

# Weight Loss With Hypnosis

by Larry Garrett

Confusion seems to exist about using hypnosis for weight loss. Hypnosis is not a weight loss program and success is not based on how many pounds you lose. Success is based on how much control you will have with your eating habits. Imagine that you have eating habits that are out of control at certain times of the day or when you are feeling emotional challenges such as stress or boredom. Hypnosis can help you regain your control. When you visit our office for weight loss, you will watch a video that explains the process of hypnosis. You will then meet with Larry Garrett to discuss topics such as your history of weight concerns, the style of your eating, the methods of weight loss that you have tried and your level of physical activity. During this initial meeting with Larry, many questions of the hypnosis process will be answered. Larry will instruct you on how to use self hypnosis to create your success. After your discussion with Larry, you will be hypnotized for about one hour. He will use instructions, called suggestions, based on your individual needs.

Think of the feeling you might experience if you are in control of your eating habits. This feeling is what you will leave here with. You will leave feeling that you are already successful with your weight loss. Would everyday life be easier if you weren't always worrying about your weight? Healthy eating will seem more interesting as well as exercising more often. The ability of hypnosis teaches you to keep your mind positive and free from thinking of food so often. Once you begin to think like a thin person, you will feel like one and once you begin to feel like one, you will become one.