

Metroplex Hypnosis and Cold Laser Therapy proudly serves Plano and the surrounding areas. Many patients have been turning to hypnosis for natural alternatives to relieve [stress](#) and [anxiety](#), [stop smoking](#)

,  
[insomnia](#)

,  
[weight loss](#)

and more. Habit forming prescriptions and the hassles of over the counter medications are now in our past, now hypnosis and cold therapy have been proved effective.

**[Hypnosis](#)** is the introduction of positive suggestions while a person is in a state of relaxed concentration. For example, when you drive to work or school and don't remember the drive you were in a hypnotic state. While we are completely relaxed we are open to mind body communication and positive suggestions to our subconscious mind. This part of our mind influences what we think, how we feel and the choices we make.

**[Cold Laser Treatment](#)** involves the application of a cold, non-invasive laser beam to specific acupuncture points on the body. This will help stimulate the release of endorphins, the body's natural chemical which deals with the relief of pain and stress. Cold Laser Therapy is completely safe and painless.

{youtube}cmH7Ax5dzJs{/youtube}

Take the [Free Hypnotherapy Evaluation Test](#).

Contact Dr. Jhon Whitaker today 972.934.7066