

Don't let **dental & 'white coat'**
phobia
ruin *your* health



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Something within - illogical yet out of your control

What is a phobia?

It's a irrational fear - you don't know why you can't control it, but you certainly know it's there.

People ask - 'Is a phobia real? Is it not just someone seeking attention?'

Well it may look that way, but if you are reading this then I probably don't need to tell you, that although it seems unreasonable to your logic, **the fear is definately real.**

Depending on the phobia lives of whole families can be, if not ruined, certainly very restricted by the necessary avoidance techniques.



You probably know what arachnophobia is - but do you know what some of the more unusual ones are e.g. Phagophobia (hint: it's not a fear of cigarettes). Try the quiz on our website to see how many you can guess. What's in a name -absolutely nothing and there are phobias so obscure that they have no name.



What is the fear like?

For some people a visit to the dentist is one of the most fearful experiences of their lives. For some it is so bad that they cannot bring themselves to visit a dentist, until the pain of their neglected teeth becomes unbearable. For others it is the sight of a 'white coat' or medical uniform that causes panic. If you experiences You **can now** release yourself from this unwanted fear with a suprisingly simple process that for the majority of people requires only one session



The Good News

The good news is that through your phobia you have proved yourself very successful at learning to act on your thoughts. You think you will be scared and you then act on it.

It is very easy for a skilled NLP practitioner to transfer that learned skill to a more positive outcome. Great news is that for most people, it usually takes **only one session**. Just to put your mind at ease, you will **not** be subjected to methods where you have to face your fear. This is an internal process that changes the way you think.



Go to my section of the web site for more information about phobias and phobia therapy - www.mindandbodybury.com/page22.htm

NLP FOR PHOBIAS

I have helped hundreds of people to get over their fears and phobias and have a good relationship with their health professionals.

*Don't suffer any longer - it really is a **very easy for you** and with instant results in most cases.*



Don't delay-
telephone me
for your
appointment
now

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