

How hypnosis may benefit YOU!

Hypnosis is an altered state of consciousness in which we make contact with the unconscious mind, a part of one's inner self that has a duty and right to protect you. Hypnosis is a motivation, resource finding and building tool that allows us to access ALL of our own potential. Hypnosis has been used successfully for issues of weight control, smoking cessation, finding inner happiness, getting over fears, recovering past resources, learning to meditate, improving memory, releasing habits, and even medically under a Doctor's care and supervision.

Hypnosis is not a substitute for nor to be used in place of any medical or psychological treatments, and a hypnotists is not necessarily a Medical Doctor or Mental Health Counselor. A Hypnotists can not "heal" or diagnose anything, and is a highly trained professional who knows how to address the inner workings of the unconscious mind to allow an individual to find, create and generate the attitudes, behaviors and resources that they need to have their change or improvement in appropriate ways.

- **Develop and express awareness and intuition.**
- **Feel worthwhile, self-confident, zestful.**
- **Gain a happier home life; become a better husband, wife, parent, or friend.**
- **Acquire the ability to relax completely in any situation.**
- **Make better decisions.**
- **Improve concentration.**
- **Overcome procrastination.**
- **Increase the quality of your emotional expression.**
- **Reduce conflict and stress.**
- **Promote health and well-being.**
- **Regain your natural ability to sleep easily.**
- **Sell yourself, your ideas, and your services with confidence and enthusiasm.**
- **Increase your income.**
- **Attract and maintain worthwhile friendships.**
- **Discover your negative mental patterns and how they affect you.**
- **Free yourself from hostility, resentment, fear of rejection.**

- **Select your goals in life; chart your course for their realization.**
- **Program your mind with positive mental concepts and success attitudes.**
- **Develop the ability to construct mental images easily.**

“Hypnotherapy, or trance work, is a group of techniques that allow practitioners and patients to take advantage of the mind-body connection to foster healing.” Dr. Andrew Weil

Benefits of using weight loss hypnosis

Weight loss hypnosis is unlike anything you've tried before! There are a number of excellent reasons why anyone trying for permanent long term weight loss should include weight loss hypnosis as part of their program.

In fact there are some benefits that can only be achieved through the use of hypnosis, some of which include:

Increased motivation - If the main reason you can't loose weight is due to the lack of discipline and motivation, hypnosis for weight loss is the answer. A carefully constructed, weight loss through hypnosis program, will boost your self-discipline, and almost effortlessly guide you towards behaviors that will result in permanent weight loss. As you start to see the weight come off, your motivation will naturally increase, further your commitment to the process.

Easy to use - Weight loss through hypnosis, is the simplest, most successful method for losing those extra pounds. You simply listen to the specially created CD's/tapes each night before you go to bed, and let the program do the rest. All of the changes in behavior and attitude to food occur at an unconscious level. This is the total opposite to the traditional way of losing weight, which is to 'tough it out' on diets and forced exercise regimes. If your will power is weak, you simply won't stick to diets, leading to a lack of results and therefore declining motivation.

Permanent weight loss - Temporary weight loss is easy, you simply starve yourself on the latest fad diet, and watch those extra pounds disappear...only for them to reappear a short time later. Weight loss through Hypnosis is truly permanent, because the process changes your behavior and attitude to food. Without any conscious effort on your part you will start choosing healthier lower calorie meals, and be satisfied on less food than you are at present. The natural outcome to this permanent change in behavior, is the permanent loss in weight.

It works - This, combined with the fact that you can try [hypnosis for weight loss](#), risk free for a year, is probably the only reason you need to start your permanent weight loss hypnosis program now! Proof of success is everywhere, the most recent being the 6

month investigation carried out by NBC's Dateline programme.

Hypnosis has been effective in many areas, here are a few:

Exercise	Pain	Confidence
Memory	Fears	Motivation
Fertility	Dental	Addictions
Alcohol	Stress	Nail Biting
Creativity	Health	Impotence
Weight	Sales	Pre Surgery
Speaking	Goals	Rehabilitation
Smoking	Focus	Concentration
Childbirth	Anger	Post Surgery
Insomnia	Skills	Study Habits

***People are Rediscovering
The Infinite Power Of The Mind***

You Can Use The Strength Of Your Subconscious Mind To Improve Your Life,
Change Unwanted Habits,
And Accomplish Your Goals

Today Hypnotherapists are working in conjunction with the medical community to help those with minor ailments, serious illness, and physical injuries. Hypnosis helps to block pain, increase movement, and to improve overall quality of life.