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# A Stroke of Not-Luck Can Discourage a Stroke Victim

Nicholas Pollak / December 19, 2011 /

OP-ED (<http://www.thefrontpageonline.com/category/op-ed>)

left|Nicholas D. Pollak|remove link|no\_popup[/img]I wrote an article last year about how hypnosis was helping a lady who had suffered a stroke seven years before. Since then I have received numerous emails and phone calls regarding hypnosis and strokes.

The lady I saw last year has improved to the extent she is going to recover. With her mental attitude, she is not willing to do anything more. And here is why:

She had undergone physical therapy at the time of the stroke. She realized then she never would be the same. Working hard to regain movement and feeling, she was not making progress with her useless right leg and arm. Additionally, there was no feeling in her arm. She gave up.

the physical therapy. Additionally, she felt the therapy was too painful.

When we met, she was willing to try something new since she was used to her lifestyle, given the results of her stroke. She had hoped hypnotherapy would restore her pre-stroke self. This was pie in the sky thinking.

## **See for Yourself**

The hypnotherapy worked to the extent that she regained feeling in her right arm as well as limited movement. Under hypnosis, she was able to move her right leg quite well. To see a video of part of a session, click on the link:

After four sessions, we agreed that she had gone as far as she could. To gain even more strength and movement, further physical therapy was required. Unwilling to do that, to capitalize on her gains, she remains better than she was but not as good as she could be with further training.

The good part is that she learned useful tools that have helped her to relax, de-stress, sleep better, think more clearly, understand and improve her relationship with her boyfriend and mother as well as to be more energetic; to accomplish more on her own in spite of her physical limitations, and to utilize positive visualizations for her success, happiness and prosperity.

A Stroke of No Luck Case Study: A Victim of a Stroke who has limited her physically, her greatest challenge is overcoming lack of motivation to continue with physical therapy.

UCLA has been advertising new techniques to aid stroke victims. Nowhere, though, do they mention hypnotherapy, which I feel has proven to be effective in helping stroke victims.

Hypnotherapy helps a stroke victim to relax the body, all muscle and how to use the powerful subconscious to gain limb improvement, faster healing and a stronger immune system. The subconscious helps a client visualize the brain, creating new neural pathways to replace those damaged by the stroke.

In some heart attack cases, when the heart is opened for bypass surgery, surgeons will find the body has grown new blood vessels leading to the heart. This will create a blood supply to the heart by new pathways because the old ones are blocked. In the same way, the subconscious is asked to find new neural pathways around those not functioning.

I have seen the power of the subconscious and its ability to create the new pathways. When hypnotized, a client will see himself performing the function that has been lost through the stroke. This is so powerful that in most cases while in hypnosis they can see and feel their limbs moving. Once imprinted in their minds, they are asked to visualize new paths to give them the movement they are experiencing. This makes them believe their limbs are moving. In cases where conscious limitations have been removed, the limbs show the movement that they are visualizing.

This does not work for everybody; the damage may be too great.

For those willing to try hypnosis and to maintain a positive attitude, there is a likelihood hypnosis will aid a stroke victim in both regaining movement and/or feeling.

***If you have any questions please do not hesitate to contact me by telephone, 310.204.3321, or by email at [nickpollak@hypnotherapy4you.net](mailto:nickpollak@hypnotherapy4you.net) (mailto:nickpollak@hypnotherapy4you.net). See my website at [www.hypnotherapy4you.net](http://www.hypnotherapy4you.net) (http://www.hypnotherapy4you.net)***

  
  

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