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PLEASE READ CAREFULLY BEFORE USING THIS SITE: This site does not provide medical advice. The content is for informational purposes only. Consult with your Doctor (GP) on all medical issues regarding your condition and its treatment. The Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It is not a substitute for a medical exam, nor does it replace the need for services provided by medical professional. Always seek the advice of your medical professional before making any changes to your treatment. Any medical questions should be directed to your personal doctor.

Expectations of therapy: Each individual responds differently so I plan and tailor your therapy to best match your needs, individual requirements and personality type. I use a multi-modal approach to therapy based upon your individual needs.

There are no guarantees that any of these courses of action will solve your issues. It is my intention to help you to help yourself, by facilitating a deep awareness of what is actually troubling you and helping you to empower yourself to make the appropriate changes. I can make no promises that I can help you, however, I can promise to do my best to help you.

What you are paying for is my professional time and not necessarily a cure. I will ask you to do homework in between sessions and it is up to you to undertake these tasks in order to gain positive benefit and progression in your treatment and recovery.

It is my experience that hypnotherapy and its approach can provide many beneficial effects; however, hypnosis does not substitute proper medical attention.

Any material or information detailed on this site or on any merchandise is not intended to diagnose, treat, cure or protect against any disease or illness, always seek advice of a qualified doctor.

Hypnotherapy recordings are not recommended for persons experiencing mental disorders or illness.

Never listen to or play hypnosis tracks or audio whilst driving or operating equipment, always select an environment that is safe and secure. The audio products have been developed to assist you and give no guarantee; you yourself can be the only person that can provide a guarantee for your own success.