The Way to Lose Weight Naturally

The Edinburgh Reporter's Mike Smith is a fully qualified hypnotherapist. In the latest in a series of articles, Mike looks at how hypnotherapy can help you lose weight.

Spring has sprung. The evenings are getting longer and the temperatures are gradually rising. We still get the wind and the rain but at least it's not the biting cold of the dark winter months. Now we can cast off the several layers of clothing required to survive a Scottish winter, thoughts are turning to fitting into the clothes some of us found a little bit tight for comfort last year. And no, blaming the washing machine for shrinking your clothes is not a viable excuse!

An oft-used phrase at this time of year is 'I need to lose a bit of weight before I go on holiday/before so-and-so's wedding/ etc etc. Good intentions abound. But, more often than not, nothing long-term is achieved. Perhaps a couple of pounds are shed before they are put back on again and you're back to square one.

Imagine, though, if there was a way to change your eating habits. And not have to meticulously count each calorie and adhere to a strict diet. Imagine if you could change the way you think about food so you no longer snack between meals and only eat when you are genuinely hungry. Think about ridding yourself of habits which have formed over the years and replacing these with new, healthier habits which will vitalise and invigorate you.

And the best bit of this? No purchasing replacement meals, food supplements or 'magic' weight-loss pills. The way to losing weight is by a natural holistic method — hypnotherapy.

Mind Generating Success is a successful hypnotherapy practice in Edinburgh.

Ah, I hear you cry. I don't fancy looking at a swinging stopwatch and being put to sleep. Don't worry — you won't be. You're probably thinking about stage hypnotists who can have their audience doing things they aren't aware of. Hypnotherapy is not like that. You are not put to sleep. You are awake, aware and in control at all times. What you will be feeling is so relaxed and refreshed and really enjoying having some time for you. 'Me time' is a precious commodity. It's when you are at your most relaxed that your subconscious mind is most receptive to the power of suggestion — and this is where the hypnotherapist comes in.

Together we identify those unwanted habits that have caused you to be overweight. Here are some examples:

- It's mid-morning at work. It's been a stressful start to the day and you decide to have a cup of tea or a coffee to help you recharge your batteries. And how about a chocolate biscuit or a snack to go with your beverage? Just the very thing? NO! If this sounds familiar it's probably because it's become something of a habit. And if you're trying to lose weight it's now an unwanted habit. You're eating not because you are hungry but because it's something you do at this time in the morning. Hypnotherapy can help you replace this unwanted habit with something healthier — for example, stepping away from your desk for five minutes and having a walk down the corridor and back. A simple alternative. But, over a period of time, you will be astonished at the impact this can have on your weight and wellbeing. And, after a while, you no longer automatically think about that chocolate biscuit. Instead, your subconscious mind will be looking for you to step away from your desk and take that wee walk.
- You're out for a meal with your beloved. You've already

had a starter and enjoyed a delicious main meal. 'Gee, I'm stuffed' you say. But then the waiter comes over and asked if you want to see the dessert menu, which he has craftily kept hidden from view until now. You look at your partner who gives you that look which suggests 'I will if you will'. 'Aye, go on then' you say. Half an hour later the words 'I really shouldn't have had that sticky toffee pudding' fall from your lips. And the diet is put on hold again. Hypnotherapy can give you the power to say 'NO! I'm really no longer hungry so I don't need a dessert'. Imagine having that power – hoe good would that make you feel?

- It's 10.00pm and it's been a long day. Fancy a couple of slices of toast with your cup of cocoa before heading to bed? Great! But it isn't. This is another habit and another where you are eating when you are not hungry. Hypnotherapy can empower you to STOP having toast before you go to bed and to do something else instead. As an example, why not listen to some soothing music before you turn in for the night? This will help you unwind after a long hard day. And remove your thought of having something to eat when you don't need to.

Here's some feedback from people who have tried hypnotherapy for weight loss:

'I've lost two stones in just four months. Hypnotherapy has changed the way I think about food. I no longer eat when I'm not hungry. Hypnotherapy has changed my outlook on food. I no longer have an inclination to eat chocolate just because it's there.'

'I must say Mind Generating Success has been brilliant and so supportive. If you're like me and are serious about losing weight – and nothing else has worked – try hypnotherapy. It really does work' **Client RC, Edinburgh**

'Hypnotherapy is braw! I used to snack all day at work and

when I got home after work I would choose the lazy option and phone for a pizza or a fish supper. I don't any more, not because I'm forcing myself not to – it's just I no longer want to. My food habits have changed and even when less than helpful colleagues at work bring in bacon rolls for everyone I find I don't want one – despite the aroma of bacon filling the room.'

'I'm consciously not weighing myself but I know I have lost weight because my clothes are too big for me. More importantly, the way I think about eating has changed and it's changed for good. Hypnotherapy has definitely changed my life for the better. **'Client RN, Midlothian**

'I had an eating disorder for thirty years. I had seen psychologists and specialists and nothing worked. Until I saw Mike at Mind Generating Success. Hypnotherapy has worked after just four sessions. My disorder no longer affects my life in the way it did before. My friends are astounded by the change in me. I can't thank Mike enough.' **Client TF, Edinburgh**

If any – or all – of the above sounds familiar and you are seriously looking to lose some weight please contact me on **07521 353 787** (you can leave a message at any time) or **email me** at **mike.smith@mgs-hypnotherapy-services.co.uk**

The cost of a session is £60. An initial consultation meeting, where any questions you may have are answered, costs just £10 – and if you proceed with hypnotherapy sessions this is deducted from the cost of your first session. Evening and weekend appointments are available. Home visits can also be arranged.

Contact me today and take the first step to losing those unwanted pounds and habits!

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