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#### This is not a diet plan

* No drugs (unless authorized and prescribed by a physician)
* No Meetings
* No Counting Calories
* No Fad Diets

**By now** **you have tried and failed countless times.** You’ve probably tried all sorts of diets and found that it’s impossible to stick to any diet for an extended period of time.

As soon as you stop dieting… you just gain the weight back. And most people end up heavier than when they first started dieting. Does this sound familiar? There’s a better way …

#### So, How Can I Help You?

This is **a behavior modification program**… yes, we use hypnosis… but it goes way beyond most typical hypnosis. I will speak directly to your subconscious mind to help create healthy behaviors and positive thinking. **Because you are in such a relaxed state during this time, you become more receptive to the positive suggestions for healthy change,** such as:

* Stop eating when full
* Eat smaller portions
* Healthier eating habits
* Eliminating unhealthy foods
* Improve confidence and self esteem
* Eliminate emotional clutter
* Feel better about yourself

**There is no need to diet during this time.** I will help you reframe your relationship to food. You will not need to diet because your unhealthy behaviors will diminish.

**All you have to do is sit comfortably, undisturbed, for only 25 to 40 minutes and drift off to a deep relaxation and do nothing. That’s it!** Let your subconscious do all the work and you’ll see how remarkably your behavior towards food and dieting changes automatically. And you’ll accomplish this all without self-help meetings to attend or taking pills or trying that new “fad” diet. **This really works!**

According to Karen Olness, Professor at Case Western School of Medicine, **“hypnosis works by harnessing your imagination.”**

In one clinical study, psychologists put 109 overweight individuals on a medically supervised weight-loss program. Some of the folks used hypnosis and others did not. After about nine weeks, both of these focus groups had lost the same amount of weight… but here’s the part that should interest you:

**At 8-month and 2-year intervals:**

**the participants who received hypnosis had lost additional weight,**

**OR *maintained* their healthy weight loss**

**OR remained at a *healthy body weight*…**

**than those who *did not* receive hypnosis.**

http://www.notanotherdietprogram.com/pics/redline.jpg