

Nothing to Fear Everything to Gain

Hypnotherapy is possibly as old as mankind. The old myths and misconceptions about hypnosis have given way to proven applications. Today, hypnosis is used in a variety of fields: medicine, dentistry, law enforcement, sports and education. Most people have a limited understanding of the positive results that can be achieved in a professional hypnotherapy session. I would like to dispel some of the myths and answer some of the most frequently asked questions.

- **How does hypnotherapy work?** Our minds work on 2 levels – the conscious and unconscious. We make decisions, think and act with our conscious mind. The unconscious mind controls our habits. In the relaxed state known as hypnosis, we can communicate directly with the unconscious mind. This is why it is so quick and easy to change habits of a lifetime with hypnosis.

- **Will hypnosis work for me?** Generally speaking, every normal person is “hypnotisable”, i.e. people with an IQ of at least 70 and no severe mental disorders. So virtually any one can achieve results with hypnotherapy.

- **How will I know if I am hypnotised?** Most people can't tell the difference between the hypnotised and waking states. Some people feel relaxed and lethargic, others feel a lightness. What people do notice is an inexplicable change in their daily behaviours.

- **Is hypnotherapy safe?** Completely safe. You are always aware and in control and can end the session at any time. You are not asleep, nor can you get “stuck” in hypnosis. You can't be made to do anything against your will! It's a safe, relaxing and enjoyable experience.



Jane M Tai, M.A. (Oxon), LLM, CPNLP, EFT-CC, GQHP, NRH, Certified Master Clinical Hypnotherapist, NLP Practitioner and EFT Practitioner

Jane has studied and practised Hypnotherapy and Neuro-Linguistic Programming (NLP) for over 15 years. In 2002 she moved to York and set up Mindworks™ Health Practice. She is a member of the American Boards of Hypnotherapy and NLP, the British General Hypnotherapy Register and accredited by the UK National Regulatory Register for Hypnotherapy. Her previous background in law, training and business, gives her a wealth of experience in helping people solve issues and realise their potential. She has helped many people to resolve limiting problems in their lives and achieve positive changes.

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Why People Can't Lose Weight

Most people try to lose weight by dieting. Usually they lose weight, only to put it all back on again, and often even more! Studies have now proven that DIETING MAKES YOU FAT! Dieting is a constant struggle for thousands of people in Britain and is now becoming the fastest growing industry. It seems as if a new "miracle" diet hits the market every week.

The problem is that diets just don't work...if they did you would never have to do more than one. Most overweight people seem to live on a constant diet. As a result, food becomes the enemy...does this sound familiar to you?

Let's look at some of the reasons why many people find it difficult to lose weight...

- **Lack of self-discipline**
- **Poor eating habits**
- **Lack of self-esteem**
- **Negative beliefs**
- **Emotional crutch**
- **Feeling controlled by food**
- **Hidden food intolerances & allergies**

By using a POWERFUL, EFFECTIVE COMBINATION OF NUTRITIONAL THERAPY, HYPNOTHERAPY and NEURO-LINGUISTIC PROGRAMMING we can address all of these problems by communicating with the unconscious mind. This is where all our habits and beliefs are formed...this is the long-term answer to PERMANENT WEIGHT CONTROL.

After this programme you can forget the word diet and enjoy a healthy, balanced approach to eating, without worrying about weight gain.

SLIMRITE™ REALLY DOES MAKE SLIMMING EASY!

THE SLIMRITE™ PROGRAMME

How would you feel if you could wake up tomorrow feeling in CONTROL of what you eat, loving healthy foods and excited about exercising? Feeling slimmer, fitter healthier than ever before in your life?

My **SLIMRITE™** programme, uses **highly effective mind improvement techniques** to literally re-programme your mind, so that you eat only what you need, when you are truly hungry. By making small, manageable but **permanent lifestyle changes**, the weight will fall off **quickly and easily**. The **SLIMRITE™** programme **helps you to lose weight naturally** – no diets, pills, or shakes, just healthy eating, with no feelings of deprivation or sacrifice, no forcing yourself with willpower, just an overwhelming desire to enjoy nutritional, satisfying and delicious foods without ever needing to worry about dieting again. **You** have control over your eating habits and **you** have control over your weight

When you change the way you think, you can literally change your life.

In fact my **UNIQUE SLIMRITE™** programme makes it so easy that when you leave you will have a whole new outlook on healthy eating and weight control...at last **YOU WILL FEEL FULLY IN CONTROL OF YOUR OWN HABITS!**

So What Do I Actually Offer You?

The **SLIMRITE™** programme consists of a detailed clinical consultation followed by three 1-to-1 sessions introducing and instilling in you life-style changes for sustained weight control, which are tailored specifically for you, and which will not only change your eating habits

but your whole attitude to food and dieting. I also offer you nutritional advice and optional food intolerance testing to eliminate any hidden causes of weight gain. At the end of the programme I give you a **FREE Weight Loss Self-Hypnosis CD** for your continued support.

My Approach

Since the British Medical Association (BMA) and the American Medical Association (AMA) approved the use of clinical hypnosis in the 1950s, thousands of people have found hypnosis to be an effective way to stop smoking, lose weight, and otherwise improve their lives. Of course there are varying degrees of success with hypnosis because much depends upon the skill, experience and general competence of the individual hypnotherapist – as well as the techniques being used by them.

The beauty of my approach is that I use the best of traditional hypnotherapy techniques, and combine them with Neuro-Linguistic Programming (NLP),* which takes hypnosis to an even greater level of effectiveness.

*NLP – a method of using successful neurological and linguistic patterns to effect positive change.

"The weight is dropping off - I can already get into clothes that were of no use to me a few weeks ago. Thanks!!!" Louise

"This is the best thing I've ever done in my life. I just don't want the old fattening foods anymore." Jim

"I can't believe there's been chocolate in the fridge all week and I just haven't wanted to touch it!" Sharon

MINDWORKS™ Be All That You Can Be