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How to Stop Flushing in Public Speaking by [Tedd Woods](#)

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First, if you experience flushing, public speaking time, you are not alone. There are millions of patients worldwide who are faced with every day. I was surprised that my boss actually blushed intensely over an interview with a potential client. She said she did not use pressure. It's strange, though, because in informal situations, it was very courageous, self-confident and spoke without any signs of redness. I, on the other hand, had flushed a lot of informal and formal situations. It was intense, when all eyes were on me, but I remember my mom, and really intense flushing Mexican food.

I started researching this condition, knowing deeply that it had to be a solution, causes and solutions. My intention with this article, publish a summary of its findings, from my personal experience. Hopefully they will be useful to you, whatever your position on the face and neck flushing.

Feel free to say things that are responsible for the trend, flush or blush, face and neck range. These include stress, poor diet and poor digestion and constant unnecessary fear. I stress, because of continued pressure on the body and mind to cause many problems. I learned that stress can weaken the digestive tract, which in turn can make you more sensitive to food and even cause allergies. Medical doctor, specializing in facial flushing, told me that red is actually similar to a signal flare, telling you that something is wrong with your body. And in many cases, this means that your digestive system is broken and you're too stress. It was intense, when all eyes were on me, but I remember with my mom, and really intense flushing Mexican food. Learning this, I immediately changed my diet cutting alcohol, gluten and milk. I also took a few massages a month, a stress reducer.

At the moment, though, I caused myself EXPECT flushing episode, and public speaking. What I have found that I still do not need constant fear, which until now have been without my normal thought process was actually inhibits me is calm. I learned about cognitive behavioral therapy (CBT), and that it is normally used to treat social anxiety and facial flushing. I also found many people who have had success with hypnotherapy accounts. Both methods are aimed to re-educate your mind to move away from the triggers, that looks dangerous, but certainly not the case. For example, when I began to speak at meetings, I would immediately become afraid that what I said was stupid, boring or irrelevant, and that each was convicted me. It was horrible! Choosing to try CBT and hypnotherapy was one of the best decisions I made, because my facial redness is almost non-existent, and I never even worry about it!

If you have a flushing time, public speaking, you might want to think about choosing a healthier diet, reducing stress levels and the use of hypnotherapy.

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