

Can Hypnosis Make You Thin?

“Losing weight may not be effortless, but it doesn't have to be complicated. To achieve long-term results, it's best to avoid quick-fix schemes and complex regimens.”

Tired of carrying around those extra pounds? Sick and tired of diets that don't work? Worried about Holiday eating and the extra pounds you may gain? Are you delaying weight loss until it's time for your New Year's resolutions? Are you ready to make the decision to shed those extra pounds once and for all? Hypnosis addresses what is often considered to be the root of the problem; emotional eating. This is why hypnosis succeeds where traditional diets fail.

But hypnosis is not a magic bullet; what can hypnosis do that “will power” alone can't?

- Eliminate the cravings.
- Overcome self-sabotage.
- Change or reinforce how you interact with food.
- Give you control over the quantity and quality of the food you eat.
- Help you enjoy exercise.
- Assist you to enjoy the weight loss process?

Even if you got the wrong end of the genetic stick, and losing weight has always been a struggle, hypnosis will help you.

Hypnosis is a state of deep relaxation and intense mental focus that can help you “re-program” your old attitudes and beliefs about eating. While in a hypnotic state, your subconscious (inner) mind is more open and receptive to new suggestions which will allow those messages in the “back of your mind” more influence to nudge you toward healthier behaviors. Like a modern day Jiminy Cricket, hypnotically implanted messages urge you to “do the right thing” – to follow through with the changes that *you* decide to make in your life.

Hypnotic messages suggest new attitudes, such as “Eat smaller portions of food and feel completely satisfied or eat only in response to your body's natural need for food as fuel” which can help you to re-program bad eating habits. Repetition of these suggestions, especially when regularly listened to on a taped message, can enhance your determination and boost your conscious “willpower.”

Usually it takes a combination of behavioral modification (monitoring your diet, learning healthy eating habits and exercising regularly) and psychological education (understand why you have certain eating patterns and learn how to change them) in order to achieve permanent weight loss. A good hypnotherapist will address both these issues and you will not only receive mental suggestions for behavioral and lifestyle changes; your hypnotherapist will explore any emotional connections to food and eating habits. Once you realize *why* you are eating when you are not hungry you can begin to change that behavior.

A hypnotherapist will work with positive programming, using your own success to inspire you and not rely on “aversion therapy” or “negative conditioning” to achieve results. Suggestions that stress positive changes (look the way you want to look, feel the way you want to feel) that increase self-esteem can help you succeed not only in your weight loss, but also in other areas of your life as well.

Mental imagery is another important part of hypnosis. By using hypnosis for weight loss, after achieving a deep state of relaxation your hypnotherapist can lead you through an imaginary journey where you might imagine yourself wearing a dress or suit you’ve outgrown. You may imagine the positive comments of your friends or co-workers and gain encouragement to use your five senses to “see” and “feel” yourself grow thinner, stronger and healthier. Studies have shown that the more real your inner experience, the more likely the final results will match your mental “program.”

While not magic, hypnosis can provide powerful tools to help you fight the “battle of the bulge”; tools that may just make the difference between success and failure. When you see how easy it is to eat right and exercise regularly, you'll regret not having tried hypnosis earlier.