

How hypnotherapy could help you

The following are just a few of the issues that could be helped using hypnotherapy:

- ◆ Weight Control
- ◆ Fears & Phobias
- ◆ Stress & Anxiety
- ◆ Nail Biting
- ◆ Habits & Addictions
- ◆ Insomnia
- ◆ Lack of Confidence
- ◆ Low Self Esteem.
- ◆ Lack of Motivation
- ◆ Stop Smoking In One Hour

Smoking and certain habits (e.g. nail-biting) may only require one session. Other problems generally take a little longer - for example for weight control we recommend a minimum of three sessions. Give us a call and we will be pleased to provide an estimate of how many sessions you may need.

The length of a session is up to 90 minutes.

Where more than one session is required, it is preferable to allow a week between sessions, so that progress can be monitored.

This above list is not exhaustive. If you have a problem not covered here, please consult us for advice.

*Hypnotic Solutions is the trading name of Hypnotic Solutions Ltd.
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Brian Jacobs is the director of Hypnotic Solutions. He is a registered clinical hypnotherapist and a licensed practitioner of Neuro-Linguistic Programming (NLP)

He trained in NLP with Paul McKenna (the UK's foremost hypnotist), Michael Breen and Richard Bandler (the creator of NLP) before training in Advanced Structured Hypnotherapy.

He is a member of the British National Register of Advanced Hypnotherapists (NRAH) and the General Hypnotherapy Register (GHR). He is also registered in the USA with the National Guild of Hypnotists (NGH).

Brian is a certified hypnotherapy trainer, certified by the NGH .

**Hypnotherapy available
in Finchley Central, London N3**

*(The "Stop Smoking In One Hour" sessions also
available in Harley Street)*

WEIGHT CONTROL

WE CAN HELP YOU LOSE WEIGHT

Using
Advanced Hypnotherapy

HYPNOTIC SOLUTIONS

**233 Regents Park Rd, Finchley, N3
and
10 Harley Street, London W1**

For an appointment call

020 8446 8061

Or e-mail:

info@hypnoticsolutions.co.uk

YOU CAN LOSE WEIGHT

No Diets, No Changing Foods, No Will Power

THIS IS NOT ABOUT DIETING

Dieting is, in the main, about restricting the type of foods that one eats and/or restricting calorie intake. Most of our weight loss clients have already tried dieting and it hasn't worked. One problem with dieting is that a person is depriving themselves of foods they like and enjoy. Their focus is on what they cannot eat. And what often happens is that on achieving their weight goal they start again to eat the foods they had eliminated. Then there often begins an upward weight trend, which can recover all of the lost weight and even add a few pounds more.

Another problem with dieting is that by focusing on restricting food intake the body can go into starvation mode – this has the effect of slowing down the body's metabolism and can actually result in subsequent weight gain.

THE DIFFERENCE WITH HYPNOTHERAPY

The advantage with hypnotherapy is that you don't need to eliminate the enjoyable foods unless of course you want to remove particular foods, such as crisps or chocolate! You simply continue to eat what has been enjoyed all along, except that quantities are vastly reduced and through hypnosis the appetite is fully satisfied with modest portions of food.

If excess weight is due to physiological causes (eg thyroid problems) we recommend you consult your medical practitioner first.

However, if you are overweight due psychological reasons (eg eating too much or too quickly, snacking between meals, or comfort eating), then changing thoughts and attitudes of the mind can lead to major changes in life.

It can be very helpful, therefore, to determine what are the causes of a tendency to overeat. Sometimes this information is evident. Other times it may be suppressed, buried in some incident or event of the past for which overeating provides a sense of compensation or relief from pressures or anxieties, lacks in life, grief, anger or other emotions, sometimes dating back to childhood.

With hypnosis we help you train your mind to eat less but also to break the emotional connections with food.



OVEREATING — EMOTIONAL REASONS

Overeating usually fills a need - or at least is perceived as doing so. The possible needs, real or imaginary, are many. Some people overeat to compensate for an unpleasant experience. Others eat excessively to reward themselves, or possibly for self-entertainment. Some want to be noticed, and may use a large body to offset a small ego. Eating is used to compensate for the lack of love, to offset fear, to overcome frustration, to deal with boredom, or sometimes even to avoid sex.

It is helpful to know WHEN overeating usually takes place, WHERE it takes place, and WHY it takes place. You may consciously know the answer to when and where. Hypnosis can help answer the question of why.

PROGRAMMING FOR SUCCESS

A hypnotherapy programme for weight reduction will involve several specific elements which are essential to the achievement of established objectives.

Your self-esteem and confidence will be evaluated and fortified as necessary to achieve a positive outlook and the ability to visualise mentally the perfect, desired body structure, at the appropriate weight and with the physical modifications important to you.

Your attitude towards food, overeating and related satisfactions will be altered to reduce the conceived importance of food as it relates to feelings of well-being.

The reasons (at the unconscious level) for you overeating/being overweight will be investigated. Past issues relating to the cause of the problem will be investigated and resolved using hypno-analysis, parts therapy and other techniques as appropriate.

JUNK FOODS

Where your problem is about junk food eating we help you reduce the desire for the "problem" foods and encourage, through the use of hypnotherapy and NLP, the enjoyment of eating healthier foods.

THE SESSION IS TAPERED TO YOU

Each client is different. The hypnotherapy session will be tapered to your needs and requirements to help you take off the excess weight and keep it off.