

Weight Loss with Hypnosis

How can hypnosis/hypnotherapy help me with Weight Loss?

When you are in a deep relaxed state just before sleep state, you are in the hypnotic state of mind. When doing a hypnosis session you are guided to this state. You are very aware of what is going on and have 100% control at all times. 15% of your mind is conscious level and 85% is subconscious level. When in the relaxed state with meditation or hypnosis, you are at subconscious level. In meditation, you listen for thought and with hypnosis, suggestions are given to the subconscious that we discuss earlier. Your mind accepts them as true and then it automatically helps you to achieve your goal –which is to be healthier and to lose weight.

Why 5 or more session?

The 1st three sessions are extremely important and need to be no longer than 7 days apart. The additional sessions can be 2 weeks apart. Your subconscious mind is memory and visualization. It has no reasoning and we work on switching this through visualization and the suggestions in hypnosis. One session may work immediately for some however, usually after a week, the memory in the subconscious mind is much stronger and it begins to see the old habit again and fights your desire to eating healthier. The mind brings back the desire for sweets and unhealthy foods. It takes at least 21 days to change those habits in your mind to the new habits that you are trying to achieve. Foods also have attachments to emotions and we work on finding these attachments so that food is no longer linked to the emotions.

What do I do once the 5 sessions are complete?

The center offers continued support and you can book a 1 hour session once a month in the next year (12 visits) at \$50 per visit (½ price). You are also given a Hypnosis CD Recording during the 5 weeks.

What Guarantee can you give me?

The only guarantee that we can give you is that if you believe this will work for you and you are 100% ready to make the changes in your life for your health and weight loss, it will work for you in more ways than you can imagine. It not only changes the fact that you will lose weight but, will change many other things to giving you peace and happiness. I have never had anyone not go into hypnosis. If you feel that this will not work, that you will not be hypnotized and you are taking a shot in the dark with a negative attitude, you are making a guarantee of your own that you will not succeed. It is all up to you!

We are offering a great price to help those that really want to become healthier and to lose weight. We would like to give you this great experience with hypnotherapy.

Continue to next page for more information about the Program

What can I expect once I sign up for the Weight Loss Program?

Once you are signed up, we will be in touch with you to set up your 5 weeks of private sessions. The 1st three weeks are no more than 7-10 days apart. Next two weeks are 2 weeks apart. This is very important. After the sessions, you can come in for 1 session a month and support at only \$50 per 1 hour session. 12 visits will be available to you for 1 year after the 5 weeks.

- Fourth week is a Hypno-Reiki Session. Which we discuss at the 1st session

Session One: 1.5 hours – We will discuss Hypnosis and several subjects about you. What your goals are and how you want to begin your path to your weight loss. We answer any questions that you have and to make you completely comfortable. You will experience a hypnosis session.

Session Two: 1 hour – The Hypnosis session is designed specifically for you. You begin your new journey to losing weight and to become healthier automatically. Everyone is different and for some it takes a few sessions. We are on the journey together to make it easy and to choose a life style that you are extremely happy with.

Session Three: 1 hour – We discuss how you are doing at this point and this session is about freeing yourself from the control that the food has on you. After talking about the subject, a 45 minute hypnosis session follows.

Session Four and Five 1 hour each: An evaluation is done as we are going along and these sessions depend on where we are with your achievements. Hypno-Reiki is one of the sessions.

COST:

\$200 5 weeks – \$300 savings at \$40.00 a week

Payment: It is \$100 to sign up for the program. The additional \$100 will be due at your 1st appointment. All 5 weeks will be paid in advance. After 5 weeks, you can continue for 1 year at \$50 per 1 hour sessions for further hypnotherapy and support. (12 visits)

Should you decide that you do not want to complete the program, the \$200 will be applied toward regular rates of the sessions completed and credit will be issued. The 1st session regular rate is \$125 and additional sessions are \$90 each. Credit can be used for any other services at the center. There is no cash refunds on this sign up.

[Click here to sign up now](#)

Thank you – The Mind & Body Center of Hypnosis 603-438-7924