seminar on hypnosis and autosuggestion that was created for you by Dr. Steven Gurgevich. It is not a recording of a previously live seminar... this one was made specifically for you. A full length practice trancework session is included. On this album, Dr. Gurgevich teaches you on a wide range of topics about hypnosis, including: hypnotic induction methods, myths and misconceptions, characteristics and levels of trance, the language of the subconscious mind, formulating autosuggestions, testing hypnotizability, use of tape recordings, clinical versus stage hypnosis, cautions of hypnosis, techniques of self-hypnosis, instruction in self-hypnosis and using hypnosis and autosuggestion for physical and mental health, mental conditioning, mental rehearsal, positive self-imaging, habit control, stress management, relaxation, and much more. This album will teach you "how" to do self-hypnosis. It is a "**must have**" for anyone serious about learning Self-Hypnosis for themselves.

Item Code  
HypMB

**\$59.95**  
4-CD set

## Immune Booster

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This audio program gently guides you into a relaxed state of trance enabling mind and body to accept hypnotic suggestions to boost and strengthen the immune system to combat immune depleting conditions. Hypnotic suggestions are provided with words and images that communicate strength and power to your immune system. These hypnotic suggestions are intended to empower your body's system of protection and defense from uninvited guests. This audio program also includes hypnotic suggestions for a balanced immune system that can recognize which cells belong and which do not belong within you. Daily practice is recommended. Updated and revised in July 2004, this audio program is now only available in CD format.

Item Code  
17

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## Irritable Bowel Syndrome

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"Irritable Bowel Syndrome" (IBS) is a very common condition. Our "gut" can be very reactive to stress and say a great deal to us. Fortunately, IBS responds very well to hypnosis. The Lancet medical journal published a study (July, 1992) where researchers found that hypnosis "strikingly" reduced colonic motility and decreased diarrhea and cramping. This audio program provides hypnotic induction into a trance state to facilitate mind-body communication for relaxing the motility of the intestines, retraining the intestines to function more comfortably, relieving pain, and enhancing the ability to digest a wider variety of foods. This hypnotic approach is also intended to assist in relieving IBS "naturally" so that any medications and dietary restrictions may be lessened or removed once benefits of mind-body healing are achieved. This is also the audio program we recommend for individuals with Crohn's disease. Available in CD or cassette format.

Item Code  
**15**

**\$19.95**

## Knee Comfort & Healing: Injury/Surgery

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"Knee Comfort & Healing: Injury/Surgery" was made for the individual suffering from knee pain due to injury and/or surgery. Knee injuries and knee surgery can be very painful and may involve a long recovery and rehabilitation period. This recording uses hypnosis and hypnotic suggestions to think, imagine, and visualize healing and comfort. This audio program provides hypnotic suggestions for pain relief, mind-body imagery for healing, sleep improvement, and reinforcement of self-hypnosis.

Item Code  
**10**

**\$19.95**

cassette  
only

## Knee Comfort & Healing: Replacement

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"Knee Comfort & Healing: Replacement" was made for individuals who have undergone a total knee replacement surgery. The hypnotic suggestions on this tape/CD provide guidance into a relaxed trance. Suggestions are offered to the unconscious mind for a variety of healing experiences, which include relieving pain, releasing endorphins, and, most importantly, instructing the body to "accept" this new member to the family. There is an emphasis on instructing the immune system to accept the artificial parts as a member of one's own body. The purpose of this is to minimize the rejection and infection process caused when one's own body identifies the artificial parts as an intruder or foreign. By suppressing the rejection and accepting the artificial parts as a new member of the family, the immune system does not need to attack with the mechanism of inflammation and infection. The hypnotic suggestions guide the subconscious mind (the mind of the body) to accept this artificial knee as a new member to be welcomed, loved and appreciated. Other suggestions include imagery for healing, comfort, and pain relief and the ability to improve one's own self-hypnosis. This audio program is for the individual who is experiencing too much inflammation and/or infection after total knee replacement surgery.

Item Code  
**52**

**\$19.95**

cassette  
only

## Lupus and Immune Balance

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This audio recording is for individuals who suffer from Lupus and similar autoimmune diseases. The emphasis is to achieve ability to use self-hypnosis, deepen trance, and provide healing suggestions and images for the unconscious mind to use in its "inner work" of restoring balance to the immune system and to lessen the symptoms associated with this autoimmune disorder. Pain relief, comfort, and the restoration of immune system balance are the main focus points.

Item Code  
**45**

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## Menopause and Fibroid Healing

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Menopause is a natural and normal phenomenon for the woman's body. Fibroids occur in 30% of women age 35 to 50. When menopause occurs, the woman's body goes through a major transition from its procreative function to the next phase of womanhood. This audio program of hypnosis provides hypnotic suggestions to ease the transition, to shrink fibroids and make them dormant, and to give a positive meaning to the changes taking place. Hypnotic suggestions include imagery of healing energy that is transforming the uterus from a life-creating organ to a youthful life-sustaining organ in the woman's body. This audio program focuses on the menopausal symptoms complicated by fibroids, such as heavy menstrual flow. It does not specifically deal with the other signs of menopause, such as vaginal dryness, hot flashes, and hot flashes. Available in CD or cassette format.

Item Code  
**53**

**\$19.95**

## Multiple Sclerosis

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This audio program helps individuals diagnosed with multiple sclerosis. It is an aid to learning self-hypnosis and in developing healing images and healing ideas. Mind-body methods also include relaxation, restoration of healthy nerves, and balance within the immune system. In addition to the symptomatic suggestions for healing, psychodynamic suggestions are offered for exploring the purpose or reason that may have caused the development of multiple sclerosis. Hypnotic suggestions are also provided to create more energy, endurance, and self-confidence in dealing with this condition. Available in CD or cassette format.

Item Code  
**51**

**\$19.95**

## Musical Performance Success

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This hypnotic training is designed to relieve performance anxiety, and to enhance positive mental rehearsal for comfort during performance. This audio program is for musicians and singers who want to train their bodies and nervous systems to remain comfortably relaxed and at ease during musical performance. It is a great confidence builder. This audio was, in part, a result of my collaboration and friendship with the legendary guitarist, Howard Roberts. Available in CD or cassette format.

Item Code  
**21**

**\$19.95**

## Nail Biting Cessation

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Anyone who has had a problem habit of biting fingernails knows how resistant this behavior can be to change. Nail biting can be embarrassing, painful, and even dangerous if tissues are bitten raw and exposed to germs and unclean environments. "Nail Biting Cessation" guides you into a relaxed and day-dreamy state of trance. Both direct and indirect hypnotic suggestions are offered to alter the behavior at many levels of conscious and unconsciousness. In addition, the hypnotic suggestions are post-hypnotically linked to behavioral cessation strategies that satisfy the 'nerve stimulation' created by biting the nails.

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## Neck Healing and Comfort

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"Neck Healing & Comfort" was created for the individual recovering from a neck injury or neck surgery. Whiplash and other neck injuries can be very painful and resistant to healing. Neck and shoulder muscles are always 'at work' balancing and carrying the weight of the head. They can lose their memory for relaxation, while at the same time becoming de-conditioned and weak. This recording uses hypnotic induction to gently guide you into the center of your self to offer your unconscious mind instructions for healing, comfort, refreshment and renewal. The relaxation response you achieve in trance can interrupt or break a pain cycle, while your unconscious mind is receiving messages (hypnotic suggestions) for healing, improving sleep, relieving headache patterns, and for other aspects of healing. Available in CD or cassette format.

Item Code  
**23**

**\$19.95**

## Pain Relief

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Soothing hypnotic trancework teaches mind-body methods to relieve the experience of pain. Several types of hypnotic pain relieving methods are interwoven into a mind-body learning experience, which reinforce your ability to detach or modify the perception of pain. Whether it is acute pain or chronic pain, learning and using your mind to access the mind-body for achieving greater comfort is possible. Updated and revised in July 2004, this audio is now only available in CD format.

Item Code  
**Pain**

**\$19.95**

## Phobias: Hypnotic Tonic to Remove Phobias

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Dr. Gurgevich's Amazing Hypnotic Tonic to Remove Phobias uses clinical hypnosis and behavioral methods of systematic desensitization to unlearn phobic anxiety. Hypnotic trancework teaches you how to achieve a relaxing state of trance. The relaxation is reinforced with deepening methods and post-hypnotic suggestions to enhance your ability to remember the inner calm and peace you achieve in the trance state. When you are ready, the relaxation is produced and maintained as you gradually and progressively confront a hierarchy of the anxiety-provoking stimuli. Now you proceed at a comfortable pace, progressively 'unlearning' the anxiety associated to those stimuli, as body and mind learn to experience the relaxation instead. In essence, you are learning to relax effectively and powerfully with hypnotic trancework. You then bring that relaxation powerfully into mind and body as you very gradually confront aspects of the phobia, going forward only as you remain comfortable and confident. In this way you are 'unlearning anxiety' and 're-learning relaxation' and confidence in association to the stimuli that had previously evoked anxiety/phobia. During the hypnotic trancework, your subconscious mind receives hypnotic suggestions to erase past patterns and associations to anxiety, and to reinforce confidence, comfort, security, and your ability to use hypnosis to overcome fears, phobic anxiety, and insecurities. Anxiety is learned. And anything that can be learned can be re-learned. Dr. Gurgevich's Amazing Hypnotic Tonic was formulated to empower and liberate you from phobias and phobic anxiety. Available only in CD format.

Item Code  
**HT-RP**

**\$19.95**

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## Pregnancy and Childbirth

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"Pregnancy and Childbirth" is for the expectant mother who wants to enjoy a comfortable pregnancy and birthing with mind/body/baby communications. This is the process Dr. Andrew Weil writes about in Spontaneous Healing (page 97) and "Birth Made Easy", New Age Journal, June 1995. When I worked with his wife, Sabina, she used hypnotherapy to overcome a past problem associated with labor/delivery to enjoy the birth of their daughter, Diana. After being gently guided into a comfortable trance, hypnotic suggestions are provided to facilitate your ability to enter trance as needed for your comfort, and baby's well-being. Hypnotic suggestions include communication with baby for emotional nourishment and bonding, comfort and health, rehearsal for comfortable delivery, and post-partum comfort and happiness. This audio program helps you develop confidence in your own mind-body-baby communications during your pregnancy and delivery. Available in CD or cassette format.

Item Code  
19

**\$19.95**

## Private Healing Island

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A mental and physical vacation. A hypnotic journey rich in the healing imagery of your own private healing island. "Private Healing Island" uses hypnotic induction methods and progressive relaxation to guide you into a trance to imaginatively experience your very own private island. In this guided imagery trance you explore and discover the healing properties of your island. Hypnotic suggestions and imagery provides messages and instructions to your subconscious mind for healing. It is not limited to any specific medical or psychological condition. It can be applied to any condition or problem in which you would like to experience healing. This recording is also beneficial for reinforcing a physiological and mental relaxation response as you are increasing your skills with self-hypnosis. Updated and revised in July 2004, this audio is now only available in CD format only.

Item Code  
42

**\$19.95**

## Reflex Sympathetic Dystrophy (RSD)

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Reflex Sympathetic Dystrophy (Causalgia or Complex Regional Pain Disorder) is an extremely painful condition where nerves remain in a state of hyper-stimulation despite therapeutic efforts to calm and relax them. This hypnotic recording does not cure this condition, but it can help in many useful ways. Drawing upon published clinical and research findings of clinical hypnosis applications for RSD, this audiotape/CD can improve the patient's abilities to cope with and manage pain. It also offers hypnotic suggestions and imagery for producing hypnoanesthesia and hypnoanalgesia in efforts to restore or reset the nociceptive receptors and reflexes of the hyper-stimulated nerves. Pain relief, pain management, healing, relaxation and comfort are the hypnotic thrust of this recording.

Item Code  
27

**\$19.95**  
cassette  
only

## Relaxation Training

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This recording uses hypnotic methods to reinforce and condition a mind/body relaxation response. However, it specifically avoids using the words "hypnosis, hypnotic, trance," so that anyone who feels uncomfortable with those terms can learn the same relaxation methods. The methods are relatively the same as on my other tapes, but the language is carefully screened to remove and/or rephrase the hypnotic terms and words. A guided progressive relaxation is used to help you train or condition your body and mind to relax. With repetition and practice you will discover how well your body and unconscious mind 'remember' how to achieve the relaxed state for you. This is the audio recording we recommend for individuals who want to avoid the word "hypnosis".

Item Code  
25

**\$19.95**  
cassette  
only

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## Rheumatoid Arthritis

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"Rheumatoid Arthritis" provides mind-body communication to minimize symptoms, and to balance the auto-immune responses. This audio program addresses the needs for comfort, better rest, insulation from stress, and most importantly for taming the immune system and restoring the balance and peace within. An induction method gently guides the user into a comfortable trance state wherein hypnotic suggestions are offered to the unconscious mind with words, ideas, and images for healing and comfort. Repeated or daily use builds an 'unconscious wisdom' so that your healing intentions continue to encourage an 'inner work' by the body and mind. This tape was made for individuals that have rheumatoid arthritis and related autoimmune disorders.

Item Code  
2

**\$19.95**  
cassette  
only

## Scleroderma (Two Cassettes)

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"Scleroderma Part 1" provides the initial foundation of learning and using hypnosis to treat symptoms of Scleroderma. "Scleroderma Part 2" is a continuation of hypnotic approaches to influence this autoimmune disorder. Scleroderma is a serious condition that is classified as an autoimmune disorder. It is also treated as a 'rare disease' despite the numbers affected by this condition. My first wife, Jody, was diagnosed with scleroderma in 1984. At that time her rheumatologist told her that she only had two to three years to live. She refused to accept the medical hexing of her rheumatologist. She also refused conventional rheumatologic therapies and lived comfortably for 12 ½ more years. She used hypnosis to control the many painful symptoms, to enjoy a fine quality of life, and to maintain an optimism of healing mind, body and spirit. During those years we explored extensive avenues, including conventional, alternative, integrative, nutritional, experimental, and metaphysical approaches. The hypnotic suggestions within these recordings incorporate everything we found useful in the healing effort.

Item Code  
29

**\$21.95**  
2 cassettes

## Sinusitis Relief

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"Sinusitis Relief" uses hypnosis to access the mind-body connection to relieve symptoms of chronic sinusitis. The hypnotic induction gently guides you into a relaxed and dreamy state of trance. While in trance, hypnotic suggestions are offered via ideas and imagery to reduce the swelling of nasal and sinus tissues. Other hypnotic suggestions involve messages of healing, resistance to irritating elements of the environment (pollens, spores, etc.), and imagery of soothing comfort to the sinus and airways. Relaxation also helps relieve the acute headache that can be associated with sinusitis.

Item Code  
30

**\$19.95**  
cassette  
only

## Skin Healing

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Skin Healing uses hypnosis to empower mind-body healing of skin. Whether it is a serious burn or an unconscious emotional conflict, hypnosis is a wonderful mind/body balm to enhance healing the skin. "Skin Healing" induces a hypnotic trance and relaxed state of mind to offer and accept hypnotic suggestions and images to calm and clear the organ called 'skin.' Organ language (what our body says to us) from our skin can reflect something or someone who, metaphorically speaking, is "rubbing you the wrong way," or is "getting under your skin." At times, skin will "erupt" when you do not have that emotional luxury for yourself. This audio program also delivers hypnotic suggestions to accelerate the repair and healing of skin that has been damaged by injury, illness or disease. Updated and revised in July 2004, this audio is now only available in CD format.

Item Code  
11

**\$19.95**

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## Sleepy Time Hypnosis

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"Sleepy Time Hypnosis" offers a simple way to restore healthy sleep hygiene. It provides a gentle hypnotic induction with progressive relaxation and hypnotic suggestions to achieve a comfortable state of mind in trance. A hypnotic trance is a "waking state" phenomenon, but it involves shifting one's conscious awareness toward the hypnogogic state that you naturally pass through when going to sleep and awakening. Hypnotic suggestions are offered to your unconscious mind for natural and easy transitioning into a sleep state, changing your beliefs about your ability to sleep, and letting yourself consciously get out of the way. Relaxation and rehearsal/practice accumulate the unconscious knowledge and ability to restore normal restful sleep patterns. Please note: the CD version is now 'new & improved' (re-done) and re-titled, "Sleepy-Time Hypnosis." While the original cassette version is titled, "Sleep Improvement." Available in CD or cassette format.

Item Code  
31

**\$19.95**

## Smoking: Hypnotic Tonic to Remove Tobacco Addiction

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"Dr. Gurgevich's Amazing Hypnotic Tonic to Remove Tobacco Addiction" contains two powerful formulas to help you quit cigarettes and tobacco once and for all. This **2-CD set** gives you proven behavioral tools and potent hypnotic trancework to first, prepare you to quit... and second, to successfully quit. As you are guided to make small and comfortable behavioral changes that set the stage for a successful quit, the hypnotic trancework nourishes your subconscious mind with potent ideas and hypnotic suggestions. You use Dose/Disc One while you are still smoking to prepare yourself to achieve success in quitting. When the desired results of Dose/Disc One are achieved, you are absolutely ready to be successful. Set the "quit date" and on that day you quit tobacco... and begin using Dose/Disc Two for as long as needed to remove this addiction and enjoy your tobacco-free life...and all the benefits you have prepared for and earned. *Here's what a new non-smoker has to say about using this hypnotic tonic...*" All I can say is that **it's amazing!** I purchased both the Weight Loss and the Tobacco Hypnotic Tonic. After listening to the first CD I felt I was at a point to go to the second. Well, it's been 4 weeks and not a single craving. I feel like I never smoked. My second CD was for the Weight Loss and so far so good. Guess what? I bypassed Halloween with only sampling 1 small chocolate bar and I didn't really enjoy that. I've always tried to eat organic where possible and am aware of what I put in my mouth. So besides a small weight loss already, I find it's been very helpful with the sugars and mega cheeses that I used to consume. Finally, I drift off to sleep while listening to the CD's and I must say I haven't had such a deep peaceful sleep since pre-kids (5 years ago). That, in itself, is the best medicine going. Thank you again, this purchase was worth every penny and many more. Good health", T. W.

Item Code  
HT-RTA

**\$49.95**  
2-CD set

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## Spinal Cord Healing

“Spinal Cord Healing” was created to access the mind-body connection for individuals who have sustained a spinal cord injury. It was inspired by Larry Baker, who specifically requested that I prepare this audio title. Throughout 2003, Larry provided me with his research about ideas of existing stem cells, macrophages, and neurotrophic growth factors within the spinal fluid, existing nerves that can stimulate nerve cells to elongate and sprout new fibers, repair damage, and create new axons. This audio addresses issues of “body healing”, “emotional healing”, and successful and loving acceptance of the “new self” following a spinal cord injury. Hypnotic suggestions are offered to stimulate the regenerative process that occurs in other body parts, as well as when it occurred during the fetal development stage that gave birth to the individual as a healthy functioning baby.

Item Code  
SCI Heal

**\$19.95**

### Body issues address:

- Spinal cord nerves growth, reconnection, and regeneration.
- The awakening of dormant nerves to activity from shock and from non-use.
- The remyelination of existing nerves that can't function because of damaged or missing coverings on axons.
- The repair of the dura (covering over the Spinal Cord) if damaged and/or scarred.
- The removal of obstructions to growth, such as the compression of the spinal cord from bone, scar tissue, and the unfriendly environment for growing axons.

### Emotional issues address:

- Problems of hopelessness, especially new injuries, of seeing no future for their selves.
- Problems of self-worth leading to self-esteem issues.
- Problems of motivation.
- Problems with depression.
- Problems of anger.
- Problems of fear.
- Problems of guilt.
- Problems of body image.
- Problems of goal setting.
- Problems of grieving over your life lost, at least it feels this way compared to the way it had been lived.
- Problems of physical loss of body mobility and body functions (some of which may have previously been most private).
- Problems of personal love and care for their "new" selves.

This audio is only available in CD format.

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## Stress Ease

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Stress Ease is relaxing trancework to ease and relieve stress responses. As "stress inoculation", it empowers you subconscious mind-body to replace stress patterns of response with relaxation, allowing you to be in any environment or circumstance with the choice of how you want to respond, mentally and physically. Your mind-body memorizes the relaxation response through your practice or rehearsal with this audio, and makes that comfort more readily available to you when you choose to experience comfort instead of "stress" responses.

Updated and revised in July 2004, this audio program is only available in CD format.

Item Code  
**Stress**

**\$19.95**

## Sugar and Candy Habit

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This audio recording provides hypnotic suggestions to your unconscious mind to do the "inner work" in removing a craving for sugar and candy. It was originally created for patients who were referred by dentists because their sugar/candy habit was excessive and detrimental to their teeth. It is also useful in removing an excessive craving for sweets which cause other health and body problems such as diabetes, obesity, etc. It is a very useful adjunct to weight loss. Available in CD or cassette format.

Item Code  
**44**

**\$19.95**

## Surgery and Recovery

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This audio can be used in preparation for surgery, during surgery, and during post-surgical recovery to achieve more rapid healing, greater comfort and the maintenance of a positive mood and outlook. Research has consistently shown that mental preparation for surgery has many benefits, including less anxiety before surgery, less pain during and after surgery, less anesthesia during surgery and less medication after surgery, shorter hospital stays due to faster healing, and fewer complications and infections. After being gently guided into a comfortable level of trance, hypnotic suggestions are offered to your unconscious mind to perform the "inner work" of comfort and healing. This audio program has been used for a variety of surgeries... with excellent results. Available in CD or cassette format.

Item Code  
**33**

**\$19.95**

## Test-Taking Success

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"Test-Taking Success" uses hypnosis to reduce anxiety concerning tests and examinations. There are many types of test anxieties. Such as, fear of tests, freezing and forgetting material that 'you know you know' but cannot recall during a test, confidence problems, and mental blocks that sabotage testing performance. The relaxation of the hypnotic trance itself lowers anxiety and lets your body, mind, and mind-body relearn a positive, confident and comfortable response to taking tests. This recording should be used frequently as well as at bedtime. It has been used successfully to treat test-taking anxiety at the high school, college, graduate and professional board examination levels. The cassette version, made prior to the new CD version, is entitled "Overcoming Test-Taking Anxiety". Available in CD and cassette format.

Item Code  
**34**

**\$19.95**

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## Tinnitus

"Tinnitus" provides a hypnotic approach to relieve the distressing ringing in the ears called tinnitus. The hypnotic induction guides you with a gentle journey into the center of your self. The hypnotic trance accesses a greater mind-body connection wherein hypnotic suggestions are offered to assist in altering one's perception of the tinnitus, as well as hypnotic messages of healing. In my clinical practice, many patients find benefit and degrees of relief from tinnitus. Available in CD or cassette format.

Item Code  
35

**\$19.95**

## Tourette's & Tics: Self-Control

"Tourette's & Tics: Self-Control" provides the tic and Tourette's sufferer with instruction in self-hypnosis for relaxation and comfort. Hypnotic suggestions create greater self-control, less tic response, greater endurance to stress and improved relaxation training. It has been shown that stress can exacerbate a tic and Tourette's. And the greater the tic or symptoms, the greater the stress caused by the symptoms. The goal of this hypnosis recording is to equip the individual with greater methods of self-controlled relaxation, both mentally and physically. Adolescent patients, in particular, report greater control of their symptoms in school and social settings.

Item Code  
36

**\$19.95**  
cassette  
only

## Travel Comfort: Flying

There has never been a better time to re-learn comfort in flying. Conquer your fear of flying, or simply discover how much comfort and inner control you can enjoy while flying. This recording is for travel preparation as well as comfort during flight or in the airport. Fear is learned, and anything that can be learned can be unlearned or re-learned. This will help you discover how much you can enjoy air travel. After being gently guided into a comfortable trance, hypnotic suggestions are given to your unconscious mind that will let you achieve an inner comfort and confidence while re-learning ideas of comfortable air travel. Feedback about this tape has been excellent as we continue to receive reports of very positive results by travelers.

Item Code  
43

**\$19.95**  
cassette  
only

## Travel Comfort: Foreign Places

This audio uses hypnosis to overcome anxiety that is experienced when in foreign surroundings. It enhances your confidence and helps you experience a calm inner state when in foreign or unfamiliar environments. It was originally designed for individuals who travel extensively, and want to remove the anxiety. This is especially useful when on vacation, and you do not want to waste any vacation time overcoming anxiety that is experienced in unfamiliar surroundings. Hypnotic suggestions include travel comfort and being calm and relaxed as you rapidly become 'familiar' to new settings and environments. And, as with all of my hypnosis recordings, it is intended to help you feel a greater confidence in your abilities to travel, to adapt to unfamiliar or new environments, and to be successful with self-hypnosis. Traveling to foreign places can be great fun when we feel safe, confident, relaxed and curious.

Item Code  
39

**\$19.95**  
cassette  
only

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## Travel Comfort: Sleep on Airplanes

Would you like to enjoy a wonderfully restful sleep during your next flight? If so, this audio program is for you. It was designed especially for the international traveler who wants to sleep on a long and exhausting trip and arrive restfully refreshed. It can also be used on domestic flights. The focus of this audio recording is on achieving relaxation for sleep. Hypnotic suggestions include using the existing sounds and movements of the airplane with mental and emotional associations of relaxation. For your next airplane journey, give yourself the experience of sleeping through the flight. And each time you do this, your subconscious mind accumulates 'a memory' or 'a conditioning' for you. In other words, with each use, you are using the mind-body connection to learn the skill of sleeping on airplanes for you. For the air traveler, this is like an American Express card... you don't want to leave home without it. Available in CD or cassette format.

Item Code  
32

**\$19.95**

## Wart Removal

Nothing works better than hypnosis for removing warts quickly and effectively, and it is painless and requires no toxic chemicals or drugs. Dr. Lewis Thomas, MD in his book, The Medusa and the Snail, wrote eloquently on the effectiveness of hypnosis in removing warts (the human papilloma virus). We don't know how it works, but it does. The main factors that are the foundation of hypnosis are motivation, belief and expectation. This audio recording provides you with instruction in hypnosis, suggestions for wart removal and imagery. Use this tape for only three consecutive days, twice daily... no more than that. In the case of warts and hypnosis, more is not better. My friend and colleague, Dr. Andrew Weil, and I love collecting "wart stories." One of our favorite stories involves rubbing a wart with a chicken bone on the night of the full moon, burying the bone in the back yard, and by the next full moon the wart will be gone. Tales such as these use motivation, belief and expectation. This audio program is for wart removal... be sure to take before and after photographs, and tell me your results.

Item Code  
46

**\$19.95**  
cassette  
only

## Weight Loss: Lose Weight with Hypnosis

In our work at the Program in Integrative Medicine with Dr. Andrew Weil, we see people discovering the power of healing within themselves. Mind-body medicine and nutrition are central in this discovery. We have created this **6-CD** audio program to combine the magic of the subconscious mind with the power of wise nutritional choices. It will guide you in achieving your optimum health and weight. We know this will work for you...because it works for us, and we have seen it work for many others as well. Clinical research indicates that the majority of people who use hypnosis for weight management not only achieve their personal weight goals, but also maintain those goals (Journal of Clinical Psychology, 41 (1), 35-41; Journal of Consulting and Clinical Psychology, 64 (3), 517-519). You will, most probably, encounter obstacles along the way. We would like to remind you that, ultimately, you are the only person who decides what goes into your mouth. So, if necessary, regain that power for yourself. This is not a job, it is your life, and your body reflects it. All you have to do is **Just Listen**... to the array of information about mind-body medicine and nutrition for a healthy lifestyle. Then you will listen to the trance work to energize those ideas within your subconscious mind. There are two CDs of trancework; one is for use during the day and the other is for use at bedtime and sleep.

Item  
Code  
**LWWHC**

**\$79.95**  
**6-CD set**