

How Can Hypnosis Help Me Lose Weight?

Hypnosis is a proven way to change old habits. As your hypnotherapist, I will take the time to understand you, your relationship with food, and any other issues related to your weight-loss goals.

I will then talk with you to formulate a plan that will work for you as an individual. I do not believe in a "one size fits all" approach. Everyone is different and has different likes and dislikes that need to be considered in any weight-loss plan.

I do real hypnotherapy. I will work with you one-on-one. I do not use tapes and headphones. You will experience real hypnosis with suggestions customized just for you.

Here is how it works. There are two main factors that contribute to weight gain:

1. Bad habits such as eating too much or eating the wrong kinds of foods. These bad habits can be picked up during childhood or at other times, such as while in the military. These bad habits can be difficult to break on your own. Hypnosis makes it much easier.
2. The association between food and emotions. Most of my clients can make the connection between food and emotions. For example many people have felt bored and opted for a snack to fill in the time. Or some people eat because of stress. Others are emotional eaters and don't even know it.

Hypnosis Can Be Your Tool for Success!

I encourage you to call or email me to ask questions about hypnosis and my services. I enjoy answering your questions. It is part of my job and my profession.

Hypnosis can help you with the following and more:

Stop Smoking
Anxiety
Remove Fears
Remove Habits
Drug Abuse
Motivation
Public Speaking
Anger Issues
Abuse Issues
Concentration
Test Anxiety
Procrastination

Weight Loss
Stress
Relationships
Alcohol Abuse
Children's Issues
Stage Fright
Pain Management
Sexual Issues
Self-Esteem
Self-Confidence
Shyness
Improve Mood

Contact me about any issues not listed above.

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Weight Loss and Hypnosis

Learn how hypnosis and hypnotherapy can help you lose weight and keep it off.



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creating wellness from within

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My weight-loss approach will enable you to experience a proven hypnotherapeutic process that helps you take back control over bad habits and emotional eating, so you can positively change your relationship with food.

Dissolving the Emotional Links That Causes Overeating and Weight Gain

As your hypnotherapist, I am more than just a hypnotist. I have been trained to help you overcome the old hang-ups that have stressed you out and caused you to overeat, if that is the case.

Hypnotherapy, along with a little bit of education, will greatly reduce the desire to eat when you are not truly hungry.

Overcome the Old Hang-ups That Have Caused You to Overeat

As part of the instructional process, you will learn about the “Secret Language of Feelings” and how taking back control of your responses to emotions can greatly improve your ability to control the quantity and quality of the food you eat!

Self-Hypnosis Assures Permanent Results!

What you want is permanent change! I will work with you so you can accomplish what helps you reach your weight-loss goal.

During the hypnosis sessions, you will gain a great deal of insight into why you have had this problem, and you will receive information about how emotions really work, so you can be more in control than ever before. Plus, you will be offered the opportunity to learn 7th Path Self-Hypnosis®—a powerful mind-body-spirit approach to self-improvement.

Once you have learned 7th Path™, you will have acquired a skill that will enable you to remain slim and trim. If you ever start to put on weight, you will have the ability to once again take back control using self-hypnosis to get yourself back on track. Plus (and it is a big plus) you will have learned a new skill that you can use in the future to make almost any kind of positive change in your life!

You can learn this exciting new holistic self-hypnosis system during your regular hypnosis sessions or in a one-day class. Feel free to ask me about which method might be better for you.

Hypnosis Can Help You Lose Weight When Diets Have Failed!

Most of the people who come to see me have tried many weight-loss programs before trying hypnosis. They have been on every kind of diet and exercise program. They have been looking for that “missing something” that can finally help them to succeed.

Weight loss is simple. Just consume less food than your body uses and you will definitely lose weight. You probably already know that. The problem is to figure out a way to make that simple process work for you, and then when

the weight is off, to keep it off. These changes need to be made at the subconscious level of the mind, where emotions and habits reside. This is done with hypnosis.

Will I Have to Be Put On a Highly Restrictive Diet?

Each of my clients is different in this respect. It depends on many factors, such as how much weight you want to lose; how quickly you want to lose it; and whether or not exercise makes sense, given your physical condition.

Hypnosis Leads to Success!

Many of my hypnosis clients report that they never had to diet to reach their weight-loss goals. Others lost most of the weight they wanted to lose without having to diet, and then used a diet to get off the last few pounds.

There are also those individuals who may need to follow a formal diet while they are using hypnosis to lose all the weight they want to lose. With hypnosis, my clients have been successful because they were able to stay on the diet long enough to be successful.

Hypnosis leads to success when other approaches have failed because you can get the feeling of being in control that you have always wanted. If you need to diet to reach your goal, with hypnosis you can both stay on the diet until the weight is off and then maintain your weight—so you can keep the weight off for the long term.