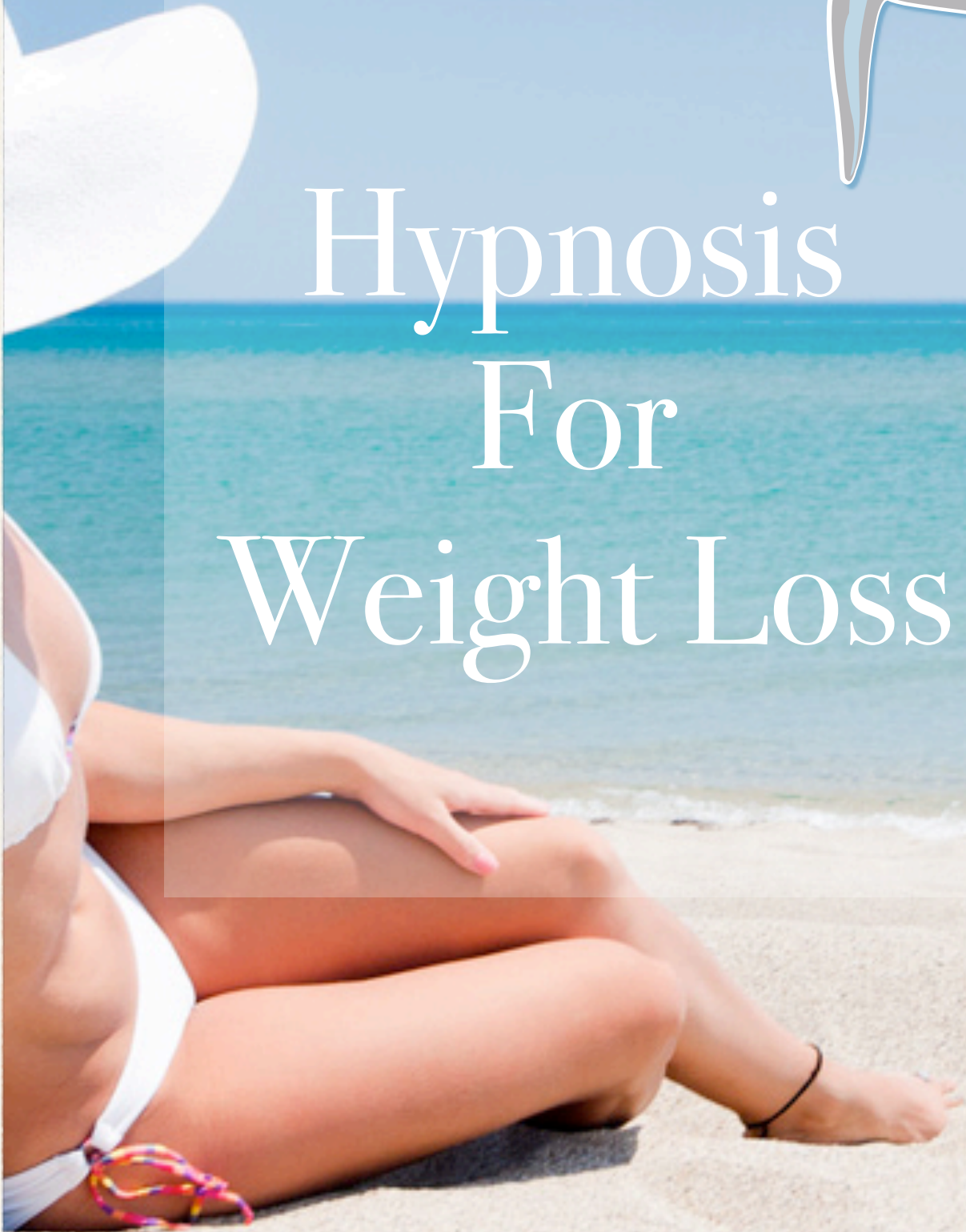




Hypnosis For Weight Loss





HYPNOSIS FOR WEIGHT LOSS.

*“Hypnosis,
For When You
Know What You
Want To Do,
But Just Can’t
Do It.”*

You know what you should be doing to lose weight. Eat small portions, cut out snack food, junk food, and carbs, avoid any emotional eating and do some exercise. It all sounds easy, but the problem is actually doing it and sticking to it.

This is where hypnosis helps, Getting control of your mind, to work in the way you want. With hypnosis we are able to up the intensity of the good reasons why you want to eat healthy. Like powering up your motivation, heightening your confidence and strengthening your persistence. And if we can help make good things better we can also help to remove the things that hold you back like, removing temptation, eliminating compulsions and replacing laziness and complacency laziness with a bucket of energy.

When it comes to making a healthy decision, often it is like a contest of wills, like a devil on one should and an angel on the other, battling it out each day and in the process destroying your sanity. But after using the hypnosis process, the healthy side becomes so much stronger that good decisions become easy and feel normal and no longer are you faced with a battle of wills. Where food and making healthy choices, feels easy.





HOW HYPNOSIS CAN HELP YOU.

Common Weight Loss Issues We Help With:

*Don't See Your
Problem Here?*

*Then Just Ask,
And We Can See
How We Can
Help.*

0800 497 667

- Constant Snacking/Junk Foods/Sweets/Savory
- Emotional Eating/ Stress Eating
- Large Portion Sizes
- Poor Self Image
- Long Term Bad Eating Habits/Poor Lifestyle Choices
- Alcohol Consumption
- Uncontrollable Cravings/Urges/Compulsions
- Binge Eating /Compensatory Behaviours
- Eating In Secret
- Eating Healthy While Coping with Kids and Family.
- Eating Healthy For Shift Workers/ Teachers Work/School Holidays
- Eating Healthy For People That Constantly Travel.
- Motivation For Exercise
- Self Belief For Long Term Success





WHAT CAN YOU EXPECT FROM YOUR SESSION

Guys Use Hypnosis Too For Exercise, Health and Weight Loss

A Typical Case study with a client we will call Beth

By the time Beth came to see me, weight loss had become like a giant elephant being dragged through her life. Thoughts about food consuming hours of time, energy and spirit. Hours spent planning on what she should or shouldn't be eating and the guilt when things went wrong. The lack of progress devouring her self esteem, and endless days of frustration where the motivation to eat healthy and exercise slipped away. Beth was at her wits end and desperate.

Within three hypnosis sessions, Beth had stopped snacking and significantly reduced her portion sizes. The craving for sugary foods ceased. Beth was both surprised and amazed. This was not magic. It was not mind control. It was hypnosis working with some who was motivated to change.

What Beth then discovered was something so much better than just looking good, it's a feeling called freedom. Beth is now in control of her life. She can choose to walk past cakes and biscuits without a second thought. The work mornings teas, or the chocolates at the supermarket are no longer given a second thought. To leave food on her plate, and say no thank you to others just feels normal. The nightly wines have become a weekend glass.

Beth knows the lifestyle she wants to live, and is now able to live it with ease.



HOW DOES HYPNOSIS WORK?

*Hypnosis Feels
Like Deep
Relaxation.
You Are
Alert ,Aware,
And Hear
Everything
The Hypnotist
Is Saying.*

Take a moment to think of a hard lump of clay. You can't do much with it. It is solid and inflexible. However add **water** and we can now shape and mould that clay into a vase, cup, or plate. Hypnosis is the water.

Hypnosis is a process that makes the mind flexible to new ideas. It is like the difference between the minds of the elderly, stuck in their old ways, and the minds of children, adaptive, and readily learning new ideas and thoughts about the world.

So when you want to improve how your mind reacts, behaves and feels in different situations, then we can use hypnosis to create that kind of flexible, adaptive learning process, helping the mind to create new healthy habits.

WHAT ABOUT HYPNOSIS STAGE SHOWS?

The illusion of control over the subject in a hypnosis stage show has a lot to do with stage showmanship, social compliance as well as hypnosis. On a stage show a hypnotist asks for volunteers. The people who volunteer are excited about entertaining others. Hypnosis, like water, makes the creative ideas of the volunteers minds bigger and more fluid, expanding upon their imaginative thoughts and feelings, and as this happens the behaviours become more flamboyant. However if that kind of thought process of “*I want to volunteer and see what this is like*”, was not there in the first place then nothing would happen.





WEIGHT LOSS PROGRAMS.

KICK START

Know what you need to do, but just not doing it. This is your kick start into healthy living. We aim to make it easy for you to remove unhealthy foods, cut down on snacking and portion sizes, get into exercise and build self-confidence over these 3 sessions spaced a week apart. You tell us what you want changed, and then we help you make it happen.

Includes 3 Hypnosis Sessions Spaced A week apart. First session 90 minutes, 2nd, 3rd session 60 minutes. Includes 2 Hypnosis Recordings for reinforcing your results at home \$345.

KICK START PLUS

So you have got ever thing off to a great start. But you have been here before, and what to ensure you stay on track, with your new lifestyle choices. Kick Start Plus gives you that added support to ensure once you have made the changes you keep to them.

Includes everything above plus Add three 30 minute follow up sessions spaced 2 weeks apart and an additional hypnosis recording \$495

HYPNO-BAND

This program has been extremely popular over the last 2 years and has been reported through a number of media outlets. Hypno-Band involves mimicking a gastric banding surgery while in hypnosis to help reduce portion sizes. This program includes everything in our Kick Start Program and includes the Hypno-Band experience. We are licensed Hypno-Band practitioners and you can see more about this procedure in the media at hypnoband.co.nz.

Includes 4 Hypnosis Sessions Spaced a week apart, with the third session being the surgery session plus 2 Hypno-Band Hypnosis Tracks \$785.00



Phone

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Book Your Appointment Online at

www.lifestylehypnosis.co.nz/auckland

Address:

Lifestyle Hypnosis
Neo Clinic
409 Lake Road
Takapuna
Auckland

Directions

Clinic Is located on the Devonport side at the intersection of Lake and Edmond Road Takapuna. Opposite Park Lane Motel. Easy access via Esmond Rd, onto Eldon Street, and parking at end of Napier Ave.

Parking Availability

At The Neo Clinic, or at the end of Napier Ave.

*If You Have Any
Questions Please
Ask By Phone Or
E-mail.*

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*Or To Make A
Booking Right Now
You Can Always
Book Online*

