

How hypnotherapy can help you to lose weight and break the yo-yo dieting cycle.

How many times have you successfully lost weight only to gain it back or add on even more? How would it be if you could lose weight naturally, without dieting and excessive exercise and stay that way, naturally enjoying the healthy eating habits and looking good? Hypnotherapy is the best solution to break the yo-yo dieting circle, so this time you will not only lose weight, you will maintain your new trim looks.

What is yo-yo dieting and why a strict diet rarely leads to a permanent weight loss?

Yo-yo dieting is a common vicious circle which traps many overweight people, where a person repeatedly loses and regains weight over and over again. Some people struggle with this for most of their lives.

The cycle starts with a new brilliant diet that promises to shed those unwanted kilos quickly. The diet is usually very low in calories, often followed by an extensive exercise schedule. At first, the weight rapidly goes down so it seems a great success; emotions are high. But soon the body adapts and decides that energy must be conserved, so metabolism begins to slow down. The weight loss slows down too and at the same time the diet, which is usually very restrictive, becomes too difficult to follow. Results are not so great any more, so the mood drops and the dieter starts to neglect the diet and exercise. This leads to weight gain, and with the metabolism already slower, the weight creeps up higher.

Each repeated cycle leads to strong negative emotions, which makes the weight loss more difficult. Quite often the person becomes obsessed with weight loss and dieting, so it is difficult to maintain any healthy eating habits. The associated feelings are guilt, lack of control, very low self-esteem and even depression. The circle seems to have no end.

What is hypnotherapy and how it works

Hypnotherapy is a powerful yet gentle method of dealing with problems which other approaches simply cannot shift. A few hypnotherapy sessions will be much more effective than a year of weekly analysing your issues with other specialists.

Hypnotherapy is a therapy performed in hypnosis. A hypnotherapist is a professional, usually trained in different therapies, who uses hypnosis as a tool which makes therapy very effective.

Hypnosis is a natural state. You probably have been in hypnosis many times without knowing it. Hypnosis is the original mind-body medicine. It has been in use forever. Every natural mind-body healing is based, more or less, on hypnosis.

The essence of hypnosis is the intense concentration on the chosen object to the exclusion of everything else. In this state the subconscious mind is opened to therapy. The deepest levels of your mind can be reached, the big storage of memories and feelings, so your perceptions, thoughts, behaviour and emotions can be changed.

Subconscious mind is also the part of the mind which steers the body, and hypnotic state can be used to make the changes on the body level, even increasing the metabolic rate.

How hypnotherapy will help you not only to lose weight but also to maintain the desired body shape?

1. Hypnotherapy is the best at solving the underlying emotional cause which leads to emotional or comfort eating.
2. Hypnotherapy will help to solve the deepest psychological reasons of being overweight, even long lasting depression or past trauma, if any. You will become happy and confident before you lose weight.
3. You will learn and implement the natural eating habits by connecting to your body on the subconscious level. You will be hungry only when your body needs food. You will be craving exactly the food your body needs.
4. You can use your subconscious mind to explicitly ask your body to use the energy from the body fat and increase the metabolic rate
5. Hypnotherapy will boost your motivation to exercise and your enjoyment of body movement.
6. Hypnotherapy will deal with the triggers which lead to overeating. You will have better ways to deal with stressful situations or boredom than eating. You will not need to reward yourself with food for your achievements
7. You will learn to enjoy your food. Life is to enjoy, food is to enjoy. You will learn to eat slowly, feeling the pleasant satisfaction when your body tells you that it has enough.

Hypnotherapy is the most suitable solution to stop the yo-yo dieting cycle and to reverse the damaging effects of constant dieting followed by overeating.

Hypnotherapy for weight loss combines hypnosis, counselling and other therapies to solve the psychological reasons of being overweight, to change the habits and behaviour and to make changes on the body level.

With the help of hypnotherapy you will say the final goodbye to the overwhelming emotions of guilt, shame, helplessness, anxiety and the constant struggle with your body. You will say the final goodbye to the obsessive dieting. You will balance your body and your mind. You will lose weight naturally by enjoying healthy food and exercise and you will maintain the desired body shape by staying connected with your body.