

Parasympathetic Dominance and Deep Relaxation One of the most immediate and noticeable effects of hypnosis is the shift in autonomic balance toward parasympathetic dominance. This reduction in respiratory rate promotes oxygenation of the blood and calms the body's overall physiological arousal. The ability of hypnosis to consistently activate the parasympathetic nervous system is one of the reasons it is frequently used in medical and therapeutic settings to manage stress, anxiety, and pain. When the body is in a parasympathetic state, it experiences a reduction in physiological arousal, allowing for deep relaxation and recovery.

Heart Rate Reduction: Under hypnosis, there is a marked decrease in heart rate, as the parasympathetic nervous system slows down the rate at which the heart pumps blood. This effect makes hypnosis a valuable tool for individuals with hypertension or those experiencing anxiety-induced increases in blood pressure.