



# Hypnotherapy for weight control - August/September

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## **What is Hypnotherapy?**

Have you ever thought of seeking help with your weight management through Hypnotherapy? Maybe you have misguided beliefs about how Hypnotherapy works, especially when you see these TV programmes where they make people do funny things!

Hypnotherapy is all about connecting to the subconscious mind where generally behavioural change occurs. Think about this for a moment, if we could all change our behaviour instantly for the better we would all be doing it.

Hypnotherapy is not about mind control; if I asked you "How much control do you have over your eating habits", you may answer that you were out of control. Hypnotherapy allows you to get back in control over your eating patterns, through mutual endeavor by working together with a trained hypnotherapist towards a mutually agreed outcome with constant reassurance.

## **Why use Hypnotherapy?**

Hypnotherapy is a method used to help you to open up the communication with your body, through your mind. You will experience a trance like state, which is a normal, natural human state that happens routinely throughout the day. An example would be if you drive a familiar route everyday, you would be driving the car but your mind would probably be

wondering off and thinking about all sorts of other things; this is a trance like state.

So during hypnotherapy you will be guided into a state of relaxation both physically and mentally, allowing your imagination to be stimulated and open to suggestions. In this state, the part of your mind that controls all your habits (the subconscious mind) is now more susceptible to constructive suggestions for changing your eating and exercise habits and improving your well-being. Hypnotherapy, contrary to popular belief, is all about you having more control of your own mind.

## **Does it help with emotional issues?**

Hypnotherapy may also help you to uncover and discover any underlying, subconscious emotional factors that cause you to overeat or make poor food choices when you become stressed, anxious, bored or depressed. Once these emotional eating factors are made conscious, hypnotherapy is then used to help you change them to more positive motivators so you can make better choices under stress.

Overeating is usually an automatic response (subconscious) and generally an anxiety-based coping mechanism. It tends to occur frequently and repetitively without your having much conscious control over it. You may overeat in many different situations without realizing you have done so until after the fact. There is usually a pay-off, i.e. it makes you feel good at the time and is satisfying a need in you, however afterwards it would normally trigger negative feelings of guilt, anxiety or shame for not being able to control your eating habits and the consequences this is having on your health.

## ***Did you know?***

Excess calories = excess fat

In order to lose weight you need to burn more calories than you consume

You can do this by decreasing your calorie intake or increasing your activity or both

In order to lose 1lb in weight you need to burn 3,500 calories, so you would need to burn 500 calories a day to lose 1lb in a week. The best way to achieve this is to aim to lose 250 calories through achieving a dietary plan and the other 250 calories through sustained physical activity; i.e. walking, gardening, housework, dancing, swimming or any form of activity you enjoy doing.

Losing your weight slowly is much better for your metabolism and remember; everyone burns calories at different rates.

Did you also know?

There is a strong correlation between inadequate sleep and obesity: studies (Gangwisch & Heymsfield 2004), and Stanford University (Mignot et al. 2004) shows that insufficient sleep affects hormone levels associated with activity and appetite.

## What can I offer you?

### Weight Management Programme

Consisting of 8 sessions that will assist you with the psychological and motivational aspects of weight management. Its purpose will be to alleviate compulsive eating and enhance motivation to exercise and reduce weight. Focusing on your current behaviours that are the source of overeating and obesity.

If for any reason other presenting problems occur during the sessions – such as anxiety, depression, self-esteem or any childhood issues then these can be addressed outside the weight management program with additional sessions.

### How is this done?

- Initial interview, your goals and expectations with an introduction to what the program offers.
- Reframing compulsive eating
- Some training in Self-Hypnosis
- Stopping emotional eating by using stress management
- Making sensible food choices
- Creating an intelligent relationship with food
- Boosting motivation to exercise and increase your activity
- Putting this all together for lasting results.

### Call to Action!

#### Ask yourself:

1. Are you fit and healthy?
2. Do you constantly eat healthy, wholesome foods?
3. Are you active and exercise regularly?
4. Do you maintain a healthy weight?

If you can answer YES to all these questions WELL DONE, however if your answer is NO then now is a good time to start making those changes visit my website for more information.