

Weight Loss Success Stories from the World Hypnotism Day 2006

Weight Issue

"Ann" came to see me about a severe weight problem. She said she was depressed, obese and lazy. She didn't feel like working, didn't enjoy her kids and couldn't stand her husband. She felt useless and insecure. During our first 3 sessions, all Ann did was cry. She couldn't seem to relax deep enough to stop her tears.

I've never failed to help a client lose weight. But in order to help Ann, I had to find out the source of her overwhelming sadness that seemed to be consuming her. On our fourth session, she agreed to an age regression.

Taking her back through the years, we found out that when she was only 3 years old, she accidentally fell down the cellar stairs at home. Her mother, busy in the kitchen, sent her older brother down to check on her. Although she was badly hurt (several broken bones), her older brother, who was only a child himself, was dragging her up the stairs by one arm! At that moment, Ann decided subconsciously that she didn't matter...

We did parts therapy and a lot of suggestion - explaining to her subconscious that her mom and brother didn't maliciously intend to hurt her – her mother just made a mistake, and her brother was too young to know better.

The effort paid off in a big way - Ann now owns her own business, looks great, feels great and has found a treasure box of self-worth within herself.

Contact Juliette Lackey, CHt, at Center of Thought 16 Lafayette Terrace Nahant, MA 01908

Phone: 781.593.4222 Website: www.CenterOfThought.com

Email: Juliette@CenterOfThought.com

Weight Loss Case Study

When "Sandra" came to see me in March of 2004, she was 100 pounds overweight, and had been hospitalized with heart problems. Her doctor told her she had to get rid of this weight and she had tried dieting, but just couldn't stick with it.

I told her it would take 4 - 6 sessions and she agreed to come for sessions every 2 weeks. She was 100 miles away, but was desperate to lose weight.

At the first session I did some direct suggestions to help her see what she would be and look like in one, five, and ten years if she continued on the path she was taking. I then had her imagine herself at her goal weight, in control of her eating habits, drinking 6 - 8 glasses of water a day and having fun exercising her body. I then had her take this new image of herself into the future for one, five and ten years to see how happy and self confident she felt.

Through our continued work together, Sandra discovered that as a child her family was very poor and didn't always have enough to eat. So she learned to eat any food available and eat

fast. I helped her understand that as a child she had no choice, but that as an adult she does have choices.

I used some NLP techniques along with the hypnosis to change the way Sandra felt about sweets and soda pop, so they were no longer important to her. She was a great hypnosis subject and steadily lost the weight.

Sandra finished her 6 sessions and returned once every 2 months for reinforcement sessions.

By the end of eleven months Sandra had lost 95 pounds and has kept it off. She is very happy and has sent me 4 other clients from her area!

*Contact: Jeanette E Laitner BCH, CI at Hypnosis Wellness Center 515 N 87 St., Suite B
Omaha NE 68114 Phone: 402.333.1069 Web site: www.aplushypnosis.com
Email: jglaitner@cox.net*

You Can Lighten Up and Win At Losing!

“Joanne” was a skeptic when it came to hypnosis but a weight loss program using hypnosis and healthy living has changed her mind.

Lighten Up, a new program offered at Backus Hospital Center for Healthcare Integration in Norwich, CT uses group hypnosis as part of its tools to help participants turn cravings into healthy actions. The program, created by Jane Percy (CH, CIH), Director of Riverlight Wellness Center in Stonington, CT, is a six week program which incorporates coaching and hypnosis to help participants change their minds about food and lose weight.

“The positive reinforcement has really been transforming,” said Joanne, 54. “I’m a very cognitive person and I didn’t think hypnosis would work for me, but I was desperate to find a way to lose weight. I had tried all the other ways.” Joanne said the comfortable setting and the group sessions helped her focus. She completed the program in June 2005, continues to practice what she learned and continues to lose weight, gradually and sustainably. Weekly classes included discussion, journal writing and hypnosis.

“We used Jane’s beautiful weight loss CD which helped reinforce Lighten Up goals.” “We all have reasons for gaining weight,” she said. “We make choices but it is also about our history and what speaks to us. When I was ill as a child, my father would give me chocolate malts so I learned in my programming ‘when you don’t feel good, it helps to eat’. You need to give yourself new messages.” Joanne said her healthy food plan included eliminating wheat and sugar which reduced her pain. She has lost a total of 40 pounds and continues to lose.

“I have about 90 pounds to lose so that I can be a healthy weight. I’ve been married 30 years and my goal is to get back to my wedding weight.” Joanne added that “Jane Percy is an excellent facilitator and she made the experience safe and positive.”

Several months after completing the course, Joanne continues to lose and she says that it is “easy” and she “doesn’t even think about it now...it just happens naturally and she continues to listen to the hypnosis CD.

Another Lighten Up participant echoes Joanne's endorsement: "I just completed the six week Lighten-Up course. Besides losing 10 pounds my cholesterol dropped from 248 to 177. My triglycerides went from 238 to 101. All this since starting your class. I am not dreading my next doctor's appointment, rather looking forward to it. I am motivated to continue as I still have a way to go. Thank you."

As of this writing, "Connie" has lost 16 pounds and continues to lose. She listens to the CDs and avoids the foods (wheat and dairy) which contributed to her inflammatory blood cholesterol condition -- and her doctor is very pleased with her!

Contact Jane H. Percy, Director at Riverlight Wellness Center, LLC 107 Wilcox Road Stonington, CT 06378 Phone: 860-245-3632 Website: www.riverlightcenter.com Email: jane@riverlightcenter.com

Weight Loss Wisdom

"Sue," a woman in her fifties, came to see me for assistance in losing weight.

Sue had tried Weight Watchers, Jenny Craig, visits to the gym, and diet pills. She experienced no lasting benefits. Before coming to see me, she wasn't exercising, and when stressed, was eating comfort foods. She wanted to lose thirty pounds.

I use the Transformational Healing Method (THM) developed by Marilyn Gordon. In the first hypnosis session, she immediately felt "Mother Earth connecting to me...good and nurturing." We anchored it to her thumb and forefinger with her personal code word "Warm." Next I spoke to the part of her that didn't want to exercise. I asked if it had a purpose; "No." To get rid of it she shrank it to a speck, and sent love and light to where it had been.

The part that craved comfort food said its purpose was to fulfil her and provide strength. Sue vividly remembered not being able to buy food as a child, as there was no money. As she wasn't ready to handle this right away, I encouraged her to practice self-hypnosis every night with a personal reinforcement tape.

During the second session Sue shared with me that she never had enough heat or clothing as a child. Sometimes it would be so cold that her blanket would freeze against the wall. As an adult, warmth was most important to her, so her "warm" anchor was very valuable, and she had been using it regularly. In hypnosis, she realized that it was her path to be an independent woman. She also had a spontaneous realization that the purpose of food is for nourishment only. This felt new to her - a powerful, transformational insight.

In the third meeting, Sue reported that she had no carbohydrates at all in her house. Her appetite had reduced and she had been replacing negative thoughts with positive thoughts or an affirmation mantra.

Going into hypnosis, Sue went very deep. I asked the inner mind to bring up what was important. Sue saw a short, elf-like man, and felt a pain in her stomach connected to him. When I asked him if he had a purpose in her life, he said that he didn't need one - he just wanted to be there. He was not a part of Sue. I asked Sue if she wanted to remove him and she chose to move him into the light. Once she sent him into the light, Sue had a profound burst of wisdom. These were her words:

"My higher purpose is to be true to myself, to be in the world as a participant instead of observer. It is important to have Movement: mentally, emotionally, physically and spiritually. Movement with purpose. "Saying" is not the same as "doing." I need to connect to Movement within me."

Both of us realized that the elf-like man was an obstacle to her, and she left knowing that she would easily have an active lifestyle and would set and achieve goals for her life. With the obstacle removed, she now had tools and techniques to support her. Best of all, Sue would never be cold again!

Contact Beverly Taylor, CH, Director, at Healthy Spirit Relaxation Center 2881 Castro Valley Blvd. #3 Castro Valley, CA 94546 Phone: 510.886.6780

Website: www.hypno-therapies.com

Email: HypnoTherapies@aol.com