

## **Alternatives Center, Inc. Weight Loss Hypnosis**

Thank you for your interest in our hypnosis services. The self hypnosis audio materials available for download have been very helpful to many people. I am sure that you will be pleasantly pleased with the results you achieve with our program. Please review the following material. If you have any further questions or concerns feel free to call or email.

**In using self hypnosis for weight loss it is important to remember, you have not always been overweight. You began life with the weight nature intended. Part of you is and always has been a healthier, thinner you. You have forgotten. Hypnosis will help you to remember who you truly are. Freedom from weight is yours for the taking.**

Recently, our society has seen larger numbers of persons who lead unhealthy lifestyles that result in weight gain. The health effects caused by this can result in serious problems such as high blood pressure or diabetes. We all desire to be happy and healthy.

When change is desired, it is not uncommon for a person to initially seek out a remedy that is the most easy to obtain. Before seeking hypnosis as a feasible therapy, quite often the person will try many diets and supplement “quick fixes” only to discover that maybe at best they’ve achieved only a temporary success. The reason for this is that using these methods to reduce weight entails an approach that uses only part of our mind. The part we call the conscious mind.

**How can hypnosis help in the reduction of weight?** Making an effort to lose weight using only the conscious mind is a lot like doing a job with only part of the workforce. To successfully take off the weight and keep it off, it is suggested that we make use of what is called the ‘total mind’ approach. Resolving the separation of the minds and getting both the conscious and the subconscious mind to agree achieve this. This solution is easily achieved by using hypnosis.

**What is hypnosis and how does it help?** Hypnosis is an instrument that is used with great success globally in many areas, including smoking cessation, weight loss, and habit control. To put it more simply, hypnosis is a means of transportation used to convey an image, idea or concept into the subconscious mind. The exciting reality is that for behavioral change, only a light state of hypnosis needs to be achieved to successfully modify ones thoughts and desires about healthier habits. This light state of hypnosis is very similar to the state we all have experienced many times in our everyday lives and most persons will recognize as daydreaming. Through hypnosis, the successful reduction of weight is achieved by pairing physical (relaxation) with Beta conscious activity (imagery) and integrating the correct suggestions at the correct time. When these things occur, hypnosis *automatically* happens. Moreover, often the effects of a single hypnosis session for weight reduction have been known to last a lifetime!

**What part does the client play?** When using self hypnosis to change a behavioral pattern such as, overeating, craving sweets, or exercising more frequently, it is important to emphasize the crucial part played by the client by which their own motivation, desire

and willingness to succeed may make the difference between short-term versus long lasting results. Simply stated, 'the more intense the want, the easier the how'. Before the formal induction of hypnosis is begun, it is strongly suggested to think about how habits are formed and the idea that perhaps one might *previously* have been be hypnotized into believing that they cannot stop their unhealthy habits. And, these thoughts may have been continually re-enforced with that same harmful idea over and over and over again for more than thirty consecutive days thereby formulating, solidifying and embedding the negative habit into the subconscious mind that say, one cannot quit overeating, etc. We may be literally hypnotized into believing that we *cannot* have success in weight loss. It is the task of the hypnosis recording to *de-hypnotize* a person by reaching their subconscious mind and changing the thoughts linked with unhealthy habits to the thoughts of a thinner, happier, healthier person. Then, the hypnosis recordings will re-enforce the newly altered thoughts that will create a permanent, new thought pattern to that of a thinner person.

**How long will it take?** You might be asking yourself, "If I start using self hypnosis today, how long does it take for my brain to re-program itself? There is scientific evidence that suggests that the range for reprogramming to occur may be 21 to 43 days. Most hypnotherapists agree that many behaviors become permanent in about 30 days. This is based on some research from NASA. They wanted to understand how long it might take to reprogram a human's brain, by using astronauts in a weightless environment.

They attempted to understand what happened if they changed an astronaut's entire perception of reality by flipping their visual input upside down. They put glasses on astronauts that change the visual field so that their entire perception flipped upside down. This means their brain had to deal with the stress of perceiving everything being upside down. Clearly, this was an intense test, but this is what they discovered.

After 26 days, one astronaut's perception turned right side up again. It took between 26 and 40 days before every one of the astronaut's world views turned right side up again. This means their brains had completely reprogrammed themselves in the way that related to all of their spatial perception, their visual processing, and anything that the special convex glasses affected. That is a pretty important adjustment.

What does this mean for us? It indicates that if you use hypnosis everyday for at least 30 days then you should start rewiring your brain to your new reality. The audio downloads will assist you to make these changes start right now. The end result is a new happier, healthier, thinner you.