

# Relaxed Dental Visits

*Imagine Feeling  
Calm and Relaxed  
Right Now*



**Gentle, Simple, Easy and Proven Effective  
Relaxation for You**

- **Deep Breathing: Feel Your Body Relaxing**  
*(gives you more Serotonin, a natural 'feel good' body chemical)*
- **Progressive Muscle Relaxation**  
*(gives you deep release of muscle tightness and tension)*
- **Focus on Pleasant Thoughts, Feelings and Mind Images** *(by choosing to focus your thoughts only on helpful and relaxing ideas, you remain feeling in control)*
- **Guided Visualizations and Metaphors**  
*(enjoy creative ideas and imaginative stories )*
- **Self-Care and Wellness Affirmations**  
*(helpful, uplifting words of praise and appreciation)*
- **Review Your Relaxation Talents and Abilities**  
*(increase your natural abilities to release stress in your life!)*

**Enjoy This FREE Audio Program Today!**

# Mind and Body Power



## Do You Know the Basics of How Your Body Relaxes?

### Our Bodies Function in Very Simple and Direct Ways:

We think a thought (any thought) and within a tiny fraction of a second...

- Our body produces physical reactions to the emotion(s) we associate with that thought.
- Our body produces the 'correct' internal chemical production to match the emotion we feel.\*

Did you know YOU are able to beneficially direct how your mind and body naturally work together? You can temporarily both actively and effectively, direct your body's 'feel good' chemical production through deep breathing and visualization. We show you how!

## Are You Nervous or Worried About Visiting Your Dentist? You are in good company!\*\*

**“Up to 25% of North Americans feel afraid to visit their dentist.”  
That’s *millions of people!* Are you feeling like a helpless statistic?  
Why feel apprehensive, fearful or worried about dental visits?  
RDV self-hypnosis program gives you control, choices and freedom**

**Enjoy the feeling of relaxation in self-hypnosis today.**

**It’s safe. It’s simple. It’s effective.**

***The Relaxed Dental Visits audio relaxation programs  
gets you feeling the RELAXATION now... and  
gives you stress relieving tools for later.***

**Choosing and experiencing relaxation  
the *Relaxed Dental Visits* program way  
can completely change your dental experience!**

Focusing on specific loving, supportive, creative, rewarding and successful visualizations creates endorphins, serotonin and dopamine within you. These stress reducing 'feel good' chemicals literally assist you to feel better both in your body and your mind.

\*Molecules of Emotion, written by Candace B. Pert, Ph.D., (a Research Professor in the Department of Physiology and Biophysics at Georgetown University Medical Center) confirms the fact that our brains produce chemicals which match the feeling state of the thoughts we think.

\*\* According to 101dentist.com

# Relaxed Dental Visits

*Imagine Words Connecting You  
to Peaceful, Calm Confidence.  
Relaxation Begins Now...*



## Yes! You have Wonderful (Hidden) Resources!

Choosing one of the following dental audios will increase your natural abilities for relaxation. Your dentist and dental hygienist both have relaxation audio choices for you – even if your dental care is only 15 minutes! A longer appointment? Enjoy even more relaxation...

**Wonderful, effective, accurate and caring words, designed to fit your thinking style are within each unique program.**

- **Program 1 – Relaxation, Your Way (Leadership)**

The Efficiency-Leadership thinking style is mainly focused on efficient productivity, convenient and rapidly successful job completion. If you like to be 'in charge', using a brief and direct management style, you'll enjoy the 'to the point' effectiveness and control provided by choosing relaxation *now*, and reviewing your assets on a private island retreat in 'Relaxation, Your Way'.

- **Program 2 – Doing Relaxation Right (Detail Oriented)**

The Detailed-Accuracy thinking style is excellent working with numbers, fully analyzing data to achieve the perfect outcome, organized and exact. If you think in a detail oriented, orderly, logical way and care about what is 'right' or 'fair', you'll be interested in 'getting it right' through the accurate review of relaxation techniques within 'Doing Relaxation Right'.

- **Program 3 – Creative, Entertaining Genius (Expressive)**

The Expressive-Creative thinking style both appreciates and contributes to the colour and drama of life. If new ideas, amazing stories, and natural creative genius are deeply appreciated by you, or flow with bold expression from you - you'll love the brilliant ideas and extravagant rewards within 'Creative, Entertaining Genius'.

- **Program 4 – Feeling Cared For, and Supported (Caring)**

The Supportive-Caring thinking style is feelings-oriented, nurturing all relationships: business, friends, family and personal. If you are thoughtful, loving, compassionate, generous and sensitive - often putting the needs of others before your own – you richly deserve the many self-care tips, and special attention provided for you at an exclusive Spa Retreat in 'Feeling Cared For, and Supported'.

**Today you can choose to be one of up to 93% of dental patients who easily use guided visualization for remarkable improvements in their dental experience.**

**Enjoy This FREE Audio Program Today!**

# Mind and Thought Power

## Do You Know the Basics of How Hypnosis/Self-Hypnosis Relaxes You?



### Hypnosis is Medically Recognized

In 1961 the American Medical Association recommended that medical professionals receive 144 hours of training in hypnotherapy. **The AMA yearly Current Procedural Terminology (CPT) publication provides a five-digit code for hypnotism within its listing of all recognized and approved procedures.** This five-digit code is used when processing hypnotism as a medical procedure or adjunct, through insurance forms.

**Within the 1955 British Medical Association report is stated “there is a place for hypnotism in the production of anesthesia or analgesia for surgical and dental operations, and in suitable subjects it is an effective method of relieving pain in childbirth without altering the normal course of labor.”**

Many insurance companies cover hypnosis for irritable bowel syndrome, insomnia, and pain management. Definite medical advantages are offered in surgery by hypnosis; less bleeding, faster recovery time, and the need for fewer post-operative medications. Many prestigious US hospitals now use and teach hypnosis.

Self-hypnosis using relaxation and guided visualization are effective in reducing the side effects of many medications, especially those used in chemotherapy. ***Deep breathing and relaxation techniques including guided visualizations effectively reduce anxiety.***

### Scientific Examples of a Hypnotic Mind State

Hypnosis is experienced in the Alpha and Theta frequency ranges. Serotonin, a ‘feel good’ body chemical increases its natural production when you daydream/are within the Alpha frequency range.

Four Categories of Brain Wave Patterns	
Beta (14-100 Hz)	Concentration, arousal, alertness, focused consciousness. Higher levels associated with anxiety, dis-ease, feelings of separation, fight or flight.
Alpha (8-13.9 Hz)	Relaxation, super learning, relaxed focus, light trance, day-dreaming. Increased serotonin production. Pre-sleep or pre-waking drowsiness, meditation, access to subconscious mind.
Theta (4-7.9 Hz)	Dreaming sleep (REM sleep), increased production of catecholamines (vital for learning and memory) and access to increased creativity. Access to emotions and memories, potential for behavioural changes, increased retention of learned material. Hypnagogic imagery, trance, deep meditation.
Delta (.1-3.9 Hz)	Dreamless sleep. Human growth hormone released. Deep, trance-like state, loss of body awareness.

### You are Familiar with Hypnosis

A hypnotic state is a completely normal, very natural state we move in and out of many times every day. A natural hypnotic state occurs each time your conscious mind relaxes away from actively being fully focused on your thoughts or actions. A deeper hypnotic state is experienced while falling asleep and awakening. We sometimes choose to extend and linger in that state of relaxation. While daydreaming, your body may relax into a neutral position, or continue with familiar tasks, many times a day *without* your awareness.

# Mind and Thought Power

## Do You Know the Basics of How Hypnosis/Self-Hypnosis Relaxes You?



### Examples of Experiencing the Natural State of Hypnosis Include:

- Day-dreaming – becoming lost in your thoughts - using your imagination while you are awake, but not clearly focused on the room or people around you.
- Your attention is so focused (on reading a book or watching TV, or being ‘lost in thought’) that you are unaware of people speaking to you, or your name being called.
- Highway hypnosis – you perform actions you already know by heart, without consciously thinking about them... just as you do when walking or speaking. How often do you arrive at your destination without remembering the actual details of the streets you have just driven?
- You lose awareness of time passing – directing your attention so deeply into a project or hobby that you completely exclude the external world, including the passage of time.
- A song from your past transports you into feelings and memories of another time... and you drift into reliving those memories, while still doing other tasks in the present.

**Deeply comfortable states of physical and mental relaxation, with which you are already familiar, can become incredibly valuable and useful to you. Your natural ability to easily relax into a hypnotic state can be chosen, and directed - by you. You can *choose* to increase your health and wellness in very specific ways.**

### IMPORTANT NOTES ABOUT SELF-HYPNOSIS AND YOU

- Using natural self-hypnosis ***you choose*** to direct your thoughts in ways helpful to yourself.
- You remain awake and aware, relaxing only to the level perfect for you.
- **YOU always remain fully in charge of yourself and your actions.**
- Self-hypnosis is more easily accessed by individuals willing to engage their imagination.
- **You are always free to re-direct the focus of your thoughts or activities at any time.**
- Your senses naturally magnify whatever you focus on. While you focus on relaxing, you feel relaxed. Focusing on communicating, you speak or reply... then easily return to feeling relaxed once again.
- Self-hypnosis for relaxation can vary from calm and peaceful, to deeply relaxing.
- Self-hypnosis for dental relaxation involves closing your eyes, focusing inward on specific natural relaxation techniques, relaxation suggestions, stories and visualizations.
- ***You can extend your self-hypnosis only for the period of time in which you are actively choosing to selectively focus your thoughts inward on relaxation or visualizations.***
- As soon as you focus away from thoughts of relaxation, (re-focusing on your surroundings to think of getting up from the dental chair) you naturally leave your temporary state of self-hypnosis behind.
- **You direct your self-hypnosis. You CANNOT remain in a self-hypnotic state “by accident”.**
- Remind your dentist to play the final 3-minute audio of the Relaxed Dental Visits program when your dental work is completed. **The closing track contains uplifting and encouraging words for you!**

**Communicate clearly with your dentist. Ask relevant questions and feel comfortable with the plan for your dental care before beginning. While in self-hypnosis (relaxing with your eyes closed) be aware of these simple, easy communications:**

1. Your dentist will touch the top of your shoulder to get your attention, to ask you a question.
2. A touch on your chin will remind you to relax your mouth open wider, once again.
3. Raise your hand palm up near your mouth, to tell your dentist to stop - or pause working.  
Remember - you can use the hand signal for ‘pause now’ at any time.

# Mind and Body Power

## Do You Know the Basics of How Your Body Relaxes?



**We all experience daily stresses within our goals, commitments, work, financial, family and personal relationships.**

***“Worry and stress affects the circulation, the heart, the glands, the whole nervous system, and profoundly affects the heart action.”***

**- Charles W. Mayo, M.D.**

Medicine and science confirm that by changing our thoughts, we can change our heart rate, blood pressure and internal chemical production. In addition, changing our thoughts changes our perception of physical responses (including pain).

**Imagine the power and importance of literally being able to interact with, or guide your body’s responses by directing your thoughts.** Every day approximately 60,000 thoughts pass through your mind. Without previous meditation or mental training you may naturally experience difficulty in holding your focus on one subject, or thought for an extended period of time.

**The Relaxed Dental Visits program’s design assists you as a dental patient. Through listening to this supportive audio program, you can experience seeing yourself successfully directing, and re-direct your thoughts, a variety of ways, to remain focused on your goal – feeling relaxation.**

**The following pages state a few of many ways you can choose to increase the feeling of relaxation within you.**

### **Smile to Feel Better**

Outside of your conscious awareness, your body always invisibly creates and uses the chemicals produced by your thoughts. You can consciously choose to produce those helpful ‘feel good’ chemicals by doing a variety of simple activities whenever you desire. Whenever you smile a broad smile - **crinkling the skin at the outside corners of your eyes** - you do one of those simple activities.

**Researchers\* have discovered whenever you smile broadly you produce endorphins and natural ‘feel good’ body chemicals. Simply doing that one simple facial action, you will produce those ‘feel good’ chemicals...even when nothing is funny. So, *smile to feel better!***

***Smiling broadly physically produces endorphins\* - helping you to feel better - right away!***

\*See <http://neurons.wordpress.com/tag/neurotransmitters/> , Endorphins paragraph shows University of Edinburgh Medical School (U of E) confirming endorphin production and pain killing benefit, simply through smiling broadly...

# Mind and Body Power

## Do You Know the Basics of How Your Body Relaxes?



**Each of the following facts or ideas creates relaxation within your mind and body:**

**Relaxed Dental Visits** includes calm, uplifting ideas and encouraging facts: focus and distraction techniques - deep breathing, progressive relaxation; stories within stories, guided visualizations; wellness and self-care affirmations. All these ideas are waiting to relax you!

### **Countdown to Success**

Count a specific number of full breaths (relaxing on each of the exhales), whether counting down from 10 to 1, 5 to 1, or 3 to 1. When you complete the number sequence, you feel like you've arrived at the goal you've set for yourself. This counting down ability, a part of your brain's natural desire to follow through and complete goals, achieves success for you.

### **Breathing Deeply Feels Good**

Breathing fully on the inhale and exhale - feels wonderful for you. When stressed we tend to breathe shallowly, or to hold our breath, breathing unevenly. **By choosing to breathe in full deep breaths, you inhale more oxygen which then travels through your blood stream to all the cells in your body. As your body's cells become more oxygenated, your body then naturally produces more serotonin, which is one of your body's 'feel good' chemicals.**

Also important is to *notice* your body's natural relaxation response, which engages when you exhale. You automatically 'release' when you exhale, without thinking about doing it. Yet, ***you relax a little every time you exhale*** even though you may not have noticed, or thought about it, before today. **Focusing clearly on your natural relaxation response, *each time you exhale*, makes that natural feeling of relaxation more and more noticeable to you.**

### **Your Attention and the Magnification Effect**

**Whatever you focus your attention on becomes magnified in intensity. You can really help yourself by choosing to focus on good thoughts or memories.** Those thoughts can be in the form of funny mind pictures or loving memories. Especially during times of stress, take a few minutes to re-direct your focus, for your benefit. Consciously recalling a funny mind picture or feeling a loving feeling changes your attitude and your internal chemical production. You can really make yourself feel much better!

### **Continually Directing Your Thoughts**

**You are always free to think any thought you choose to think.** So, purposely choose to think helpful thoughts or memories, especially during any stressful or challenging times. As you think approx. 60,000 thoughts a day, your mind wanders – so begin consciously choosing your thoughts. Practice simply returning your attention to *your preferred thoughts*, thoughts that ARE helpful and feel good to you. The longer you consciously choose to think helpful thoughts, the more easily you naturally build helpful thought patterns for yourself.

# Mind and Body Power

## Do You Know the Basics of How Your Body Relaxes?



### Visualizations - Picture It Perfectly

**When you visualize you provide effective ways for following along with, or repeating helpful ideas (including those for your dental visit).** See your visualization with yourself as the director of a movie having a limitless budget, where *anything* you desire is possible. You can choose a movie full of amazing uplifting fulfilling thoughts and ideas. You can think an unlimited amount of optimistic thoughts. Imagine the sensory details clearly. You are now choosing to feel relaxed by thinking thoughts in an uplifting way, with details that are perfect for you. If a wonderfully creative idea eludes you, think of a movie you have seen, or a story you have read, and 're-write' it to fit *your best*, happiest, most soothing relaxation ideal.

*Choosing to think about the details of relaxation increases your feelings of relaxation.* So, stay focused on feeling good. When you do feel stressed, imagine re-visiting a beach, or a spa, or some other place you enjoyed, where you felt well and relaxed. Repeatedly choosing happy mind images and pretending to be in enjoyable situations or places, the mind loses track of time. Use your valuable daydreaming skills. Instead of daydreaming naturally and *unconsciously* throughout the day, *choose to use your skills consciously*. The more optimistic, encouraging, and uplifting details you use in your visualization - the more relaxed, cheerful, confident and in-control you feel.

You may feel unsure about how to develop visualizations. Relaxed Dental Visits provides encouraging optimistic ideas for you. All you have to do is listen, and choose to participate.

**Daydreaming is good for you!** The greater number of happy and uplifting details you imagine each time you repeat visualizations, the more fully you engage your brain. Your brain then produces additional helpful feelings and chemicals for you.

### Make Your 'Personal Best Moments List' and Review it Regularly!

Reviewing happy meaningful memories you reward yourself twice... once by re-experiencing the emotion and secondly by producing more good chemicals. Make a mental list of ten times when you felt wonderful, happy, excited, loved, appreciated, proud, or grateful. These could include –

- the day I got my favourite pet
- the day I won an award in elementary school
- the day I first rode my bicycle without training wheels
- the day I graduated college, got engaged or married
- secrets I shared only with my best friend
- the day my baby was born
- the silly pajamas Gramma always gave me
- winning my high school competition
- getting my first car! (or motorcycle!)
- vacationing in...

Prepare yourself with your personal list of 'feel good' memories, then if you are feeling challenged, take a five minute break... and begin reviewing happier memories, filling in all the details. Re-setting your thoughts to focus on 'feel good' memories, your chemical production changes, your mood improves, and you physically feel better.

# Mind and Body Power

## Do You Know the Basics of How Your Body Relaxes?



### Stories Within Stories

When you hear stories, your brain naturally processes the story to understand how that situation relates to you. Stories within stories (metaphors) provide a more memorable way to understand what you are experiencing. Within Relaxed Dental Visits you use metaphors for relaxation, wellness and self-care. The more you listen to the stories, and choose to agree with them, the more easily you feel relaxed for future dental visits.

### Relaxed Dental Visits Includes Both Dental Self-Care and General Wellbeing Affirmations for You.

### Affirmations

Affirmations for relaxation use positive statements actively supporting self approval and continued wellness feelings. Within Relaxed Dental Visits you hear both dental self-care and general wellbeing affirmations. Routinely visualizing or expressing your desires, you naturally see the opportunities to achieve your goals.

TIP: If you preface an affirmation with “I now *choose* to...” followed by speaking an intention worded in the present tense, your conscious and subconscious minds work co-operatively. You **CAN** *choose* anything you like right now. To make affirmations *even more effective*, when you ask yourself “**Why** am I now choosing... ?” the affirmation then engages your brain to develop visualizations of the benefits of your desire. The more you focus on benefits, the more benefits you achieve. *Why* do I now choose to earn... ? *Why* do I now choose to weigh... ? or *Why* do I now choose to... keep my dental appointments... ? This type of self-questioning allows your conscious and subconscious minds to connect your motives and your desires, to the rewards you envision, increasing goal achievement.

### Perception – You Can Choose to Respond, Instead of React

Every person is unique. Imagine two people riding a rollercoaster at the fairground. One person *feels exhilarated* by the adrenaline rush and *feels eager to go on the ride again*. The other person *feels overwhelmed* by the adrenaline rush and *feels physically ill*. During the same activity, each perceived and experienced it differently. Each person’s PERCEPTION of the event affects their response on all levels: mental, emotional and physical.

**Feelings of fear, stress, or worry, cause your body to produce excess adrenaline and cortisol.** Over time, an accumulation of excess adrenaline and cortisol production can weaken your immune system. *Choosing to focus on relaxation and feel deeply relaxed*, instead of stressed, *reduces your adrenaline production*. Experiencing pain? Deep relaxation noticeably reduces pain levels - by 30% or more. Actively *choosing* to relax, benefits you on many levels.

Did you know you can *choose to feel less stressed*? Here’s how!  
**What you *choose* to think about physically affects your health.**  
You can feel more in control when you *choose* to think constructive thoughts.

# Mind and Thought Power

**Do You Know the Basics?  
Self-Hypnosis Relaxes Your Body...**



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**The Academy for Guided Imagery** confirms...

**“relaxation provides more relief from fear than nitrous oxide”**

**guided imagery can reduce anxiety  
and  
increase dental patient satisfaction.**

**[www.academyforguidedimagery.com/research/procedures/dp/index.html](http://www.academyforguidedimagery.com/research/procedures/dp/index.html)**

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**Beginning now, you can feel relaxation in your body by *choosing* to.  
Breathe deeply, while you practice reviewing uplifting thoughts.**

**Reduce your personal stress level by thinking ‘feel good’ thoughts:  
increasing your ‘feel good’ chemical production, and achieving more  
calmness, confidence and soothing relaxation right now.**

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**An impressive 93% of dental surgery patients using hypnosis  
showed “remarkable improvements in treatment conditions”  
for both patients and for surgeons.**

**(Hermes, Truebger, et al, 2005)**

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