

DO WHAT WORKS

The bad news is that dieting simply doesn't work. Dieters notoriously gain back the weight they lost, plus some, in record time.

The good news is that your body and mind already know exactly what they need to get back in balance.

Balance is your natural state and when you let go of all of the limiting beliefs, subconscious triggers, and physiological imbalances, it becomes pretty easy to have a great relationship with food and your body.

That's where we come in...

A Truly Holistic Approach

In order to offer a truly holistic approach that goes beyond helping you white knuckle your way through yet another period of deprivation, only to gain back what you lost, we are combining forces.

We are combining Hypnosis, Coaching, and Nutritional Therapy in order to come at your weight issue from all angles.

The program offers four highly individualized sessions of hypnosis and two group hypnosis sessions and workshops. In addition, you will work with a nutritional therapist in three individualized appointments and take part in a three-session nutrition series that will educate, empower, and inspire you.

Work with yourself, not against yourself

Anyone who's attempted to lose weight knows how it feels to work against themselves. They know all too well the feeling of pushing, fighting and resisting urges that eventually become too great.

But what if it could be easy?

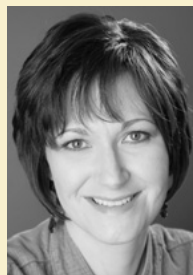
What if weight no longer had to be an issue?

What if food could simply be nourishment and not the source of so much misery?

What if you could feel really good in your body?

Well, you can when you learn to work with your body instead of against it. You can when you work with your conscious and subconscious mind to make the decisions that support you being your best!

HYPNOSIS



Hypnosis is a naturally induced focused state of deep relaxation. Hypnosis is a **powerful and effective** technique for bypassing the critical judgmental conscious mind and accessing the receptive subconscious mind.

If you have been thinking of yourself as fat and all you can think about it is the extra weight,

then that is what you will continue to experience in life. HOWEVER, if through hypnosis you were to have impressed upon your subconscious mind the thoughts of being thin, the positive aspects of being fit, healthy, balanced, and energetic you provide new information for your conscious mind to act upon.

Individual Sessions:

Session 1: Information gathering, goal discussion, and initial hypnosis processes including motivation and confidence building.

Session 2: Individualized hypnotherapy based on information gathered from first session including personalized recommendations from our nutritional therapist.

Session 3: Extension of Session 2 plus investigation of subconscious motivators and reframing as necessary.

Session 4: Hypnosis reinforcement and Self-Hypnosis instruction.

Group Hypnosis:

I.) Workshop on understanding what drives your behaviors; plus Group Hypnosis including suggestions for positive behaviors and perceptions relating to self, food, relationships and external situations. Receive a FREE hypnosis CD following this session.

II.) Conscious Tools for Change; plus Group Hypnosis including direct subconscious suggestions for continued weight reduction success; staying goal focused. Receive a FREE hypnosis CD following this session.

NUTRITIONAL THERAPY



Nutritional Therapy assesses your body individually to discover the imbalances that contribute to weight gain and overeating, among hundreds of other symptoms.

Wellness Coaching helps you become aware of limiting

beliefs around your body and your health so you can let them go. We also work to increase body awareness so you can regain trust in your body and its important signals. Lastly, we work together to release resistance to your health, body, food, or other emotional triggers, so that you can create more of what you want – radiant health and ideal weight.

Individual Sessions:

Session 1: We will take a look at what you're eating as well as any mood or digestive changes related to what and when you eat. We'll create a plan of action.

Session 2: We will evaluate foundational health functioning, including digestion, fatty acids, blood sugar regulation, mineral balance, and hydration, as well as the consequences of any deficiencies. We'll also explore the use of supplementation to restore balance.

Session 3: Extension of session 2. Continue to track your body's progress as it repairs with diet and supplementation.

Group Workshops:

I.) Just How Sad is the Standard American Diet? We'll take a closer look at how eating quick processed foods create imbalances that undermine your health and weight loss efforts.

II.) Traditional Diets and why they give everything you'll need for health, vitality, and weight balance.

III) You're not weak or lazy! Learn to let go of the resistance that keeps you stuck and to use your conscious mind to get what you want.

In this 12-week program we will...

- Use Hypnosis to break past subconscious patterns that cause you to eat what you shouldn't and stop you from eating what you should
- Provide a personalized plan for what to eat and an assessment of what health issues are standing in the way of losing weight.
- Help you regain peace and sanity around food and your body
- Increase your awareness about how you relate to the concepts of weight loss, food and your body
- Teach you to work with the laws of resistance and acceptance so you can get out of your own way
- Provide cutting-edge nutritional advice that's based on the simple wisdom of traditional diets
- Help you look at the most common physical ailments standing in the way of weight loss
- Teach you to access the power of your own mind to generate the results you want.

Are you ready to stop dieting and finally be free of excess weight permanently?

Are you ready to put the power of your subconscious mind on your side?

Are you looking for a whole-body approach to weight loss that takes into account the role of emotions, nutrition, physical health, subconscious drives, and well-being?

Then you're ready for a...

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Whole Body C.H.A.N.G.E.

*Weight loss with a Coaching, Hypnosis,
and Nutritional Guidance Emphasis*
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