



## COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

### **164 - Suggestions for Allergies and Asthma**

- *Your chest is warm and relaxed*
- *Your throat is cool and comfortable.*
- *Imagine your throat relaxing even more – opening up*
- *The sides of your throat just relaxing and as it does the little nerves and muscles are just letting go – opening up – becoming wide.*
- *Your bronchial tubes are open*
- *As your chest becomes warmer, you find it interesting how easy it is as the air flows into your lungs like a fresh breeze and all the stale air flows out of your lungs so easy and effortlessly.*
- *Imagine the tiny air sacs in your lungs relaxing as you breathe in and out so easily and effortlessly.*
- *You might even notice that your breathing is becoming more rheumatic, deep, and gentle.*
- *You may have already noticed how good it feels as oxygen flows into your lungs and how they expand so comfortably*
- *Touch your thumb and finger together on your left hand. This is a signal to your sub-conscious mind and you experience the same comfort level that you are experiencing now.*
- *Isn't it interesting how quickly it happens and how quickly this relaxation flows down your throat, into your bronchial tubes and into your lungs automatically whenever you touch your thumb and finger together.*
- *And isn't it interesting how it continue to flow through out your entire body as you become even more comfortable – every time you touch your thumb and finger together.*
- *Your bronchial tubes are wide open.*
- *All the little muscles and nerves are relaxed and open.*



## COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

- *You may even find that your pleasantly surprised as this relaxation spreads so quickly through your throat, your bronchial tubes and your lungs*
- *Continuing to spread throughout your body as every muscle and nerves begins to relax even more.*
- *Now touch your thumb and finger together on your left hand and as you take a deep breath, and as the air flows through you like a cool breeze your lungs expand so easily and effortlessly.*
- *Whenever you touch your thumb and finger together on your left hand, your throat, bronchial tubes, and your lungs relax immediately and you experience this same body comfortable level.*
- *From the moment you touch your thumb and finger together on your left hand, it is a signal to your subconscious mind and your throat, bronchial tubes and lungs relax immediately and your breathing instantly becomes free and easy.*
- You will need to give your client the suggestion, of touching their thumb and finger together, at least three or four times as their throat and lungs relax and open up.
- This is may be used with children or adults.