



## Diets don't work – Re-educate your mind instead! Does hypnotherapy work for weight loss?



Nearly all of us will try some diet or another at some point to shed a few pounds but few people who diet actually manage to maintain their weight loss. To successfully lose weight you need to be in the right mindset - hypnotherapy could help you!

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Nearly all of us will try some diet or another at some point to shed a few pounds. Unfortunately, the results are nearly always the same; although diets can provide short term results, few people who diet actually manage to maintain their weight loss. Worse still, many even end up bigger than before they tried dieting.

Lots of us fall at the first hurdle when it comes to losing weight and regaining our fitness, finding motivating ourselves to eat properly and exercise one of the biggest challenges. What you have to recognise first is that there is no quick fix or magic pill that can do it for you. To successfully lose weight you need to be in the right mindset and commit yourself to changing your lifestyle.

So, why don't diets work?

### ***Diets are tough.***

Going on a diet means major changes and that tends to be stressful. When you feel stressed you don't want too many things to change you like to feel as settled as possible.. so you go back to your old eating habits & slobbering on the sofa. It's a never ending cycle.... You need to be in the right mindset.



***Diets make you feel denied what you like.***

It doesn't matter what size you are – whether you want to drop one dress size or ten – diets do tend to make you feel hungry and you get cravings for all those bad foods that you need to avoid; Sugary, high in fat, junk. You feel like you are being deprived – “Everyone else can eat what they want so why can't I?” Negative thinking like that can derail your progress; you need to train your mind to see how it will benefit you & how fantastic it will be when you achieve your goals.

***Diets don't consider the emotional aspect of overeating.***

Comfort eating. Emotional eating. Call it what you will, many of us turn to food as a means of comfort in times of stress or emotional upset. Dieting doesn't solve these emotional problems – deal with them, get yourself into a better place emotionally so you can tackle the physical challenge at full strength.

***Don't diet; change your entire mindset!***

Diets are a stopgap for anyone who really wants to lose weight and improve their lifestyle and fitness. You need to be in the right place mentally before you can be in the right place physically.

***Does hypnotherapy work for weight loss?***

Weight loss hypnotherapy could help get you the results that you really want and won't leave you feeling hungry or craving junk like crisps, cakes and sweets. Hypnotherapy for weight loss helps change your attitudes to eating and your eating habits, helping you to retrain your mind to eat when you are hungry and stop you when you are not. Motivating you to get up of the sofa and get your butt in gear.

Eat less, get moving, get motivated – weight loss hypnosis could help you.

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For further information about hypnotherapy in Basildon, please contact Victoria Baldwin

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