

Overcome Morning Sickness the Royal Way

Submitted by: Natal Hypnotherapy

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With the announcement today that the Duchess of Cambridge (<http://www.dailymail.co.uk/news/article-2747642/BREAKING-NEWS-Duchess-Cambridge-pregnant-second-child.html>) is pregnant with her second child and is once again suffering from morning sickness, she will no doubt be turning to her trusted hypnotherapy to help her get through the worst of it.

This therapy is not just for the rich and famous – The Overcome Morning Sickness CD (<http://www.natalhypnotherapy.co.uk/natalhypnotherapyovercomemorningsicknesscd.html>) from Natal Hypnotherapy (<http://www.natalhypnotherapy.co.uk/index.html>) helps pregnant women to manage and cope with nausea and morning sickness through safe effective relaxation and hypnosis skills. Hypnosis has been clinically proven to help women deal with morning sickness and in research carried out in conjunction with Pregnancy and Birth Magazine, 10 out of 10 mothers would recommend this CD to a friend and 9 out of 10 felt significant benefit from using it.

Morning sickness is caused by a combination of hormonal, physical and emotional changes that take place when a woman becomes pregnant. This is not a conscious thing - It is the subconscious part of the mind that manages and effects these changes – listening to the The Overcome Morning Sickness CD (<http://www.natalhypnotherapy.co.uk/natalhypnotherapyovercomemorningsicknesscd.html>) takes a pregnant woman into a deeply relaxed state in which she can effectively tune into that part of herself to help manage the symptoms and cause.

The combination of deep relaxation (which in itself helps alleviate the symptoms of morning sickness) and giving a new set of instructions to the mind/body, begins to change the way the she reacts to the symptoms and causes of morning sickness. The new instructions come into effect both while listening to the CD and after the session. According to the reports on the Duchess of Cambridge during her first pregnancy "The hypnotherapy is taking away any negative thoughts connected with food from the morning sickness, and replacing them with cravings for healthy, nutritious food".

Additional suggestions on the CD include: better quality sleep; more comfortable digestion; more effective use of energy; feeling/being calmer when dealing with every day issues; being attracted to the right types of food/drink and increasing water intake. There is also a simple technique, which can be used at any time to instantly control and reduce feelings of nausea.

Mum Mandy Shaw says: "After listening to your CD I stopped being sick after meals. The nausea only comes back very occasionally, and my appetite has improved almost back to normal! I wish I'd known about it for my last pregnancy, as I suffered really badly until about 18 weeks. I'll certainly recommend the CD to my friends."

£11.99 for a CD or £10 for a download available from www.natalhypnotherapy.co.uk as well as Amazon (http://www.amazon.co.uk/Overcoming-Morning-Sickness-Maggie-Howell/dp/1905220014#cm_cr_dpwidget), itunes, National Childbirth Trust, Waterstones and other retailers

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For further information, case study or sample CDs please contact
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* Medical research

- Waxman (1989) states that hypnosis can be "extremely useful" in relieving morning sickness, capable of resolving 50% of cases (p.404).
- A study by Fuchs et al (1980) conducted on 138 women suffering from "extremely severe vomiting" were treated with hypnosis. Results showed that of the 87 women out of 138 treated with group hypnosis:
 - o 61 women were relieved of vomiting and nausea
 - o 24 women were relieved of vomiting though some nausea remained
 - o Only 2 patients failed to improve
- Eric P. Simon, PhD, and Jennifer Schwartz, MD (1999) Honolulu, HI 96859; e-mail: EricSimon@Yahoo.com.
Birth . 1999 Dec;26(4):248-54

The Natal Hypnotherapy Collection (all CDs £11.99 and MP3s £10)

Early pregnancy support (<http://www.natalhypnotherapy.co.uk/25.html>) Overcoming Morning Sickness and Pregnancy Relaxation

Conception Support Products (<http://www.natalhypnotherapy.co.uk/hypnosisforconceptionandivf.html>): The IVF Companion and Prepare to Conceive CD or MP3

Birth Preparation Support Products (<http://www.natalhypnotherapy.co.uk/pregnancyandbirthhypnosiscds.html>)

Award-winning 4 CD-set Natal Hypnotherapy Programme (versions available - Hospital/Birth Centre, Home Birth, Caesarean, Vaginal Birth after Caesarean and Twins). This incorporates 4 titles: Pregnancy Relaxation; Effective Birth Preparation (by birth type), Relaxing Birth Music and Fast Post Natal Recovery.

Also available as individual MP3 or CD purchases: Effective Birth Preparation (Hospital/Birth Centre).

This CD is now one of the best-selling pregnancy titles on Amazon.

Effective Birth Preparation – Your Practical Guide to A Better Birth book often reviewed as “the best thing a mum bought during her pregnancy” with a 5 star recommendation on Amazon. This won the Practical Parenting Book of the Year in 2012.

Post Natal Support Products (<http://www.natalhypnotherapy.co.uk/66.html>) Fast Postnatal recovery, The Breastfeeding Companion, Overcome Birth Trauma, Relaxation and Stress Management