

Hypnosis is far superior to drugs for relieving tensions, **as it does not have a substantial amount of their downsides.** First of all, tension-relieving drugs are expensive, **which can make all the difference especially for the elderly.** Tension-relieving can also cause weight loss or gain, illness, or even death, **and while it is not true for all,** most of the drugs that relieve tension do foster addiction. In contrast, hypnosis is inexpensive even for people who have not mastered self-hypnosis. Furthermore, hypnosis is not only nonaddicting, but it also has none of the dangerous side effects of the drugs that relieve tension. **Simply put, hypnosis is vastly superior to drugs as a way of addressing the issue of tension relief.**

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Hypnosis is far superior to drugs for relieving tensions, **as it does not have many of their downsides.** First of all, tension-relieving drugs are expensive, **which can be a serious issue especially for the elderly.** Tension-relieving can also cause weight loss or gain, illness, or even death, **and while it is not true for all,** most of the drugs that relieve tension do foster addiction. In contrast, hypnosis is inexpensive even for people who have not mastered self-hypnosis, **thus being a suitable alternative for low-income patients.** Furthermore, hypnosis is not only nonaddicting, but it also has none of the dangerous side effects of the drugs that relieve tension. **Simply put, hypnosis is vastly superior to drugs as a way of relieving tension.**

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Hypnosis is far superior to drugs for relieving tensions. First of all, tension-relieving drugs are expensive, **and therefore not an effective treatment for a significant number of patients. In addition,** most tension-relieving drugs are not only addictive, but can also **cause undesirable** side effects such as weight loss or gain, illness, or even death. In contrast, hypnosis is inexpensive even for people who have not mastered self-hypnosis, **thus being a suitable alternative for low-income patients.** Furthermore, hypnosis is not only nonaddicting, but it also has none of the dangerous side effects of the drugs that relieve tension. **Simply put, hypnosis has several advantages over prescription drugs as a method of relieving tension.**