

## HOW HYPNOSIS HELPS

Hypnosis helps you to:

- To control cravings naturally
- Reduce portion size appropriately
- Change to a healthier lifestyle
- To deactivate negative habits
- See yourself at your ideal weight
- Heal the reasons behind any negative eating patterns and behaviours

## THE FIRST SESSION

Your first session is 90 minutes long. Here you release old behaviours & accept more positive ones you agree with. You awaken feeling relaxed and calm. You also take a CD home with you to help reinforce your suggestions.

## MONITORED PROGRESS

We combine hypnotherapy with natural, healthy dietary changes to assist you in automatically reducing your body weight. We monitor your progress to assist you in staying on track!

## NO JOINING FEES

We only charge you for your hypnotherapy sessions, there are no joining fees, no monthly membership payments; just you, your new behaviour patterns and store bought food!

**Karen Eardley BSc MHT**

**Certified Hypnotherapist**

Master of Clinical Hypnotherapy

*Member of:*

Association of Ontario Hypnotherapists

National Guild of Hypnotists

International Medical & Dental

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# Lose Weight Naturally

Using Hypnosis to Create  
Permanent Weight Reduction



Voted  
Readers Choice  
Best Weight  
Loss Clinic 2006

**SOLUTIONS IN MIND**

## MY EXPERIENCE

I am Karen Eardley, owner of Muskoka Hypnotherapy. I have lost over 40 lbs and reduced my clothes size from a size 22 to a size 10 in just seven months by using local store bought foods.

I did not use any drugs or expensive herbs to achieve my weight loss. I did change the way I eat and I did the work to ensure that the weight loss is permanent.

I look better than I have ever looked before, and my energy levels are awesome. I cannot envisage myself going back to my old eating patterns. I truly love my new way of eating and how I feel about myself. I am more myself than I have ever felt before, more content, more relaxed.

I am continuing to walk my talk, and I invite you to join me in becoming that slimmer you that is inside...

## STORE FOODS

Using normal grocery store foods and hypnosis, you can foster behaviour change that leads to a healthy and balanced way of life and experience a natural slimness.

## PERMANENT CHANGE

By healing any past traumas and continuing to live within your new healthy lifestyle, you can be assured weight remains off.

## WHAT IS HYPNOSIS

Hypnosis is a natural state of mind which happens several times throughout the day to everyone. Highway trance is a very common experience of hypnosis, we just don't think of it that way.

Hypnosis is a heightened state of focus and awareness where you gain access to internal resources and abilities normally outside the range of conscious control.

## HYPNOTIC CHANGE

Hypnosis can help you to conquer food cravings, satisfy your appetite with less food and encourage healthier choices. We use:

- Positive Phrases to instill your new behavior patterns.
- The benefits weight loss are reinforced and anchored into your body.
- See yourself in the future at your ideal, realistic weight.
- Root Causes are explored to see if there are any psychological reasons why your body is resisting losing weight.
- Post Hypnotic Triggers are created to assist you to trigger your suggestions. Great for those areas where you may usually experience difficulties e.g. Night-time snacks
- Healing of any root causes creates conditions for permanent change.



## THE DIET PLAN

The diet plan is not a low fat diet, but it is a low sugar diet. It works with the glycemic index of foods, the speed at which your body converts the food into energy.

Did you know that the sugar in beer converts to fats in your body faster than pure white sugar? Just by cutting out beer, you may achieve a significant reduction in body weight!

## BODY MASS INDEX

The Canadian Guidelines for Body Weight Classification in Adults uses the Body Mass Index (BMI) as one of the methods of assessing health risk. The other is waist circumference. Those with waists over 40" in men and 35" in women are considered in excess of abdominal fat.

It is recommended that your BMI is less than 25 for minimized health risk. BMI's over 30 have a high risk of health problems possibly including Type 2 Diabetes, Hypertension, Coronary Heart Disease, Gallbladder Disease, Obstructive Sleep Apnea and certain Cancers.

$$\text{BMI} = \text{weight (kg)} / [\text{height (m)}]^2$$

Visit [www.muskokahypnotherapy.ca](http://www.muskokahypnotherapy.ca) for more information and find out how to calculate your body mass index using pounds and inches.

**THE KEY TO  
YOUR CHANGE  
IS INSIDE YOU.**