

# *C.H.A.N.G.E. – Counseling, Hypnotherapy And Naturally Generated Excellence*

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## *"C. H. A. N. G. E." Your Weight Forever*

*Say goodbye to unwanted pounds and inches easily, naturally and comfortably by accessing the strength and resources of your subconscious mind through Hypnotherapy. The unproductive habits, problems and issues that have contributed to your weight gain are overcome and replaced with permanent, easily maintained changes that enhance your body's ability to maintain a healthy and attractive appearance.*

Our "C.H.A.N.G.E" YOUR WEIGHT FOREVER hypnotherapy program is effective because the sessions are individually structured to your own specific needs and goals to better control and manage your weight.

It is designed to fit into and complement your particular, present and normal lifestyle. Although we are told that in order to lose weight effectively that we must change our lifestyle, the reality is that we will usually only do so for a short amount of time after which we very often return to our previous lifestyle because on some level we feel that we get the most amount done or that it is easier.

Accommodating the changes that will accentuate your body's ability to "let go of its unwanted, unnecessary, unhealthy and unattractive pounds and inches" within your lifestyle enhances your ability to be successful.

You subconscious mind knows what's best for you, so Hypnotherapy is an easier, more natural solution to permanent weight loss. There are no drugs, supplements or special foods required. Changes begin immediately because you are now able to take control of your eating habits and behaviors. You become much more aware of the positive aspects that have initiated your decision to attain and maintain a healthy and attractive body. Your mind and body, will be better able to work in unison and harmony as you move toward your goals! This program is NOT a diet! Your subconscious mind focuses easily, naturally and comfortably on healthier, more positive eating habits. A balance of nutritional, physical, emotional and motivational information enhances your rate and level of success when you are motivated to lose weight.

### *What Are People Saying?*

"You immediately put me at ease. Your understanding of weight issues and self esteem were right on the mark! A year later and I have maintained my 35lb. weight loss! I'm able to move so much more easily. I walk regularly now at least twice a week which I never did before. (M.T.)

My trainer is so happy you were able to help me! (S.S.)

You have a way of making the "light bulb go off"! I've tried so many different diets. I finally understand, and I'm committed to a lifestyle change. (J.S.)

"I have so much energy now! I feel so good about myself and I feel that I can handle any food challenges thanks to C. H. A. N. G. E." (K.M.)

"It has been seven weeks since I'm off of sugar and I couldn't be happier! Hypnotherapy has helped me gain self confidence and control which I never thought would be possible." (M.H.)

"Pleased, astonished, surprised and happy! I feel wonderful." (B.L.)

"I am maintaining my current weight and continuing my exercise and will keep at it." (K.G.)

"Food is no longer in control of my life! I am now in control of food choices and portions. This is NOT a diet; it is an easy and natural way of making changes that can last forever." (J.D.)

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**First Visit:** (2 1/2 hrs. - \$145\*) This visit helps us better understand the demands made of your time and what stresses you face on a regular basis. We will discuss and select which problems and behaviors to focus on during the first week. The actual hypnosis session usually focuses on "turning the dial" down on the cravings for problem foods and "turning the dial" up on your attraction to healthy, positive foods. Beverley will record the hypnosis session, which lasts about 25 minutes or so on a CD. You will take the CD home and play it at bedtime, each night, until you return for your second visit one week later. You may also receive a subliminal, music, reinforcement CD recording to enhance your transition and progress. Written handouts will be supplied in regard to information presented and discussed at each visit.

**Second Visit:** (1 1/2 hrs. - \$95\*) This visit, approximately one week after the first, usually familiarizes you with the difference between appetite and hunger so that you are better able to "listen to your body" as you decrease the size of your portions at mealtimes. We will also be introducing and discussing you constructing a plan that is practical and doable in regard to incorporating physical activity. This visit's hypnosis session will be about 20 minutes long and will focus on the progress that you've already made and your being able to increase your ability to listen to your body. You will take the new CD home and play it each night, until you return for your third visit, approximately one week later.

**Third Visit:** (1 1/2 hrs. - \$95\*) This visit includes a detailed review of the progress being made and some of the emotional and psychological issues regarding your weight are discussed. The visit also deals with the initiation and implementation of a plan to "increase your level of activity". It is imperative that any exercise program or plan B. reasonable in regard to your level of fitness, stamina and resources. Too many times an individual will utilize the air in Louisiana some and overdue, causing injury, pain or feeling that they will never be able to succeed. The hypnosis session is about 15-20 minutes long and will be specific to your increased activity plan. You will play it at bedtime, for the first week and then approximately every other night until you return for your fourth visit approximately two weeks later.

**Fourth Visit:** (1 1/2 hrs. - \$95\*) This visit covers "treats and indulgences". They are a normal part of our life and learning to incorporate them without going overboard or waiting until you have reached your goal weight eliminates a great deal of that "yo-yo" tendency. We will review your progress in regard to your increased activity plan and any other areas of concern. This hypnosis session will be about 10-15 minutes long and will curb your tendency to over indulge. You will play this CD for approximately 4-5 nights and then on occasions when you may be feeling that the reinforcement would be beneficial. You will return for your last visit approximately 4-5 weeks later.

**Fifth Visit:** (1 1/2 hrs. - \$95\*) Plateaus, vulnerable food days and refocusing are discussed. You will receive your last CD, specific to refocusing when you are feeling vulnerable. This CD recording is only 5-10 minutes long and can be played day or night and promotes the conscious and subconscious minds abilities to work in unison and harmony as you continue moving toward your goals.

\*Evening and weekend appointments are available at an additional \$25 charge. The additional charge does not apply if your visit ends before 6PM, Monday through Thursday, or 5PM on Fridays.

Although the third, fourth and fifth visits usually last approximately 1½ hours, it depends on what issues are being discussed and resolved. Each visit focuses on a particular aspect of weight control issues to ensure your long-term success. There's never a charge for phone calls or for the CD recordings of your hypnosis sessions.

You can expect to begin losing weight during your first week and will usually start to see a difference in your appearance or your clothing during the 2nd or 3rd week of the program. The first 4 sessions help you become comfortable with healthier, more positive eating habits. The final visit, 5 weeks later overcomes the fears of plateaus, and "vulnerable food days

We have several additional weight control programs and options available to you depending on your needs and resources. You can be assured that we will design a program that will address your individual needs and your budget so that you can begin your rewarding transformation into a "slimmer, trimmer, healthier, happier, more energetic and more attractive you" starting with your very 1st visit.

### *Frequently Asked Questions*

*Q. How does Hypnotherapy help me control my weight?*

A. Hypnotherapy is a very natural and yet powerful technique of focused relaxation that enables the subconscious mind to be receptive to positive suggestions. It is a client-centered process, in which the specific issues of the individual are addressed based on their particular goals, motivations, and vulnerabilities.

*Q. Can I be hypnotized?*

A. Hypnosis is a natural state. The suggestions which are placed into the subconscious mind while you are in a relaxed state enables changes in habits or behaviors. The therapist does not have "control of your mind" and you would not do anything that would be against your free will or moral standards.

*Q. How and why does Hypnotherapy differ from other weight control programs?*

A. Hypnotherapy utilizes the strength of your subconscious mind to decrease negative eating habits and your cravings for inappropriate foods. Your desire to "choose" to eat healthy, well balanced, nourishing foods is increased and you'll be more motivated to exercise. Our Hypnotherapy programs have a high success rate because they are individually structured to your own specific needs and goals.

*Q. Do I have to eat or prepare special foods or take supplements etc.*

A. With our programs, there's no weighing or measuring of foods, and no counting of calories or fat grams. There are no supplements or special foods required.

*Q. How many visits will it take?*

A. Participants of our unique "5 Session, One-on-One" program begin to see a difference in their eating behaviors and attitudes towards foods sometime between the time they leave our office after their very first session and the next 12-24 hours.



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