

Hypnosis and Weight Loss – *Does it really work?*

by Terry Bienkowski

That is the question that I always get asked. Well, I can tell you that I have been practicing hypnotherapy for over 20 years now and the answer is 'Yes!' Yes, if first you want to work and second, if you understand what it entails and what your part in it will be. Hypnosis is no magic wand. People have a misconception that you can come in for one session and be told that you will no longer desire foods that have been causing you to gain weight and that is all you need to. For 90% of the people this is incorrect. You must not only deal with the symptoms, which is over eating, but the cause of your over eating. You must change your behaviors and attitudes towards eating. Food, for most people who are overweight, is used as a mood alterer. They are looking to change the way they feel temporarily.

Knowing how your mind works is the first step. The conscious mind is about 12% of what your mind operates on. The subconscious is 88%. When you say that you want to lose weight and go on a diet, that is being said from the conscious part of the mind. The subconscious hold all of your belief systems, habits or conditioned responses, if you will. And the subconscious only has two movements: towards pleasure and away from pain. All advertising is based on this very principle. The diet industry is multi-billion dollar industry and works only 3% of the time. Using the conscious mind, which is you using your will power, just doesn't work. Your subconscious hears the word 'diet' and immediately goes into survival mode. It will try to convince you that it is much more pleasurable to eat what you want when you want.

Now, the subconscious also holds the causes and or beliefs you have around overeating. Some of the typical reasons for overeating are stress, comfort/love, abandonment issues, your chance of permanent weigh loss is very slim.

Mush research has shown that even after several years, people who combine a behavioral modification program with hypnosis are more likely to take off weight and keep it off.

With hypnosis you are in complete control at all times. You will be given a recording personally designed for you at each session dealing with the symptoms, as well as the causes, and begin to quickly change the negative patterns in your subconscious. You will start thinking different about food. Your mind will be convinced that it is now more pleasurable for you to eat healthy and to exercise while releasing those past belief systems that have had you use food as a mood alterer. I usually see people four to six sessions. These are women, for instance, that may have gained a few pounds after a pregnancy or after an illness, but these are the rare cases.

So, can it work for you? If you really don't want to change a behavior, chances are that nothing is going to help. However, if you are ready for change and are willing to put some effort into it, hypnosis is one of the best tools you can use. Most of my clients report that losing weight was just the side benefit to their sessions. They report enhanced self-esteem, as well as a calmer and happier life. It is important, however, to find a qualified hypnotherapist. Most states do not require licensing. Check out where they were trained and how long they have been practicing. Try to talk with former clients who have used the practitioner. Hypnosis can be the most rewarding experience of you life!