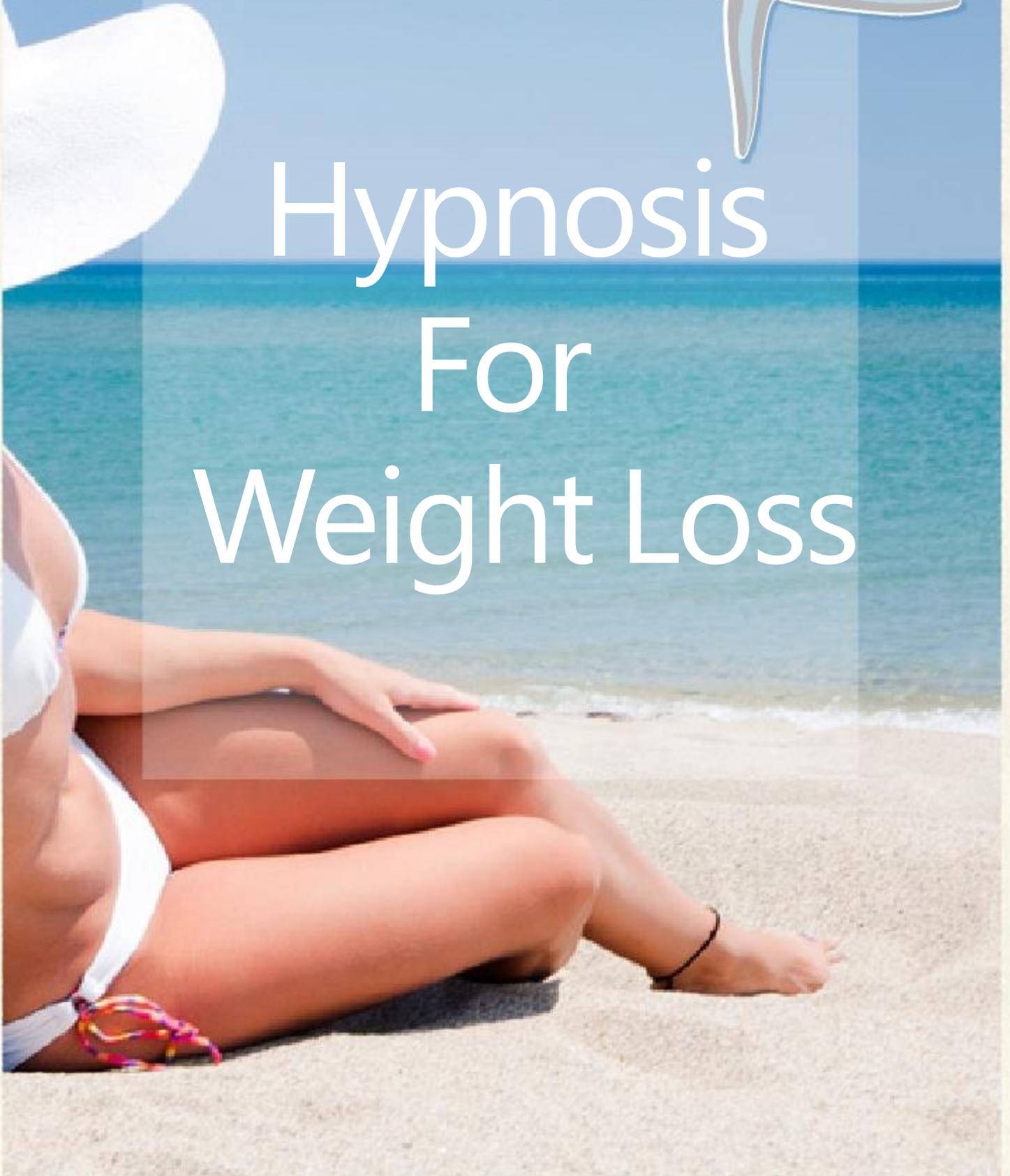




Hypnosis For Weight Loss





HYPNOSIS FOR WEIGHT LOSS.

Most people know what they should be doing to lose weight.

Cut out snack food, junk food and carbs, avoid any emotional eating, smaller portions and do some exercise. It all sounds easy, but the problem is actually doing it and to keep to it while juggling all the demands of life.

At the start of a healthy eating plan you are focused on what to do but as time passes you get busy and your focus strays. When this happens your brain falls back on old eating patterns from the past and your new healthy eating ideas quickly fade to obscurity. This is where hypnosis can help. By breaking the old eating patterns completely and then helping to create new ones in their place that last.

When you have a contest of wills or are constantly using your will power to make good choices, you are battling an old programmed behaviour in your head by applying will power to try to do something different. With hypnosis there is no battle when you go to make your new healthy choices because your old relationship with food is no longer there. Your focus is on the new behaviour and it all now seems so much easier to achieve.

It is important to realise that what has stopped you losing your weight or eat healthy is a different set of old patterns inside your mind than any one else. That is why at Lifestyle Hypnosis we ensure we spend 90 minutes with you on the first session.

Firstly to get you comfortable and relaxed with the hypnosis process. Then using hypnosis to discover the unique thinking processes that have kept you stuck. Then in the last 30 minutes of the session we begin to help create changes so you notice something different in your eating habits after the very first session.

**"Hypnosis,
For When You
Know What You
Want To Do,
But Just Can't
Do It."**



HYPNOSIS FOR WEIGHT LOSS

Common Weight Loss Issues We Help With Hypnosis

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/Savoury
- 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 and Coping with Kids and Family
- Healthy eating for shift workers
- Healthy Eating For People That Travel often
- Motivation For Exercise
- Self Belief For Long Term Success





HYPNOSIS FOR WEIGHT LOSS.

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. 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 stopped snacking. She 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 looking slimmer, it is called freedom, or peace of mind. Where she is now back in control and able to make the decisions she wants and stick to them. She could

now keep to the exercise plan and healthy eating habits. She could walk past cakes and biscuits without a second thought. She would eat a little and it was all she wanted. And over the following weeks

I continued to help Beth develop her eating patterns and habits, and ensure they were cemented in place creating a long term healthy lifestyle.



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's 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 was not there in the first place(which is everyone who doesn't volunteer) 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.

Healthy Habits For Life

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

This is our most popular and best value program. It includes everything above plus 3 X 30 minute follow up sessions spaced 2 weeks apart and an additional hypnosis recording \$485

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 www.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 on Napier Ave.

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

0800 497 667

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

