

Headache? Try the “HypnoPill”

Can hypnotherapy and NLP (Neuro Linguistic Programming) take your headache away? Can they take your back pain away? Can they make your stomach cramps disappear? Can they really?

I was in Cambridge town centre only a few days ago. I went out with one of my dearest friends who is also a hypnotherapist in Cambridge.

As we stood just outside a popular bar, we bumped into a girl I knew which we will call Mary (not her real name) and began the usual “hi, long time no see” kind of conversation.

Mary soon introduced us to her friend Barbara (again, not her real name) who in between “nice to meet you” and “how’s your evening so far” mentioned that she had a terrible headache.

My friend Joseph asked her: “Where is your headache?” and she pointed it to her forehead, then Joe continued “What colour is it?” a question which made Barbara rather confused.

As she goes to answer, Joe was interrupted by Mary, who obviously could no longer follow this unusual conversation and could not see where this was going.

I then moved my attention to Barbara, who was probably still a little mesmerised, and continued the “therapeutic” work started by Joe. I began from showing the good intention to take Barbara’s confusion away and make some sense of the rather unusual questioning as well as “installing” some expectations.

It was something along these lines:

Me- handing my business card: “Relax Barbara, we are [hypnotherapist here in Cambridge](#). So tell me... where did you say your headache was?”

Barbara: “I thought that hypnotherapy was [weight loss](#), [stop smoking](#), [phobias](#) and things like that?”

Me: “Well, let’s see...”

Barbara pointing at her forehead: “Right here, it goes all the way across”

Me - grabbing Barbara’s right arm by the wrist and moving it to her right with my left hand while gently running my right hand index finger across her forehead: “It was right here you said, was it?”

Barbara - looking even more confused now: “Yes, right there”

Me: “So... before we let go now, what colour is it?”

Barbara: “What?”

Me: “Colour; let go and trust the first that comes up, what colour was it?”

Barbara - looking spaced: “Pink, it’s pink”

Me - clicking my right hand fingers and gently touching the middle of her forehead with my left index finger: "Gone, it's gone..."

and before I could continue to finish this "session" she opens her eyes widely and begins almost screaming:

"It's gone!! It's gone!! Mary, Mary!!! My headache is gone... you guys are weird! Who are you?!! It's gone! I had it for 3 day, 3 days and now it's totally gone!!"

As Hypnotherapists, in therapy room we always follow our code of practice and do anything to make the greatest positive changes in people, we have a big love for helping people.

Equally, it is important to respect the "code of good fun" in social environments and take some satisfaction in just looking cool and a little mysterious; for this reason, we politely said bye and left the two girls with many questions and not many answers.

Having kept my business card, Barbara texted me the next day telling me that her headache went and never came back.

Now, let's look at this "headache Hypnopill" from a sceptic angle; was there any magic in what we did? No!

Was there a specific technique in what with did? Again no.

Was the colour of Barbara's headache important for the success of the technique? In no way as there was no technique.

Was there a special healing energy in my finger, touch or words? No of course.

Was there a special energy in the whole thing? Absolutely, a great positive energy.

Was Barbara's headache really pink? It was for her.

So how can this have worked without special healing powers or techniques? Was Barbara pretending that her headache was gone?

Barbara was not pretending, the headache was really gone.

We are hypnotists and N Language exPerts, people who use language to help people's minds and that is what we have done. My [hypnotherapy clinic in Cambridge](#) is my passion as it allows me to help people as part of my occupation

Of course there is no such thing as a pink headache, there was however a pink headache for Barbara, for others it may have been green, black, red, or with no colour.

Was Barbara's headache psychosomatic? I don't personally think so but truth is that we don't know.

Was it caused by stress? Maybe but again we do not know.

The only thing that we know for sure and that really matters is that the headache has disappeared. Barbara felt better, her evening was more enjoyable and so was the day after and probably the whole week.

Here is the real question for you now, if you will...

Barbara's headache was gone and that's really it, what else could be important when you had a headache that you no longer have?

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