

What Hypnotherapy Can Do For You



Hypnotherapy is one of the most successful ways to **stop smoking** safely and easily. I had a recent client who has stopped smoking after ten years. The recent feedback he gave me was that he is now a non-smoker and feels proud to tell me people he no longer smokes. Hypnotherapy can help you stop smoking after just one session. A smoking cessation session costs £95. If you smoke 20 cigarettes a day you spend close to £3,000 a year on tobacco. Think what you could do with that money.

If you want to **reduce your weight** without dieting and feelings of deprivation, hypnotherapy is a proven way of changing your eating habits. Hypnotherapy removes unwanted habits by addressing emotional eating, negative thoughts and feelings about your body and desire for unhealthy snacks. The power of your mind can help increase the desire for eating nourishing foods, water and exercise.

One of my clients has lost nearly two stones in just four months. To quote he said 'Hypnotherapy has changed my outlook on food. I no longer have an inclination to eat chocolate just because it's there. If you're like me and are serious about losing weight – and nothing else has worked – try hypnotherapy. It really does work'

Like a drink but are wanting to cut back or even stop? Hypnotherapy is a successful way to address this. Hypnosis is the most effective way of **removing habits, unwanted behaviours and addictions** that no longer serve you and is a quick, safe and natural method.

Struggling to cope with stress in your life? Stress can be a

good thing but too much stress can have a serious impact on your life. **Stress reduction** with hypnosis is one of the easiest ways to achieve deep relaxation. It is a very effective way to enhance your health and well-being, leaving you feeling calmer, more positive and very refreshed.

Re-programme your mind to **achieve success in your life** whether at work or in relationships. If you are lacking the **motivation**, hypnotherapy can help **improve your confidence and self-esteem** and help you envisage your best possible future.

Fears and phobias can hold us back and restrict our lives. Our unconscious mind's primary function is to protect us from emotional pain and physical harm which is why these problems arise. By taking you back to find the event, cause or experience that has caused this issue we can then resolve, release, and rewrite the past. One of my clients had an irrational fear of spiders. After a few sessions of hypnotherapy, she views the little creatures differently and they no longer frighten her.

Hypnotherapy is a powerful way of resolving the negative effects of **IBS** – so much so that it is now recommended by the NHS.

Anxiety and depression can be caused or exacerbated by harsh critical words we say to ourselves. We all have negative thoughts but when these take over our lives these can have a damaging effect. Hypnotherapy can help reframe negative thought patterns that keep us stuck where we don't want to be and move us towards positive, empowering and life affirming thoughts and behaviours.

Hypnotherapy has been a proven success in **fertility**, doubling the chances of success when used with IVF. For women struggling with conceiving, this is a positive and effective way of removing any blocks that are unconsciously stopping you

having a baby.*

* Source: *Elaine Marsh, clinical hypnotherapist and psychotherapist.*

I run Mind Generating Success, a successful hypnotherapy practice based in Craiglockhart in Edinburgh. People have come to see me for a variety of reasons and this is just some of their comments:

Officially 1 stone and a quarter pound off. Have not cheated on bread and potatoes once! Thanks for your help. Client T, Edinburgh

The point of the day when I just eat for the sake of eating has disappeared off my radar. I really feel the benefits of hypnotherapy and it has got me in the right frame of mind. Client W, Leith

It's worked for me – every time I used to open the fridge I'd nibble at something. I don't even think about it now. Client LH, Edinburgh

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**

I've smoked for twenty years and it's been a habit I couldn't break. I have tried nicotine gum, patches, the lot. Nothing worked. I went to see Mike at Mind Generating Success more in desperation than expectation. After one session of hypnotherapy my urge to smoke decreased remarkably. Although Mike told me one session is often enough, I opted for a second session – and I haven't looked back. It's been astonishing and people can hardly believe it when I tell them. The cost of two sessions is less than £200 – and when you consider I was spending not far off £3,000 a year on fags then it's money well spent. And, of course, there are the obvious health benefits of no longer smoking.

If you're serious about giving up the ciggies, you should definitely contact Mike at Mind Generating Success' **Client NP, Midlothian**

'Hypnotherapy has done wonders for my self-esteem, particularly at work' **Client JL, Leith**

So, if you are someone who wants to lose some weight, stop smoking, cut back on alcohol – but find your willpower evaporates after a few weeks – or if you are someone who has a phobia (for example, fear of spiders, rodents, flying) – contact me today to arrange an appointment for a

consultation.

The cost of a consultation is just £10 and this is deducted from the cost of your first session. Sessions are £60; for smoking cessation, usually just one session, it's £95. **As a special offer to readers of The Edinburgh Reporter, if you quote ER2017 you will get 10% off each session!**

Evening and weekend appointments are available. If you would prefer a home visit, I would be happy to arrange this.

Take the first step to changing your life!

Mike Smith Cert Hyp CS

[Mind Generating Success](#)

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