

“Slim and Trim from within™”

The reason most people fail at weight loss is that the approach they use is just too simplistic, boring and never ending. Dieting alone will end in failure for the vast majority. And believe me it is a VAST majority! Over 50% of the British population is overweight, and of that number well over a third are morbidly obese! This means in excess of 3 stones overweight! Why you eat and how it affects your body weight depends on many factors.

So many people eat to fill a hunger that is not actually food related! “I’m still hungry though!” I can hear you thinking, and like so many things that we feel we should deny ourselves, when we do deny them, they create a want in us that often manifests itself in hunger. Have you ever seen something in a shop window that you wanted above all things? There is no way on this earth you can afford it though! Where does that disappointed feeling appear? In your stomach!! As an ache maybe, but I wouldn’t mind betting it feels more like a hunger pang that a cup of coffee and a cake would satisfy!

The difference between a fat person and a thin person is that a thin person can leave one chip on a plate! Why is this? It is partly our need to clear a plate because that is how we were taught; it is also to do with the need to be told you have been good by clearing your plate! It is all tied up with the programming we received as children and beyond, which has become ingrained over the years, and because of these and other factors we seem to have lost the ability to know when we are full! The reason being that we are rarely really hungry when we eat, we are actually trying to fill a want not a need!



Programmes that do not take a number of these factors into consideration are going to have only limited success. Limited in either the amount of weight you lose or how long you lose it for.

Hypnotherapy can stand all this way of thinking on its head! It makes the years of negative thinking and self-destructive feelings into a thing of the past! You feel energised, positive and HAPPY!! When was the last time that really happened?

“Hypnotherapy can change your life!”

Using hypnotherapy you are able to ask the subconscious mind to modify a person’s behaviour easily and effortlessly. Factors such as old behaviours, feelings and emotions, habits and exercise level can be altered during the hypnotic process. Losing weight is a matter of lifestyle change.

Paul White, Institute Director said, “All we have to do is remove the subconscious programming that is getting in the way of their success. We do this through the use of hypnotherapy and teaching the client self-hypnosis so that they can continue to succeed for the rest of their life. Diet programs alone are unable to do this.”

The Surrey Institute of Clinical Hypnotherapy based in Wallington, Epsom, Croydon and Harley Street London call free on 0800 849 7001

The “*Slim and Trim from within™*” programme

During your first session

We will assess your health background, family and relationships, sleeping habits, eating habits and any compulsive behaviours – for example, do you find chocolate/sweets/cakes irresistible? We will also chart your weight over your adult life to enable us to establish any links between emotional traumas and weight gain or loss. Which will highlight the ‘triggers’ that have made you put on weight over the years. During the program we can relieve you of these cravings, help with portion control, motivation to exercise, in fact anything you think will normalise your eating patterns.

We will also agree which ‘*Slim and Trim from Within™*’ programme best suits your personal needs, either the 4 or 6 week programme.

Depending upon individual assessments the ‘*Slim and Trim from Within™*’ programme will cover the following key topics.

The following programme

- How and why hypnosis works – the power of our thoughts from within.
- Why we eat to fill a hunger that is not food related –The ‘reason’ within.
- How we have learnt to eat. E.g. Were you taught to always clear your plate? – Changing the programme within.
- Exercise, the part of you within that wants to keep you healthy and your body strong and vibrant.
- Putting you in control. Taking you to the place within your mind where you have the ability to create whatever you desire.
- Helping you realise the image of the way you want look - being who you deserve to be.
- Metabolism – how to increase your body’s fat burning abilities and increase the endorphins being released from within.
- Self Hypnosis to ensure you ‘*Slim and Trim from Within™*’ forever.

The costs

Individual sessions cost £55 and normally consist of 4-6 sessions one a week. Only the 6-week programme includes all these topics. Clients that pay in advance enjoy a 10% discount and a free CD.

The Surrey Institute of Clinical Hypnotherapy based in Wallington, Epsom, Croydon and Harley Street call free on 0800 849 7001.