



▪ Hungerford

▪ Marlborough

▪ Newbury

▪ Weight Control With Hypnotherapy.

The most common cause of being overweight relates to our individual approach to food. It's not just a matter of choice but also a matter of conditioning often laid down in childhood and throughout your life.

Your attitude to food and eating is the most important means of losing weight, and that's where hypnotherapy comes in. Under Hypnosis the subconscious mind can be allowed to form fresh perspective on, how when and why you eat. It's not difficult once your subconscious mind has a better understanding of the role of food.

Old childhood behaviour patterns are updated so that the food you eat is not used as a comfort at times of stress, making the task of losing weight so much easier. With Hypnosis you very quickly gain control over your eating habits and within just a few sessions are in complete control of what, when and how much you eat. With this new found confidence and control you are able to adapt this to all aspects of your life and become motivated to live a healthier and fitter lifestyle.

By using Hypnotherapy as a means of losing weight there are none of the usual feelings of being on a 'diet', no feelings of being 'hungry' nor that you are depriving yourself of 'nice food'. By following the simple rules of 'eating when hungry' 'stopping when full' and 'eating slowly' along with hypnosis results are achieved very quickly.

How many times have you or a friend lost all the required weight only to put it all or even more back on again once the 'diet' has finished. This can be avoided by accessing the subconscious mind and re-programming your patterns of behaviour into favourable controlled behaviour. Your relationship with food will change not just for a short while whilst you lose the desired weight but for the rest of your life, thereby enabling you to remain in control of your eating habits for good. You will be able to eat what you want and when you want, just simply by being in control of the amount you eat. Hypnosis can remove the 'stress' of food out of your life. Remember we 'eat to live' NOT 'live to eat' we need the food to give us the energy to enjoy all the other aspects of life that is available to us.

For a free consultation or more information about the weight loss programme available through Hypnotherapy please contact:

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