

CAN HYPNOSIS MAKE YOU THIN?

Tired of carrying around an extra twenty pounds? Tired of diets that don't work?

Hypnosis may be the answer for you – no, it doesn't work miracles. It's not a magic bullet that immediately makes you love exercise. What it is - is a deep state of relaxation and intense mental focus that can help you re-program old attitudes and beliefs about eating and maintaining a healthy weight.

“While you're in a state of hypnosis, your subconscious mind is more available to you, more open to receive suggestions that will become a natural part of new behaviors” explains **Karen Pischke RN, BSN, CH of Dreamtime Wellness**.

“Suggestions to your subconscious mind bypass the critical mind, which you use day-to-day and go straight to the part of the mind that controls habits” she added. “These allow you to go through with any changes you have decided to make in your life.”

Some of the messages seem pretty simple - and they are. It's just where they reside that makes the difference. Suggestions such as “you eat only in response to your body's natural need for food as fuel” or “you feel completely satisfied with three small nutritious meals a day” or “your enjoyment of a regular exercise program grows with each time you visit the gym.” Repetition of these suggestions can boost your determination and enhance your conscious willpower.

But, and it is a big but. Hypnosis alone is not enough. It takes a combination of behavioral modification and understanding to achieve a permanent healthy eating pattern. A well trained hypnotist addresses all the issues - because once you realize why you are eating when you are not hungry, you can begin to change that behavior.

Mental imagery is another important part of hypnosis. While in a hypnotic trance, your hypnotist may lead you through an imaginary journey seeing yourself in clothes that you have grown out of. You might imagine the positive comments of friends or co-workers. You might be encouraged to use all five senses to experience yourself growing thinner, stronger, and healthier. Studies show that the more real your inner experience, the more likely the final results will match your mental imagery.

While it's not magic, hypnosis, when used as part of an overall program of behavioral modification and attitude adjustment, can be that extra dimension your weight loss program needs for long-term success. And a good hypnotist teaches the client self-hypnosis as a part of the treatment program. In the battle of the bulge, it can just be the tool that makes the difference between success and failure.

“More and more people are using hypnosis and self-hypnosis to enable themselves to be the best they can be,” explains **Karen Pischke**. “Once you've learned self-hypnosis, it can stay with you for the rest of your life and help you achieve any goal you set your mind to.”