



Vitality Clinic

Lose Weight with Weight Loss Hypnosis! Quit Cigarettes in 60 Minutes

Vilma Domavari (BA)
Specialist Weight Loss Therapist
Applecross, Rockingham
Tel: 0433167704

Email: domavari.lifeprosperity.vilma@Gmail.com

Attain Long Term Weight Loss Results from Three 90 minute Sessions

Weight Loss with Hypnosis is most successfully achieved by attending three 90 minutes sessions over three to six weeks, one-on-one with your trained practitioner. These sessions allow the therapist to tailor the hypnosis to your specific needs and requirements. Everyone is different. You need something that works for you!

All the important aspects of weight loss are covered. Hypnosis helps in the following ways:

- **Eliminate 'bad' cravings**, hypnosis works to eliminate cravings for unhealthy foods
- **Boost cravings for healthy foods**, you will find that you just naturally want to eat more and more of the good, healthy foods
- **Appetite control**, feel satisfied longer
- **Smaller portion sizes**, eat smaller portions and feel full more quickly while remaining satisfied longer
- **Increased desire to exercise**
- **Eliminate that sweet tooth!**
- **Say goodbye to emotional eating**
- **Greater sense of health, wellbeing and happiness**
- **Limit alcohol intake**
- **Other suggestions as individually required by you.**

The one-on-one sessions are then supported with listening to weight loss hypnosis support CDs at home (these CDs will be handed to you in your sessions at no extra charge). The CD sessions are relaxing, interesting, and most importantly EFFECTIVE. They are even more effective over time, so eventually you will rarely need to use them.

After the hypnosis sessions you can expect to be on track, eating and drinking healthy foods, feeling more satisfied after each meal, eating less and feeling full for longer. This coupled with an increased desire for exercise will have you losing weight and feeling better in no time.

Hypnosis Is Not a Secret Anymore

"Hypnosis is not mind control. It's a naturally occurring state of concentration; it's actually a means of enhancing your control over both your mind and your body.

**Dr. David Spiegel, Assoc. Chair of Psychiatry
Stanford University School of Medicine**

"Hypnosis can actually help you lose weight."

O, The Oprah Magazine, August 2004

"Hypnosis has gained credibility in the past five years because of research using the latest brain-imaging technology. Studies show hypnosis can help treat a multitude of disorders."

Business Week, February 2004

"Hypnosis can help. A growing body of research supports the ancient practice as an effective tool in the treatment of a variety of problems, from weight loss to anxiety and chronic pain."

Newsweek, September 2004

"I should have done it years ago. It's amazing – I didn't even want cigarettes any more."

**Matt Damon, describing his hypnosis experience to Jay Leno
The Tonight Show, December 2004**

"Hypnosis can help adult patients control other forms of pain, relieve gastrointestinal problems, stimulate weight loss, clear up skin problems, and accelerate the healing of bone fractures and surgical wounds."

Consumer Reports, January 2005

Isn't It Time You Started Benefiting from the Power of Hypnosis?

Deciding to make a change is scary. But once it's complete and part of your life, you look back and can't believe you lived like you used to before.

You can wait for the "right" time, or decide the time is now.

How Many Times Have You Quit Your Diet?

If you are like most people, the answer is probably close to "EVERY TIME I'VE STARTED ONE!!" Think about it: you probably would not be reading this if you were consistently following a healthy eating and exercise plan.

You probably have access to plans you know would work. It might be a low calorie diet like Weight Watchers, a low glycemic index diet like the Zone or South Beach, a low fat plan like the Ornish Diet or a plan your health professional has given you.

You know if you just started the plan and added in regular exercise, you would shed the weight and your level of HEALTH AND WELL-BEING WOULD SKYROCKET — not to mention your pleasure in your new appearance!

If you lose just 10% of your body weight, studies have shown you can expect:

- **Increased energy**
- **Lower blood pressure, cholesterol, and blood sugar**
- **Fewer aches and pains** from the reduced stress on your muscles and joints
- **Improved mobility and breathing**
- **Deeper, more restful sleep**
- **Reduced risk of Type 2 diabetes**
- **Reduced risk of coronary artery disease (plaque buildup in the heart)**
- **Prevention of angina**, the chest pain caused by decreased blood flow to the heart muscle
- **Decreased risk of sudden death** from heart disease or stroke

Suddenly work becomes more manageable, leisure activities are more fun, physical activity is more comfortable, and it's easier to have a positive mental outlook.

Losing weight opens the door to **a higher quality of life.**

The Secret Ingredient to Permanent Weight Loss

Here is the big secret: you have to train your mind to ENJOY sticking to your plan. Whatever healthy plan you choose, it is likely that you are going to have to:

- **Eat fewer high-sugar or high-fat foods** (reduce your chocolate cake allowance!)
- **Reduce your overall caloric intake**, based on the system you are following



- **Drink more water**, as opposed to fizzy drinks and drinks high in sugar
- **Exercise consistently** (whether adding daily walks, or beginning a weight training program)
- **Monitor your progress** in a systematic way
- **Eat more green vegetables**
- **Plan your meals** (and this includes breakfast!)
- **Appreciate yourself and your progress**

Now imagine if there was a proven, well-researched method, that would actually make you WANT to do these things?

Imagine these behaviours **becoming second nature, not an effort.**

Hypnosis: The Answer You Have Been Looking For

You might believe that hypnosis is just the stuff of stage shows, or have seen infomercials in which a hypnotist is demonstrating his or her powers over the (paid) audience!

THIS IS NOT WHAT WE ARE TALKING ABOUT!

Hypnosis, when practiced by a legitimate provider, is safe and effective.

Most importantly for you, clinical studies showing how hypnosis helps with weight loss are irrefutable:

- In a 9-week study of two weight management groups (one using hypnosis and one not using hypnosis), the hypnosis group continued to get results in the two-year follow-up, while the non-hypnosis group showed no further results (*Journal of Clinical Psychology*, 1985).
- In a study of 60 women separated into hypnosis versus non-hypnosis groups, the groups using hypnosis lost an average of 17 pounds, while the non-hypnosis group lost an average of only .5 pounds (*Journal of Consulting and Clinical Psychology*, 1986).
- In a meta-analysis, comparing the results of adding hypnosis to weight loss treatment across multiple studies showed that adding hypnosis increased weight loss by an average of 97% during treatment, and even more importantly increased the effectiveness POST TREATMENT by over 146%. This shows that hypnosis works even better over time (*Journal of Consulting and Clinical Psychology*, 1996).

The bottom line here is that **when hypnosis sessions are added to various weight loss programs, the results are always better** — more than 146% better over the long term!

Attain Long Term Results from a Series of 3 to 6 Sessions

Weight Loss with Hypnosis is most successfully achieved by attending a series of sessions, one-on-one with your trained practitioner. These sessions allow the therapist to tailor the hypnosis to your specific needs and requirements. Everyone is different. You need something that works for you! All the important aspects of weight loss are covered. Hypnosis helps in the following ways:

- **Eliminate 'bad' cravings**, hypnosis works to eliminate cravings for unhealthy foods
- **Boost cravings for healthy foods**, you will find that you just naturally want to eat more and more of the good, healthy foods
- **Appetite control**, feel satisfied longer
- **Smaller portion sizes**, eat smaller portions and feel full more quickly while remaining satisfied longer
- **Increased desire to exercise**
- **Eliminate that sweet tooth!**
- **Greater sense of health, wellbeing and happiness**

The one-on-one sessions are then supported with listening to weight loss hypnosis support CDs at home (these CDs will be handed to you in your sessions at no extra charge). The CD sessions are relaxing, interesting, and most importantly EFFECTIVE. They are even more effective over time, so eventually you will rarely need to use them. **The four session package includes the now well-known Gastric Banding Hypnosis. A special hypnosis that allows your mind to believe you have undergone gastric banding surgery, such that you find your appetite instantly curbed.**