

## NLP and Healthy Living

Neuro Linguistic Programming has a reputation for helping people overcome limiting beliefs in both personal and business arenas. What may be less well known is how useful NLP can be in helping people manage health issues. This can be anything from giving up smoking and weight loss through to pain control for chronic symptoms. As an approach NLP is solution focused taking the client forward toward success. Personal history is less important than the desire to move toward a healthy goal.

From a holistic perspective NLP can be helpful in overcoming feelings of low self esteem and/or depression. The mind/body connection often means that we see a connection between some illness and health issues and self esteem. By increasing self esteem and confidence we often see a corresponding improvement in health.

If we take this to another level, many oncologists acknowledge a link between positive attitude and survival rates in cancer sufferers. NLP can substantially assist in this process. Recently, a GWiz Master Practitioner, Alison Ashley was asked to help a woman suffering with breast cancer who was having problems swallowing her medication. Alison used NLP to help the woman overcome this problem and went further by teaching her a simple self hypnosis technique that made the whole process more bearable.

Pain control techniques can also be taught using NLP, this can range from reducing a simple headache through to anaesthetising areas of the body during operations for people who are allergic to anaesthetic. People with chronic pain can also use these techniques to make their experience more manageable.

One of the most dramatic and easily tested uses of NLP is in the elimination of phobias. In modern society phobias to spiders, snakes, heights, small spaces etc are very common. There are also many people who experience very specific and perhaps more personal phobias to items such as balloons and rubber bands. The NLP Fast Phobia Cure designed by NLP's co-founder Richard Bandler regularly cures phobias completely within an hour or so. On our own NLP Practitioner courses as many as twenty percent of the delegates arrive with their own phobia to deal with. So far the success rate is 100%. Allied to this many people can get relief from allergies using NLP techniques.

General anxiety and stress related illnesses can be alleviated using a vast array of tools ranging from simple "re-framing" through to techniques that help a person change their whole outlook on life. General emotional well being has a dramatic impact on our health so dealing with unhealthy emotional reactions such as inappropriate anger or fear will contribute to the overall well being of the individual. This can all be done using NLP.

Many people struggle to give up unhealthy habits such as smoking or to change to a healthy life style with regard to diet and exercise. This is where NLP Practitioners working in the field of Life Coaching can be particularly helpful. Often the Practitioner will help the client "re-programme" unhelpful thought patterns that may up until this point have been sabotaging their progress.

How can you find a qualified practitioner? The ANLP keeps a register of qualified Practitioner and Master Practitioners who are qualified with one of the recognised accrediting bodies such as the Society of NLP ([www.anlp.org](http://www.anlp.org) ). When choosing a Practitioner do remember to ask where they qualified and what experience they have. Reputable Practitioners will usually be in "supervision", this means that they regularly get support and development from a more qualified Master Practitioner or Licensed Trainer. They will also have Personal Indemnity Insurance. If you are on medication or have been diagnosed with a serious illness please speak to your health practitioner before consulting an NLP Practitioner. NLP techniques can assist in recovery rather than replacing conventional treatment.

To find out more about NLP or to find out how to train as an NLP Practitioner and Master Practitioner contact Melody Cheal at The GWiz Training Partnership, 01767 640956 or [melody@gwiztraining.com](mailto:melody@gwiztraining.com). Or visit our website [www.gwiztraining.com](http://www.gwiztraining.com) .