

# HYPNOSIS FOR WEIGHT LOSS

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**QUESTION: Does Hypnosis for weight loss work?**

**ANSWER:** The answer is unequivocally, YES, it does work. But, you have to make sure you've really come to grips with how harmful your bad eating habits are for you healthwise. The fact is that **fat hurts you**. When your body gets sick, you get sick. **If you are overweight, becoming thinner will help you get healthier and feel better. Losing the weight your medical doctor has determined is healthy for you, will help you.** SO . . . . BE SMART.

**NEVER BEGIN A WEIGHT LOSS PROGRAM WITHOUT COMPETENT, ONE-ON-ONE, PERSONAL MEDICAL SUPERVISION!**



**QUESTION: How does Hypnosis for weight loss work?**

**ANSWER:** Your motivation to change your bad habits so you can lose weight for your health and well being, and keep the weight off, must be total, genuine, and heartfelt. Otherwise, you may not be ready to do what it takes to lose the weight, and then, no amount of Clinical Hypnosis or Behavior Modification is going to be of help.



You see, unlike smoking, we need to eat to live, and for most people, eating tasty, fun food is enjoyable. Unfortunately, what's tasty often isn't what's healthy. So, we often eat for pleasure, as a form of recreation, focusing on the tastes as we gorge ourselves, and not paying attention to the signals from our stomach.



The truth is that, after you gorge on junk food, you typically don't feel very well, even though you may enjoy yourself while you are eating the junk. After you stop eating the junk, you may feel nauseous, or stuffed, or guilty, or tired, or wired, or heavy, or sluggish, and so on. You may feel “in the dog house”.



So, we can use this fact of life as part of the hypnosis treatment for weight loss.

Now, the fact is that food is a drug. I mean all foods are combinations of chemicals that act on our body. So, we need to acknowledge that reality, and learn to choose foods that act on our body in a favorable and healthy way, and consequently, make our body feel good.



**Post-Hypnotic Suggestions.** I use post-hypnotic suggestions (PHSs) that act on you subconsciously whenever you have an urge to eat what you know you shouldn't. The specific suggestions I use, are individualized, based on the initial intake evaluation in the first session. The gist of these PHSs are that they get you to redirect your attention automatically to how you are going to feel **after** you have the food.

If the food makes you feel bad **after** you eat it (and your body already knows this), your body and your subconscious mind send your conscious mind a message that says in effect: "**I don't want to eat this because I don't want to feel bad afterwards.**" This is only natural. And, we use this natural response to turn away from things that make us feel bad **after** we do them as our hypnotic way of dealing with, or coping with, **urges and cravings**. With Hypnosis, this feeling is imprinted into your Subconscious.

Then, I also teach you **Self-Hypnosis** so that you can reinforce and strengthen these new unconscious connections.



AND . . . Open up a new channel of concentration whereby you focus on how good you look after you attain your weight loss goals.



You are also taught new behavioral habits. And these new behaviors are helped to become automatic through your practice of Self-Hypnosis.



**Burning Calories.** Another part of hypnosis weight loss treatment is to redirect the two parts of your mind (your **Conscious and Subconscious minds**) to physical activities that burn calories (i.e., Exercise of some sort). Many people with weight issues don't like to exercise. Or, they don't exercise in a way that burns enough calories given the amount of calories they take in each day. So, for this issue, I use PHSs that redirect both parts of the mind to how good it feels after you exercise. This builds greater subconscious motivation to exercise in a way that is appropriate for you.



**Analytical Hypnotherapy.** Last, but not least, I use the tool of **Analytical Hypnosis** in the office to uncover the unconscious, unpleasant emotional feelings that you may be stuffing down with food. In some but not all cases, we, as human beings, use food as a way to numb emotional pain. This underlying emotional pain has to be addressed and resolved in the Hypnosis Weight Loss Treatment so that food is not needed as a numbing drug or anesthetic.

**Food is not meant to be an anesthetic.**



**Hypnosis and Self-Hypnosis help you to become your own cheerleader, and your own coach.**



Hypnosis can help you with all of the above. A session or two of hypnosis can initiate the positive change process. And, to learn self hypnosis properly, the best thing to do is to have a few

one-on-one, individualized, hypnosis sessions with a qualified, competent, clinical hypnosis professional in his or her office.

Your hypnosis therapist will teach you a self hypnosis method that is based on the method your therapist used to hypnotize you in the office. And, by practicing self hypnosis, you can help yourself continue the change process, so that you can maintain your weight loss goals, your ideal weight, and your improved health.

Please feel free to call me (215-947-7867 or 215-947-STOP), or email me ([dr.bruce@hypnosisgroup.com](mailto:dr.bruce@hypnosisgroup.com)) to discuss whether it would be to your benefit to make an appointment for an individual consultation.

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