

Research: hypnosis and skin conditions

Most clinicians and researchers agree that stress affects the course of dermatitis and eczema, and reducing stress levels has a positive effect on the course of the disease.

Emotional factors have been shown to have a strong correlation with onset of the disease and also with flare-ups. Further more, several documented case studies have revealed that hypnosis can offer a successful treatment for sufferers.

References:

Kantor, S.D. (1990). Stress and psoriasis. Psoriasis Research Institute, Palo Alto, California 94301. Cutis (USA) Oct 1990, 46 (4) p321-2