How can hypnosis help me to lose weight?

Hypnosis is a proven way to change old habits! Your hypnotherapist will take the time to learn about you and how you relate to food and any other issues related to your problem.

He or she will then talk with you to formulate a plan that will work for you as an individual with your own likes and dislikes.

We do not believe in a "one size fits all" approach. Everyone is different and has different likes and dislikes that need to be considered in any weight loss plan.

We do real hypnosis. Your hypnotherapist will work with you one-on-one and you will see the same hypnotherapist each time. We do not use tapes and headphones! You will experience real hypnosis with suggestions customized for you.

Here is how it works. There are two main factors that contribute to weight gain:

1. Bad habits such as eating too much, or eating the wrong kinds of foods. These bad habits can be picked up during childhood or at other times, such as while in the military. These bad habits can be difficult to break on your own. Hypnosis makes it much easier.

2. The association between food and emotions. Most of our clients can make the connection between food and emotions. For example many people have felt bored and opted for a snack to fill in the time. Or some people eat because of stress. Others are emotional eaters and don't even know it.

Our approach will enable you to experience a proven hypnotherapeutic process that will help you take back control over those bad habits and emotional eating, so you will positively change your relationship with food.

Bad habits removed with Hypnosis!

First, your hypnotherapist will listen to you and learn about the history of your struggle with controlling your weight. Then, he or she will answer any questions that you may have about hypnosis. He or she will also ask you about your history with weight and eating patterns. You will also be asked about what you have tried before so that a customized hypnosis session can be designed just for you.

Then, you will be guided into hypnosis. It is a cooperative state, in which your hypnotherapist gives you the suggestions that were customized for you. You only need to follow instructions so that a sufficient level of hypnosis can be obtained to make the changes that you came in to make.

Dissolving the emotional link that causes over eating and weight gain!

Your hypnotherapist is more than just a hypnotist. He or she has been trained to help you overcome the old hang-ups that have stressed you out and caused you to over eat if that is the case.

This process along with a little bit of education will greatly reduce the desire to eat when you are not truly hungry.

As part of the educative process, you will learn about the "Secret Language of Feelings," and how taking back control of how you feel emotionally, greatly improves your ability to control the quantity and quality of the food you eat!

Self-hypnosis assures permanent results!

What you want is permanent change! Your hypnotherapist is going to work with you to help you to accomplish a number of things to help you reach your weight loss goal.

During the hypnosis sessions, you will gain a great deal of insight into why you have had this problem, and you will receive information about how emotions really work so that you will be more in control than ever before. Plus, you will be offered the opportunity to learn 7th Path Self-Hypnosis® a powerful mind-body-spirit approach to self-improvement.

Once you have learned 7th Path™, you will have acquired a skill that will enable you to always be slim and trim. If you ever start to put on weight, you will have the ability to once again take back control using self-hypnosis to get you back on track. Plus, and it is a big plus, you will have learned a new skill that you can use in the future to make almost any kind of positive change in your life!

You can learn this exciting new holistic self-hypnosis system during your regular hypnosis sessions, or in a 1-day class. Ask your hypnotherapist about which is best for you.

Hypnosis can help you lose weight when diets have failed!

Most of the people who come to see us have tried many weight loss programs before trying hypnosis. They have been on every kind of diet and exercise program. They have been looking for that "missing something" that can finally help them to succeed.

Weight loss is simple. Just consume less food than your body uses and you will definitely lose weight. You probably already know that. The problem is to figure out a way to make that simple process work for you, and then when the weight is off, to keep it off. These changes need to be made at the subconscious level of the mind where emotions and habits reside. This is done with hypnosis.

Will I have to be put on a highly restrictive diet?

Each of our clients are different in this respect. It depends on many factors such as: how much weight you want to lose, how quickly you want to lose it and whether or not exercise makes sense given your physical condition, etc.

Many of our hypnosis clients report that they never had to diet to reach their weight loss goal. Others lost most of the weight they wanted to lose without having to diet, and then used a diet to get off the last few pounds.

There are also those individuals who may need to follow a formal diet while they are using hypnosis to lose all the weight they want to lose. With hypnosis our clients have been successful because they were able to stay on the diet long enough to be successful.

Hypnosis leads to success, when other approaches have failed because you can get the feeling of being in control that you have always wanted. If you need to diet to reach your goal, with hypnosis you can both stay on the diet until the weight is off and then maintain your weight so that you can keep the weight off in the long term.

Hypnosis can be your tool for success!

We encourage you to call or come into our office and ask us questions about hypnosis and our services. We enjoy answering questions. It is part of our job.

Hypnosis can help you with the following and more:

Stop Smoking	Weight Loss
Nervousness	Stress
Remove Fears	Relationships
Remove Habits	Alcohol Abuse
Drug Abuse	Childbirth
Motivation	Stage Fright
Public Speaking	Pain Management
Anger Issues	Sexual Issues
Abuse Issues	Self-Esteem
Concentration	Self-Confidence
Testing Nervousness	Shyness
Procrastination	Improve Mood
Improve Sports	Children's Issues

Call to ask about any issues not listed here.

Hypnotic Wellness Methods Hypnosis
513-378-4456

Weight Loss
and
Hypnosis
Information

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Learn how hypnosis and hypnotherapy can help you succeed.
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