



**Stop emotional eating
Naturally follow your body
needs
Enjoy your food and look good**

**FREE consultation
(02) 9233 3399 (City)
0412 092 972 (Hills)
www.mypnotherapy.com.au**



Joanna Malinowska
Clinical Hypnotherapist
MSc, Cert IV in Clin Hyp, DHC
clinical member of AHA
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There are a better ways to lose weight and maintain the desired body shape than dieting and restrictions. Control and trying to use the will power against yourself may work for a short period, bringing more distress later. Enjoyment and freedom works and brings happiness. Obsession with your body and eating can be replaced by natural healthy eating.

City Location

Sydney Medical, Dental & Cosmetic Centre
Level 1, 70 Pitt Street
Sydney NSW 2000
Bookings: (02) 9233 3399

Pennant Hills Location

Only by appointment
Bookings: 0412 092 972
Or email Joanna@mypnotherapy.com.au



**Diet Free
Stress Free
Drug Free**

Hypnotherapy For Natural Healthy Eating & Weight Loss



Book for a **free consultation** now

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How hypnotherapy will help you to enjoy the natural eating and maintain the desired body shape?

1. Hypnotherapy is the best at **solving the underlying emotional cause** which leads to emotional or comfort eating
2. 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.
3. Hypnotherapy will boost your motivation to **exercise** and your enjoyment of body movement.
4. 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
5. 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.

About hypnosis

Hypnosis is a natural state. You probably have been in hypnosis many times without knowing it. It happens to everybody, children and adults, in every day life and on special occasions.

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 suggestions. The deepest levels of your mind can be reached, the big storage of memories and feelings, so your perceptions, thoughts, behavior and emotions can be changed.

When you are in hypnosis, you are still alert, you know what you are doing, and any suggestions which do not agree with your internal values will simply not work. If any suggestion is against your ethical code, or something you do not want to do, you will be able to interrupt or correct the hypnotherapist, or you will just wake up from hypnosis.



Can you be Hypnotized?

Almost everybody can be hypnotized. You are simply born with a talent for hypnosis. There is only one condition: you must want to be hypnotized. Nobody can hypnotize you if you do not allow it. It requires cooperation. But it does not matter how strong willed or weak you are, or how smart or slow you are. In fact, if you have strong mind it will work better.

How many sessions will you need?

Sometimes 2 or 3 sessions will be enough, particularly in cases when the person is reasonably confident and not so depressed.

In cases when there is a strong **food and body obsession** accompanied by **low confidence** and **feeling depressed** 5 to 7 sessions are needed. The first session is used to learn hypnosis and relaxation, the emotions are solved in the second session, and the remaining sessions are used for changing eating habits, for the dealing with the depression, building the self-esteem and confidence.

Sometimes, when the person is very overweight, it is good to have an additional session once a month or two until the goal is reached.