

# How to Lose Weight with Hypnosis

*By:*

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## **Foreword**

In the 1950s, the American Medical Association took notice of hypnosis after a patient underwent a thyroidectomy (removal of the thyroid) while in a hypnotic trance induced by a hypnotherapist (Blakeslee, 2005). No other painkiller or anesthesia was used.

Since then, hypnotherapists have made powerful strides toward changing public perception about hypnosis. Doctors continue to use hypnosis to calm their patients, and to ease pain during procedures (Bierman, 1995). They regularly tell patients how easy recovery will be. Additionally, doctors tell patients that a procedure is common and meets with a high degree of success. Because these phrases are delivered by an authority figure, they act in exactly the same way as hypnotic suggestions, and become reality for the patient. More obvious hypnotic suggestions are also sometimes given to patients by doctors trained in hypnosis, and for over a century, dentists have used hypnosis to ease discomfort during dental procedures.

In addition to using hypnotic techniques themselves, doctors and dentists regularly refer patients to hypnotherapists for help with weight loss, smoking cessation, and overcoming fears about dental and surgical procedures. Before the 1950s, the medical profession scoffed at hypnotherapy, but today it is being readily embraced as a complement to long-standing medical procedures.

According to the southern Medical Journal (2004), as many as 40% of Americans use some form of complementary and alternative medicine such as hypnotherapy. At no other time has the world of hypnotherapy been as wide open with exciting possibilities as it is now. Because more and more people are exploring

and accepting the benefits of hypnotherapy, a much greater need for qualified hypnotherapists to open practices now exists. The goal of this book is to give you — a potential or practicing hypnotherapist — a strong base for building your practice. You will be guided through a basic hypnotherapy session, and you will be given homework opportunities to use and modify your techniques so that you can help others lose weight, find love, and increase their financial success, among other issues.

For the latest information about the hypnotherapy world, visit [www.americanallianceofhypnotists.org](http://www.americanallianceofhypnotists.org) the website of the American Alliance of Hypnotists, of which I am the founder and director. The organization started in America as a network of hypnotherapists, but it is now open to practitioners worldwide. Among other things, this site lists hypnotherapists and classes available in your local area. Become a member. It's free.



**Chapter 1**  
**Introduction**



## *How to Lose Weight with Hypnosis*

Welcome to the weight loss program. You have chosen the most powerful 5-week hypnotherapy weight loss program available. The use of hypnotherapy in weight loss has been around for many years. I have successfully helped thousands of people reach their weight loss goals. So, whether you want to lose weight yourself or help others do so, this book will help you.

This book is meant for anyone who is trying to lose weight, whether you, a friend, or a client wants to lose weight. This book assumes that you are a hypnotherapist. If you are not a hypnotherapist, this book will teach you how to think like one and teach you the methods which I use successfully in an office setting to help clients lose the amount of weight they no longer want or need, and to maintain that weight loss.

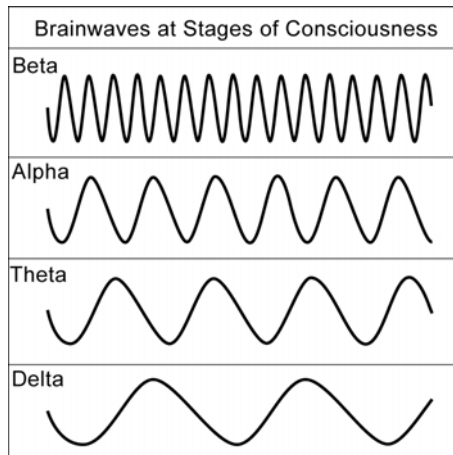
To get things started, I want to address and debunk some of the numerous misconceptions and myths about hypnotherapy.

Hypnotherapy is not a Zen-like trance in which the client, also referred to as the patient, is in some sort of metaphysical state. From time to time, clients will experience this state; however, the goal of hypnosis is to get the client into a very light trance, also known as "Alpha." When in Alpha or deeper, a client's brain waves are altered (Blakeslee, 2005) and they are more suggestible than when they are in Beta. They are therefore more able to receive messages that influence positive change.

Anything deeper than Alpha (Delta or Theta) is helpful but not necessary.

## Stages of Consciousness

Hypnotherapy practices deal with four stages of consciousness: Beta, Alpha, Theta, and Delta (Figure 1.1).



(Figure 1.1)

Normal waking consciousness is called Beta. In Beta, a person's brain is fully functional and in an alert state. It is paying attention to, and processing stimuli from the outside world.

In Alpha, the person is slowed down slightly and is therefore more focused and able to dedicate her train of thought to one thing. Equate Alpha to the state you are in when watching TV, or when you have been driving for a lengthy period. When driving, your attention is focused on the elements of driving. Outside stimuli play a lesser role. At first, you may be aware of things around you such as cars and pedestrians. After prolonged driving, your attention shifts to what is happening directly in front of you. This is Alpha.

Alpha is a "not-really-here, not-really-out-of-it" phase. In Alpha, outside stimuli no longer distract the client, who

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is then able to receive habit-altering messages from the hypnotherapist.

It is important to note that similar to driving in a trance, patients in hypnosis still can react as things happen. A common misconception is that clients under hypnosis cannot react, and that therefore the hypnotherapist has ultimate control over the patient. In Alpha, the patient is always in the driver's seat, and is fully capable of reacting and making decisions.

Some hypnosis patients go deeper than Alpha into Theta or Delta, and most patients will transition between Beta, Alpha, Theta, and Delta during the session. Some patients will never attain Theta or Delta, regardless of what the hypnotherapist does.

However, almost everyone will fall into Alpha on the first session. Techniques for guiding patients to Theta or Delta are more complex, and are beyond the scope of this course. Those techniques are taught in my advanced class.

You should know, however, that there are tests for ascertaining how deeply a person has fallen. Some methods of hypnotherapy are more effective in Theta and Delta. (Incidentally, the person whose thyroid was removed while under hypnosis was in Delta.)

Because patients generally toggle among stages of consciousness in any given hypnotherapy session, most will have the experience of only remembering some of the things the hypnotherapist has said. Patients often believe that they remember everything but, actually remember very little.

## **What Is Hypnotherapy?**

Hypnotherapy is a combination of hypnosis and therapy, and this is one of the many attributes separating it from stage hypnosis. Traditionally, a hypnotherapist will spend about half of his or her time talking to the client while the client is in Beta (normal waking consciousness). The remainder of the time, the client will be in hypnosis (Alpha or lower). Hypnotherapy works by combining hypnosis with precise, outcome-oriented therapy and targeting the subconscious mind.

Hypnotherapy is quite different from traditional therapy. Instead of spending years with a therapist, clients who undergo hypnotherapy will have an efficient, fast, reliable means of altering negative behavior. Hypnotherapy produces the most immediate results for changing beliefs and/or behaviors.

It is important to note that hypnotherapy is not for everyone. Some patients want to spend years in traditional therapy; getting to know themselves and examining the roots of their behavior. Some patients will even respond better to long-term, non-hypnotic therapy. Hypnosis is just one of the thousands of ways a person can achieve her goals; however, if your patient wants immediate results, hypnotherapy is the most effective tool.

The beauty of hypnosis is that a person's body does not know the difference between imagining something and having it happen. As far as the body is concerned, the physiological responses are the same, regardless of whether the client is imagining something or actually experiencing it.

The client therefore has the advantage of intellectually knowing that a situation is happening only in the imagination, and physically responding as though it has

happened. The client gets the benefit of tackling her fears, losing weight, or becoming motivated without ever having left the hypnotherapist's chair. The client is still reclined in the chair, yet as far as her body knows, she has conquered her cravings, lost weight, learned how to speak to romantic interests, and so on.

This means that when it comes time for the client to eat healthy foods, go on a date, or stop procrastinating, her body will feel as though she has already done this. Therefore, she will have the confidence and ability to move forward.

### **Hypnotherapy Overview**

A general hypnotherapy session begins with a pretalk. This is where you explain hypnosis to the client and reassure her about the power of her mind. Next comes the induction, which is the initial attempt to drop the client into a light trance. After the induction, the hypnotherapist will conduct a deepening that drops the client into an even deeper trance, as the name suggests. The hypnotherapist will then use a script, which is the therapy portion of the session. The script includes a suggestion for change. Upon finishing the script, the hypnotherapist will segue into amnesia, which suggests that the client's mind will forget the session. Finally, the hypnotherapist will use trance termination to bring the client out of hypnosis. In this course, each of these steps will be covered in detail.

However, each client is different, and so the therapy session might be changed depending on the client's needs. Hypnotherapists should be flexible and able to think on their feet. Do your research so that you can take an alternate path if you are on a course that does not seem to be working.

When conducting a hypnotherapy session, learn to speak monotonously and slowly. Throughout the session, you will want to lengthen your words. Your tone should be dull and boring. (See Chapter 3, Inductions, for more details.)

You will also want to use positive words. For instance, when I work with people on procrastination, I do not call it "procrastination." I call it "motivation," because this is the positive way of looking at the situation. Learn to spin things positively. Instead of saying that a person is "afraid to fly," say that she wants "freedom to fly." Experiment with phrasing things positively.

Some professionals believe that hypnotherapists should not use the word "no" or "not," because they believe that the subconscious mind drops these words. In other words, instead of hearing, "You will not eat carbohydrates," they believe the client will hear, "You will eat carbohydrates."

I often use the words "no" and "not" with positive results. However, to be on the safe side, you may choose to avoid using negative words. Instead, say, "You will be done eating foods with carbohydrates," or "You will crave foods that are low in carbohydrates."

## **Recording Your Sessions**

Because it takes approximately 21 days to form new habits, you should be prepared to record your hypnotherapy sessions so that your clients can listen to their sessions each night, thus reinforcing their change.

Only record the hypnosis portion of the session. The hypnosis session begins when you begin the induction. Be



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prepared to begin the recording (CD, mp3, etc.) immediately when hypnosis begins, and stop at the conclusion of the session.

I sell hypnosis recordings from my website, and sometimes people buy four or more recordings at once: weight loss, unlimited motivation, unlimited confidence, *and* better golf! These clients may intend to listen to all four recordings at once. Do not let your clients do this. Tackle one problem at a time, and give your client three weeks to change a single habit. Allow yourself or the client to ease into the change. If you try to force change, or if you tell the client to listen to the recording 21 times in one day, both you and your client will get frustrated.

Remember: Set reasonable goals. Do not try to force change; doing so could be counterproductive.

### **Controlling the Environment**

You will want to establish a quiet space that allows you to control the environment. Cut your clients off from the outside world and demand their complete attention. You must have them relaxed and have them in an oasis from the outside world.

In controlling the environment, first make sure that the client has gone to the restroom. Dropping your client into Alpha and sustaining hypnosis is difficult if she is squirming with discomfort. So ask her before you start, "Do you need to use the restroom before we begin?"

Likewise, make sure that the client's cell phone or pager is turned off. Make sure that she is in an environment where no one and nothing is going to disturb her. There should be no barking dogs or sounds of traffic.

Control the environment.

Make sure that the client is not too cold or too warm. Give the patient the option of being reclined. A comfortable, reclining chair is perfect for this. Get one.

I prefer to have my clients reclined in a nearly horizontal position with an eye covering, like the ones that are sold for sleeping or airplane trips, over their eyes to block out any light. The client listens to my voice through headphones.

I want to completely control the environment, and for this reason, I generally avoid going to a person's house to conduct a hypnotherapy session.

The client is not going to see anything because his eyes are going to be covered. He is not going to hear anything except my voice and the sound of gentle ocean waves that I play in the background. The client is perhaps going to be covered with one or two blankets, depending on the temperature.

Again, your job as a hypnotherapist is to prevent anything that could interrupt the session.

I learned this lesson the hard way in 1986. I had a patient, a doctor, who wanted to be hypnotized. She was on call during our first session, and she kept getting up during the hypnosis session to respond to her pager. She was not respecting the session. I immediately formed a strict policy against this disruptive activity. If your patient is on call, tell her to come back another day. Do not allow yourself or your client to be disturbed.

Some clients like to multitask, but hypnosis is not the place for multitasking. Think of it like surgery — it would not be acceptable if someone knocked on the door during surgery, or if the doctor stopped operating so that the

patient could take a cell phone call. Show your clients how you want them to respect the hypnosis session.

The bottom line is this: control the environment! It's YOUR responsibility.

### **Suggested Practice**

Okay, I'm going to start you off really easy. All I want you to do is get the newspaper every day for a week (or more), as well as any magazines you may want. Look through them for positive hypnosis-related articles. You're going to be surprised how frequently this topic is covered by the press. (I was recently on a plane, flying back from Canada, when I noticed the person across the aisle reading an article in *Golf* magazine about how Tiger Woods went to a hypnotherapist.) Cut out the articles that you find and start saving them in a scrapbook. When clients come into your office, they like to see articles that discuss the positive benefits of hypnosis. This reassures them that they have made the right decision and that hypnosis really works. This scrapbook will eventually make a fine addition to your waiting room. Starting it now will help you tremendously with the suggested practice exercises in Chapter 2.

As you go through this book, I suggest that you take *at least* one week to complete the weight loss module in that chapter, and to e-mail me at [Support@betterlivingwithhypnosis.com](mailto:Support@betterlivingwithhypnosis.com) with any questions.

Although reading this book and doing the lessons will not lead you to become a certified hypnotherapist, it is the textbook for several hypnotherapy certification programs, including my specialty course on weight loss. I teach a basic certification class online, and around the world using this as the textbook. You can register online for a class now at <http://www.betterlivingwithhypnosis.com>



## **Chapter 2 Inductions**



An induction is the tool that hypnotherapists use to induce hypnosis. It marks the beginning of hypnosis (and the beginning of the recording you will make for your clients). Inductions come in all shapes and sizes. This chapter will focus on inductions that are simple yet effective.

### **Relaxation Inductions**

The basic induction is called a “relaxation induction.” With a relaxation induction, you want to bore a person into the Alpha state. Imagine talking to someone and trying to bore her. Some people are able to do this naturally. Some people will start talking, and their listeners immediately get a glazed-over look in their eyes. That type of speaker would be an excellent hypnotherapist. If you are one of those people, congratulations! Now you can help others with your natural ability to bore.

Have you ever been in a classroom with a teacher who talked incessantly with a monotone voice because she has taught the same subject for years and had no passion left in her entire being? That may have actually done you some good. Although you could not consciously pay attention, you may have processed some of the information hypnotically. I guarantee you that the teacher was lulling you into a trance.

Watching TV will lull you into a trance. Driving a car will lull you into a trance. A slow-talking, monotonous teacher speaking for 45 minutes will definitely lull you into a trance.

During a relaxation induction, speak in a monotone voice. Stretch out your words. Speak slowly and methodically and enunciate clearly.

When working with the subconscious mind, you must be very careful that you say *exactly* what you mean. The

subconscious mind will take things literally. Any time you are working with someone under hypnosis, speak very clearly. Make sure that she can understand every word. Act as though your patient is a foreigner and does not speak your language very well. You need to speak slowly and clearly so that there is no misunderstanding, because if you pronounce a word incorrectly, the subconscious mind may process it as another word.

Practice saying the phrase, “Jack and Jill went up the hill.” Stretch out the words, especially the word “and.” Practice this until it is as relaxing (i.e., boring) as possible. This is the only time in your life when being boring is a good thing. If you are not sure of the tone of voice that you should use, visit [www.betterlivingwithhypnosis.com](http://www.betterlivingwithhypnosis.com). Any of the CDs there will serve as an excellent example.

It is important to refer to the five senses during the induction. Most people relate strongly to one of the senses: sight, touch, hearing, smell, or taste. I like to involve as many of the other senses as possible.

By involving *all* the senses, you can get to the one that the client relates most strongly with. Make sure that the induction has something for the client to see, to feel, to hear, to taste, and to smell. If you have already determined that the client relates strongly to one particular sense, reference that sense more often than the others in your induction. But use all of the senses with everyone to make a well-rounded induction every time.

Let me illustrate this point by taking you through an induction. Because the purpose of the induction is to slow the person down, you should also play soft, calming music in the background.

(Feel free to use verbatim any of the hypnosis session material I provide in this book.)



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*All right now. I want you to take a deep breath in through your nose, inhaling very slowly, filling your lungs and stretching them out. That's right. Hold it. Open your mouth slightly and exhale very slowly, and as you do, just feel your body relaxing, relaxing, relaxing. Good. Now to help you to relax, I want you to visualize yourself on a beautiful beach. It is your beach. You are relaxed and safe. You are walking along the beach. Feel the warm, soft sand on your feet. Feel the warmth of the sun relaxing every part of your body. Inhale the scent of the sea air. Feel the relaxing breeze blowing gently across your body as you walk slowly down to the water, where the waves are making a relaxing sound.*

Let's break this down. First of all, having people breathe in and out slowly is going to relax them. (Many people who are addicted to cigarettes are simply addicted to the idea of taking deep, relaxing breaths. They are taking the time to take a deep breath, hold it, and blow it out. Taking a "smoker's break" allows the smoker to take a break, go outside, and stop working. Everything shuts down while the smoker takes deep, yogic breaths and blows them out. Unfortunately, the smoker is also inhaling 4,000 chemicals.)

Your client will take three or four deep breaths in and out. Just relax the person and get her to slow down.

Let's now take a look at the rest of the induction.

I want you to visualize yourself on a beautiful beach. Here, I am referring to the client's sense of sight.

You are walking along the beach. This is the kinetic (movement) aspect. I have engaged the feelings of motion

and have offered something to those people who relate strongly to motion.

Feel the warm, soft sand on your feet. Now I have engaged tactile listeners. Notice that I did not just say, “You are feeling the sand.” I described the sand. I made it real. The sand feels warm. It feels soft. (You may even say the sand is white, which again involves the visual sense.) I grew up in South Florida, so I can relate strongly to this experience. I have been on the beach many times, and that sand is warm, if not hot. That brings back a clear memory for me. Most people have walked barefooted on a beach in the daytime. Be sure to use something that is familiar to a wide variety of people.

Feel the warmth of the sun relaxing every part of your body. Again, I am referring to the sense of feeling, also called touch or the tactile sense. I’ve also linked the feeling to something relaxing.

Inhale the scent of the sea air. Here, I have prompted the olfactory sense, appealing to the sense of smell. Most people know exactly the smell I mean when I say “sea air.”

Feel the relaxing breeze blowing gently across your body. Here I am using the tactile sense (the sense of touch).

As you walk slowly down to the water. The client is moving. Again, I am engaging the kinetic (motion) sense.

It is important to engage all of the senses because some people relate strongly to just one sense. Some people are very visual. For example, in their mind’s eye, they will see the beach clearly. They will fill the ocean with sailboats, put buildings on the land in the distance, and add a few clouds in the beautiful blue sky.

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Others do not see anything. They will listen to that exact same induction, and they will have a nonvisual sense of being on the beach. They will have the feeling that they are on the beach because they can feel it on the soles of their feet. Or they just somehow sense that they are there. Maybe the smell, the scent of the sea air draws them in.

Unless you want to get into an extensive (and unnecessary) pretest to determine which sense the client favors, cover every sense. Even if you know that the client relates strongly to motion, add the other sensory elements; doing so will more fully engage her. You want to make sure that the client hears a description of all the things people typically experience at the beach.

By the way, if your client is afraid of water or of beaches for any reason, you should use a different induction. Ask the client ahead of time if she likes the beach!

Remember to be sensitive to each of your clients. If you are writing an induction for someone in a wheelchair, do not describe how the client is walking along the beach or rolling her wheelchair along the sandy beach. Choose another scenario for the induction. If you are talking about swimming and your client cannot swim, then she is not going to have a relaxing experience. Ask the client ahead of time about her abilities, likes, and dislikes.

Inductions should incorporate the types of experiences that the person enjoys. For instance, if you are hypnotizing a scuba diver, your inductions might be about a dive. Think about the possibilities. The client is going down, down, deeper and deeper. Maybe the client likes to go driving in the desert. She could imagine the drive in the Mojave Desert at night with the top down on a convertible. Stay open and creative.

If someone is coming to you for a few sessions, you may not want to use the same induction every time. You might want to mix it up.

Once, when I was doing a diving induction, I said, "And now you take a deep breath in through your nose and out through your mouth." Divers wear regulators in their mouths to get air from the tank. They do not breathe through their noses while diving! They breathe through the mouth.

After the session, the client said, "You know, that was great and relaxing, except for when you told me to breathe in through my nose and out through my mouth."

I was not thinking of what the patient was experiencing. Instead, I was looking at the client in the chair and thinking that she should breathe through her nose. In her mind, she was scuba diving. The mind makes it real for the body. She was there, and I was incongruent.

Make sure that you plan ahead of time *and* think on your feet.

At the same time, do not be afraid to make mistakes. I have been doing hypnosis for a long time, and I still make mistakes. Be aware of the ramifications, and if the mistake is a bad one, do what you can to fix it in a calm way. Sometimes, the mistakes are not as bad as you think they are, or the person does not even notice it. In this case, do not point out the mistake.

In fact, a mistake could be used as a confusion induction, which is covered in the next section.

Know that the rules are flexible. Think about it like dancing at a club. There is freedom of expression. Are the

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rules set in stone? No. You can be flexible. Do no harm, fix mistakes, but be flexible. Try things with the best of intentions and flex your muscles, and I guarantee that you will grow.

If something does not work, try something else. The person may report, "I just could not get into that. I was not relaxed." What should you do?

First, assure the client that even in Alpha, a person is up to 200 times more suggestible.

Second, make a change. You may think, "Okay, the beach induction is not working on this woman. She likes the city sounds. I do not like them, in fact I find them annoying, but that does not matter because she likes them. She is going to get them."

The following is an example of a short induction script.

*And you find yourself driving along the Pacific Coast Highway now. You are headed north, leaving Los Angeles. You are in a convertible and enjoying the breeze in your hair. You see the relaxing ocean to your left. And you see the high cliffs to your upper right. And the more you drive, the more you relax. You see birds overhead, and smell that salty sea air as you continue to drive down the road. You are safe and protected. Sometimes, it seems as though the car drives itself. You are relaxing more and more as you drive. And as I am silent now, just allow yourself to enjoy the beautiful day and relax more deeply.*

*That's right, just relaxing and drifting as you drive down the road in your convertible. Enjoying the beautiful day. And as you now look in the rearview mirror, you realize just how far down the*

*road you have driven. And it occurs to you that you are very relaxed.*

### **Sample Induction 1**

You're in your car; it's afternoon; it's early spring. You're driving on a smooth, curving road that leads through the hillside. The grass is vividly green, and colorful wild flowers are in bloom on the sides of the road. There are trees lush with leaves. The air is fresh and clean. You feel yourself begin to relax. The road curves gently to the right, and your car hugs the curves of the road as if it were on a track. The mist in the air rises and clears as you drive. You feel the warm air against your skin as your car follows the road. You notice that your car is the only one on the road. The engine of your car purring gently is the only sound. It's quiet. It's safe. You haven't a care in the world; you are at peace, enjoying the beautiful scenery as you drive. The sky is blue and it is clear, but for a few wisps of clouds. You are so comfortable and serene. You're driving slowly, taking in the beautiful scenery.

You approach a gravel road. It calls to you, so you turn onto it. You hear the light crunching of the tires on the finely ground gravel. The road leads through a wooded area. The sun filters through the trees; it is warm and bright. There is beauty all around you and you take it all in. You come to the end of the road. It is large and circular. You see a clearing and a path and you park your car close to the clearing. The car door closes gently as you walk toward the trail. As you approach the trail, you notice that it is wide and carpeted with the same fine gravel as on the road. As you walk past the trees, you hear some birds singing. You walk slowly, taking in all the sights and smells. You see a honeysuckle bush, and you stop and smell the flowers. You pick a flower. The flower smells so sweet and the honeysuckle tastes like honey. You savor the taste and continue on the path.

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You hear the gurgling of water nearby. As you continue on the trail, the gravel path turns to grass, and there are stepping-stones that lead to a waterfall. You take off your shoes and carry them along with you. There are beautiful purple and yellow flowers on either side of the trail. The stepping-stones feel smooth and warm on your feet. Each stone is a different color of the stone rainbow. As you step on each stone on the path, you become more relaxed. The stones are beautiful. Each step relaxes you more. You continue on the stepping-stones, relaxing more with each step. You are getting closer to the waterfall. The waterfall ends in a calm, clear pool of water. You set your shoes aside on a rock near the pool. You put your toe in the water to test the temperature. You find it warm and inviting. You wade into the pool and find a large rock to sit on. You sit down on the rock. You put your hand in the water and move it slowly back and forth, feeling the warmth of the water between your fingers and around your hand.

You take a deep breath through your nose. You can taste the freshness of the air as your chest rises and your lungs fill with the clean air. You open your mouth slightly and exhale slowly. You take another slow, deep breath through your nose, and again exhale slowly through your mouth. Once again, another slow, deep breath. The water gently falls into the pool and ripples in the water traveling slowly toward you. You watch the ripples of the water and become more relaxed as each ripple floats by you. Two purple dragonflies hover on the water. They linger a few minutes and then fly off. They take with them any cares and anxieties that may have remained. You take another deep breath and feel so calm, so relaxed.

You look around and see a hammock hanging between two trees. You slowly lift yourself out of the pool and walk toward the hammock. The hammock is covered with a large pillow that perfectly fits the hammock. You easily get into the hammock. The hammock supports you effortlessly. You feel as if you're floating in the softness of

the hammock. The trees filter the warm sun and you feel safe, comfortable, supported. You close your eyes and rest your mind.

### **Sample Induction 2**

Now close your eyes. Take a nice, deep, full breath and exhale slowly. Take another deep breath and exhale. Feel yourself beginning to relax now ... from the very top of your head ... all the way down ... to the very tip of your toes. One more time. Breathe in. Take a nice, deep, full breath and hold it in. Now let it out completely, and feel yourself relaxing even more.

I want you to imagine now that you are looking at a clear, blue sky. It is a brilliant blue, like no other color you have ever seen. And in the sky, a sky-writing airplane is writing your name in fluffy, white, cloud-like letters. See your name floating ... fluffy, white and cloud-like in a clear, blue sky. Reach out and imagine what the clouds feel like. Light and airy. Also, hear the birds. Not only can you hear their calls, but you can also hear the flapping of their wings as they increase their speed. You hear the silence of their wings as they glide through the sky. You relax with the increasing silence.

Now let your name just disappear with the wind. Let the winds just blow your name away into the blue of the sky ... and forget about your name. Forget you even have a name. Names are not important. Just go on listening to my voice and let yourself relax even more. You no longer hear or see the birds. You are at complete peace with yourself. There are no distractions. You relax even deeper.



### **Helpful Tip**

As you write inductions and deepenings (next chapter), you need to use your creativity. Try keeping a pocket recorder or note pad and pen handy. Perhaps a great idea for an induction/deepening will come to you in the grocery store, in the shower, or when you just get up in the morning. You never know when a brilliant idea might come.

### **Suggested Practice**

Write your own induction. Do not spend a lot of time laboring over this — just let your creativity flow and write it out. It can be one page or 10 pages, though it should be no more than 10 minutes long when read aloud. Have the client walk along the beach, or in the woods, or in any other place that is relaxing and peaceful. Incorporate all the senses. Remember when reading it to pronounce everything perfectly so that there is no misunderstanding.

Record the induction on a computer (mp3 file or CD). Then listen to it and see if it bores you. It should. See if it relaxes you. See if it gets you into that altered state of mind. See if it drops you into Alpha, where you are just a little bit slower, just a little bit more relaxed than you normally are when fully awake. And if it puts you completely to sleep and you wake up a couple of hours later, that is fine.

This book will guide you through recording an entire hypnosis session. Between each section of the recorded hypnotherapy session, insert 30 to 60 seconds of silence. This aids in relaxing the client. If you have gentle, soothing music playing in the background, continue to play it during the silent periods. Like everything else you do in this book, you will use this induction over and over, so make it outstanding!

*Steve G. Jones, M.Ed.*

**Caution: Do not ever listen to your induction or anything hypnotic in a moving vehicle.**

## **Chapter 3 Deepenings**



## *How to Lose Weight with Hypnosis*

A deepening varies only slightly from an induction. In fact, the terms *deepening* and *induction* are often interchanged. Strictly speaking, however, a deepening comes after an induction and before a script. The purpose of the deepening, as the name implies, is to drop the patient into a deeper state of consciousness.

After the induction, the patient is relaxed, comfortable, and peaceful. Now that you have the patient under your control, so to speak, you want to relax him even more. To do so, you will take your patient down something such as a set of stairs, an elevator, or an escalator.

I like to have several inductions with accompanying deepenings. This is for two reasons. First, clients coming in for several sessions like to hear different inductions and deepenings. Second, occasionally you will have clients who do not like several of your induction/deepening combinations. It is better to have several from which to choose.

Overkill is not necessary. When I first started using hypnosis in 1983, I had people go down miles of stairs. If your patient is reasonably relaxed, two short stairways (of ten steps each) are plenty. There is no need to give your client a workout. Confine your deepening to 10 units (e.g., stairs) of one event.

During a deepening, make sure that your patient knows that nothing will harm him. You do not want your client to imagine tripping down a set of stairs. Say things like, "With each step you take, you are going deeper and deeper into a very, very, deep state of relaxation. You feel comfortable and safe."

And, as in the above example, always tie in the fact that the client is going "deeper." Make sure that you

communicate that with each step (or floor, if you are sending a client down an escalator) your client goes down, he is going deeper into his subconscious. Do not just tell him to go down the stairs, tell him that those stairs are allowing him to go deeper as you count the steps. "Ten, take the first step down. Nine, another step deeper."

By the time the client is at the bottom of the stairs, he will be relaxed and slowed down.

If your client is on an escalator, before the counting begins, tell your client that it is a long escalator and that by the time you get to one, he will be at the bottom. Otherwise, your client may imagine himself at the bottom of the escalator when you are at the count of five. Make sure that you spell out everything for him.

You may want to say, "Ten, moving down a little bit. Nine, moving deeper a little more, down the escalator. With each floor you go down, you are so much more relaxed. You are ten times more relaxed every foot you move down, down, down."

As with any induction, feel free to incorporate activities that the client likes into the deepening. If you have an adventurous client who relaxes by repelling (an activity that causes the rest of us to feel sheer terror!), use a deepening that involves repelling the client down a mountain. However, make sure that the client feels safe. Tell him that the ropes are secure and that nothing bad is going to happen.

No matter what scenario you use, be sure to tell your client that nothing bad will happen. The client will not fall down the stairs and will not run into a tree while skiing down the hill; the elevator will not get stuck.

### *How to Lose Weight with Hypnosis*

Because hypnotherapy is positive, I like to use positive phrasing wherever possible. Do not say, "In this particular trip down the side of the hill, you will not run into a tree." Although you are telling the client he will not run into a tree, this phrase will be planted in his mind and he may envision it nonetheless. Say something like, "In this particular trip down the side of a hill, nothing will happen to you. It will be smooth. It will be your smoothest trip down the side of a hill ever."

Do not let the client's imagination run wild.

Be sure to coordinate a downward motion with downward counting, and the client going downward into hypnosis.

Remember to use words such as "deeper," "down," and "relaxing." These words imply deepness and slowing down.

Also, frequently use and stretch out the word "and." For example, "You are relaxing more deeply, annnnnnd unwinding completely." Clients report finding this quite relaxing. It also helps to tie your instructions together in a relaxing way.

By using all of these tricks of the trade, your session will be successful.

Many of my patients say that in addition to the problem for which they came to see me, they cannot relax. These same patients often leave feeling more relaxed than they thought possible, and much of this is due to the deepening. Like having a massage, a hypnotherapy session is a perfect opportunity for the client to relax. In fact, many people compare hypnotherapy to massage in the sense that it offers relaxation. Unlike massage

therapists, hypnotherapists add positive suggestions for change, but the type of relaxation is very similar.

Though there are clients who might drop immediately into Theta or Delta during the induction, do not omit the deepening in the first session. In subsequent visits, feel free to skip the deepening if the client falls into Theta or Delta immediately, but *do not omit the deepening during the first visit.*

Aside from physical indicators such as slowed breathing or slowed pulse (observed visually on the neck, head, and hands), you also can roughly ascertain what state of consciousness a client goes into by having a discussion with him at the conclusion of the session. If the client's last memory of the first session occurred about two minutes into the induction, and he appears to be equally relaxed during subsequent inductions, you can safely skip the deepening. This client obviously goes into a deep trance quickly. If you are unsure, use the deepening. It will not hurt.

### **Sample Deepening 1**

You are completely relaxed and contented as you stand at the edge of the lake, and hear the rocking of a small rowboat as it floats gently next to a small dock. The dock is inviting, and you hear the call of baby ducks as they swim circles around their mother, safely and securely, near the end of the dock.

The well-constructed wooden dock has ten evenly spaced planks for steps, and handrails that lead to a wide platform, to which the small white rowboat is tied. There is an antique iron park bench sitting at the end of the dock, overlooking the lake. There are tiny peeping noises coming from the ducklings. You will go down the steps,



### *How to Lose Weight with Hypnosis*

one by one, confidently. And you will count them backwards from 10 to 1. And as you count them, you will go deeper and deeper into your trance with each and every step you descend

You know that you are safe and secure as you grab hold of the sturdy handrails and move calmly to the top step. Ten. And you are going deeper and deeper. You feel comfortable and relaxed as you step onto the next step. Nine.

You can feel the smooth, wooden handrail as you slide your hands along it and go down another step and go deeper, and deeper. Eight. The planks are warm from the sun and inviting on your feet as you go down another step. Seven. You slide your hands a little further down the handrail and step down again, going deeper and deeper. Six. You see the baby ducks swim into the cool shadows of the dock as you take another step down.

The bump, bump, bump of the rowboat continues as you go down another step, and you are relaxed and contented. Five. Stepping further down, the mother duck calls her babies, and you are going deeper. Four. The rhythmic waves lap onto the shore, and you lower yourself onto the next plank. Three. You are more relaxed, as you calmly go down another step. Two. The ducklings come out from under the dock, to join their mother, as you take the step safely onto the platform. One.

*Note: Reading time of this deepening is approximately 3 minutes and 30 seconds. The author did not indicate any (pauses), which may be added, if desired, to allow the client to go deeper on his own. Pauses would extend the time needed to complete the deepening.*

## **Sample Deepening 2**

Take a step down now ... down to the ninth step. Smoothly and easily. Feel yourself going deeper. Now down to step eight ... going deeper still.

Now down to step seven ... going deeper ... down to step six ... deeper still ... going further down to step five ... and step four ... step three ... two ... one. Now you are standing on the floor below. There is a door in front of you. A sign on the door reads "Doorway to the Beach of Relaxation." Reach out and turn the doorknob. Open the door. A stream of golden sunlight pours through the open door. Walk through the door into the golden sunlight.

Before you, stretches a beach of pure white sand. Beyond the edge of the beach is an endless ocean of clear blue water. Walk on the beach until you come to the place where the dry sand meets the wet sand, near the water's edge. Stand here a moment and notice all of the sights and sounds.

Notice the seagulls in the sky above. Watch them diving for fish in the sea below. Listen to their chatter as they return to the sky. Notice the other birds around you. They show their appreciation for life in their smooth flight and the happy songs they sing.

Notice the majestic expanse of the ocean in front of you. A gentle wave comes ashore and rushes past your feet. Feel how it pleasantly glides past your feet as it recedes back into the ocean. This ocean is the "sea of relaxation." With each wave that touches the sand, you are feeling more and more deeply relaxed.

### **Helpful Tip**

If you have several clients in one day, you may find yourself beginning to get sleepy, especially during the deepenings. To combat fatigue, you may want to create a hypnotherapy recording for yourself, which programs you to maintain full awakening consciousness and mental sharpness during your sessions.

### **Suggested Practice**

Write a 10-unit deepening. Incorporate counting from 10 down to one, making sure that the client knows he will be going deeper as the numbers decrease. Record the process.

When you are done with this, you should have a recording with an induction, 30 to 60 seconds of silence, a deepening (three to five minutes in length), and another 30 to 60 seconds of silence. (Obviously, you do not need to record this final silence. I mention it so that you will remember to include it when you add the next part, the script, which is discussed in Chapter 5.)



## **Chapter 4 Scripts**



Perhaps the most important part of any hypnotherapy session, and therefore the most important chapter of this book, is the script.

A script is the meat of the hypnotherapy experience. It is where the therapy occurs. If you do not have a script, you are not doing hypnotherapy. You may be hypnotizing your client, but you are not helping her. A script is the portion of the hypnotherapy session during which you suggest change. It delivers the main message to the subconscious mind. The pretalk, induction, and deepening all prepare the client for the script.

Research clearly indicates that a script can be helpful in dealing with many issues. Some examples include overcoming alcoholism (Jayasinghe, 2005), dealing with IBS (Weil, 2007), improving efficiency for increased financial success, attracting romantic partners, weight loss (Holt, Warren, & Wallace, 2006), memory improvement, smoking cessation (Rouse, 2007), academic success (Bloom, 2007), improved confidence, or whatever the client's challenge may be.

As part of a self-hypnotherapy session, a hypnotherapist could even write a script to enhance her creativity — to suggest to her subconscious mind that she is going to write more creative scripts!

The script is where you form new associations for the client. Instead of being afraid, the client will associate a pleasant feeling with talking to members of the opposite sex, eating health foods, going down an escalator or an elevator, being in a crowd of people, on a stage, in an airplane, or near a snake.

I have a prospective client who is afraid of entering parking garages. The association she has now is scary for her. During the script, she will be given a new association for entering a parking garage, and she will no longer be afraid. The script will plant positive suggestions that her body will remember when she actually enters a parking garage.

If you are new to hypnotherapy, you might want to start with a script written by someone else. You can borrow one of my scripts or use one from the countless books available on this topic (see the recommended resources toward the end of this chapter, and also at the end of the book).

When using a script that someone else has written, make sure that you have read through it before the hypnotherapy session. The worst thing that you can possibly do is go into a session without previously having read the script.

You want to be familiar with the script for several reasons. First, you do not want to trip through words and concepts while reading the script during the session. (Because your client's eyes are covered, you can read a script and every other part of the hypnotherapy session except the pretalk. You do not have to memorize it.) Second, you need to carefully evaluate the script prior to reading it to your client. Each client is different, so you will need to find and eliminate those things in the script that are not going to apply to a particular client. You need to have a full understanding of the script so that you can tailor it to achieve the best possible results.

Do your due diligence. Do not allow yourself any excuses. Prepare every time.



## *How to Lose Weight with Hypnosis*

Beware of procrastinating and ending up in a situation that causes you to stumble. During a live sermon, for example, a preacher can say, "I am sorry. I made a mistake. Let me backtrack." But you cannot do that under hypnosis. Every word you say goes into the patient's subconscious.

Be prepared. You are dealing with the most precious part of a human: their mind. Treat it delicately. I do not say this to scare you. I say this to prepare you.

Be prepared.

Consider a script for weight loss that begins like this:

*Now, you will imagine that you are a machine, and you can put different types of batteries in your power center. You have been choosing batteries that do not last very long and that leave a residue. From now on, you will chose proper batteries that power you for a long time and do not leave any residue.*

Let's say that you are not interested in, or inspired by the machine analogy in the script. And let's say that your client is not at all interested in machines. Would this script be appropriate? Probably not. It would be more powerful to use a script that described something that you, and especially your client, related to.

Although an analogy might be good and potentially powerful, if it does not feel natural for you, you will not be confident when reading it. And, more importantly, if it does not feel natural for the client, another script choice will be more appropriate.

Go through any script you intend to use. Make sure that there are no surprises. If someone hands you a script

and says, “Here, use this when you have someone who wants to lose weight,” make sure that you go through the script ahead of time.

Do not be afraid to alter a script. Scripts are not written in stone. Make the script something that flows freely from your mouth.

Many good scripts may be found in one of the books I recommend, *The Handbook of Hypnotic Suggestions and Metaphors* by D. Corydon Hammond. Note that the scripts in this book were written by hypnotherapists with advanced educational, psychological, and medical degrees. Some of the scripts are fairly technical. Take the general idea of the scripts and rewrite them. You should tailor things with your own unique flavor. I cannot emphasize this enough.

The main rule for modifying scripts is this: never insert anything that could cause harm.

We do not harm people. We help people. Say good things. Do not say frightening or harmful things. Do not excite your client. Bore her. Everything is calm. Everything is peaceful. Everything is beautiful. Everything is positive.

As long as you remember not to harm people, your script will be fine.

If you do not have a script to modify, you will have to write your own script. Let’s assume that your client wants to lose weight, and you do not have a script for weight loss.

What should you do? Do not give up. Take heart in the fact that everything you need is already within you. You just need a little guidance. Let’s take this step-by-step.

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First of all, ask yourself what the goal is. Here, the goal is for the client to lose weight.

Before writing the script, you need to find out what a reasonable target is. Do not allow the client to expect to lose 100 pounds in six weeks. If you are not sure what is reasonable for this particular client, consult a dietician or a physician. (Remember: if your client is under the care of another healthcare professional, make sure that you are in agreement with the course of treatment.)

Find out how much weight the person can expect to lose, and set a reasonable target within a reasonable timeframe.

Your due diligence should continue with a conversation with the client. Before you write the script, find out what the client is eating that is contributing to the problem. Ask the client: "What are the foods you are eating, and when are you eating them?" Then work this information into the script.

For example, perhaps the client says, "I am eating Snickers bars at 11:00, right before I go to bed. I eat three of them each night. I cannot figure out why on Earth I am gaining weight. It's just not fair."

The script is the place to alter the negative behavior that is causing the problem. Your script will tell this client that she can and will change this behavior.

If the person is gaining weight, unable to talk to potential romantic partners, or scared of flying, the script is the place to insert suggestions to help her make positive changes in these areas. The script is where the healing takes place.

If she is afraid of planes, then in the script have her imagine that she gets on that plane. She takes that plane ride. She gets off that plane and nothing has gone wrong. Have her imagine the whole experience. She is safe the entire time. Be creative. Say things such as, "You can see the cockpit from where you are sitting, and everything looks fine. And you know that your bags are stowed, and you just feel great because everything is taken care of. It is a smooth flight. You look outside. And it is daytime and you see the sky and it is so beautiful."

If you are working on motivation, find out why the client is not motivated. Is she unmotivated because she does not think she will accomplish the desired results? If so, the script should help the client to see herself as having already accomplished the results. The client already has achieved whatever it is that was causing her to procrastinate.

If the client is afraid of snakes, have her see a snake from a distance. Tell her, "Everything is fine, and now if you want to, you can walk closer. Only walk as close as you feel comfortable with and no closer. And each time you hear my voice, you can allow yourself to get closer but understand that no harm will come to you."

I am inviting you to use your creativity in writing the scripts. I am inviting you to reach inside and pull something out of yourself, something that will be helpful. I am not going to tell you that these methods are "written in stone", because that would limit your creativity. Just let it flow. Keep your plan, your idea, and your motive in mind. Your motivation is to help the client.

Keep everything positive and uplifting. Do not dwell on the negative. Focus on the positive.

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Keep your eye on the mark and remember that you will end up at whatever point on which you have focused. Likewise, keep the client's focus on the positive change from within. The client should imagine that the change has happened. You want the client to think: "I am already flying. I am not planning on it, I am not imagining it. I am getting on that plane and I am flying." Or, "I am getting as close to that snake as I feel comfortable." Or, "I am taking the steps to get to that escalator, and I am on it and everything is fine."

As discussed earlier, a person's body does not know the difference between imagining something and having it actually happen. This means that the client has the advantage of knowing rationally that the situation is not occurring, but physically and emotionally, she feels that she has experienced the event.

Therefore, when it comes time for the client to go down the escalator, she will feel as though she has already had a positive and successful experience going down an escalator.

I recommend the following books for more information and samples of scripts:

- Havens, Ronald A., and Catherine R. Walters. 1989. *Hypnotherapy Scripts: A Neo-Ericksonian Approach to Persuasive Healing*. Oxford: Taylor & Francis Group.
- Hammond, D. Corydon. *Handbook of Hypnotic Suggestions and Metaphors*. 1990. New York: W. W. Norton and Company. (A Norton Professional Book from the American Society of Clinical Hypnosis.)
- Jones, S.G., *Hypnotherapy Scripts Volume I*, 2007
- Jones, S.G., *Hypnotherapy Scripts Volume II*, 2007

The last two are written by me and can be found on my website at <http://www.betterlivingwithhypnosis.com>.

### **The power of Scripts**

One study (Bolocofsky, Dwayne, and Coulthard-Morris, 1985), published in the *Journal of Clinical Psychology*, divided 109 people into two groups for a nine-week study. The first group was treated with changes in diet and exercise habits (the only way to lose weight) without the addition of hypnosis. The second group was given the same diet and exercise treatment and was also given hypnosis for reinforcement.

After nine weeks, not surprisingly, both groups lost weight due to the changes in diet and exercise while under supervision.

However, what happened after the eight-month and two-year follow-ups might surprise you. The group members that did not have hypnosis did not lose any more weight and, in fact, most gained most of their weight back.

The hypnosis group, however, continued to lose weight during both intervals, and the studies showed that far more people in the hypnosis group met their long-term weight loss goals.

The take-home is that the hypnosis group continued the eating and exercise habits learned in the experiment, while the non-hypnosis group did not.

There is no magic pill for weight loss, and you simply have to follow a healthy eating and exercise plan, but from this study, it is clear that hypnosis supports diet and exercise adherence.

### *How to Lose Weight with Hypnosis*

Cochrane and Friesen (1986) investigated the effects of hypnosis in weight loss for 60 females, at least 20 % overweight and not involved in other treatment. The researchers interviewed each participant this time about their family background, educational background, and their belief as to their hypnotizability.

The group was split into hypnosis and non-hypnosis groups, with both groups being given weight-loss behavioral treatments and counseling. The results were very interesting. The group using hypnosis lost an average of 17 pounds by the six-month follow up. The group that did not receive hypnosis only lost one-half of a pound. The researchers also found that "hypnotizability" and social and educational backgrounds had nothing to do with the results.

Kirsch (1996) conducted a meta-analysis, which is when researchers look across multiple studies. He was able to confirm the results of previous weight-loss hypnotherapy studies.

In the studies of hypnosis versus no hypnosis, the average short-term weight loss was six pounds for those not using hypnosis, and 11.83 pounds with hypnosis. Even more importantly, over the long-term, the average weight loss without hypnosis remained at six pounds, but with hypnosis it jumped to 14.88 pounds, indicating again that the effects of hypnosis seem to compound over time.

What is impressive about these results is that doing hypnosis under controlled conditions is extremely difficult, and to have the research indicate that people are losing anywhere from 2 to 17 times more weight under hypnosis than when they do not use it clearly indicates that hypnotherapy should be used by anyone who is serious about weight loss.

In a clinical study of six chronic stroke subjects, researchers using hypnotherapy observed qualitative improvements in motor function related to increased range of motion, increased grip strength, improved outlook, and increased motivation (Diamond, S., Davis, O., Schaechter, J., & Howe, R. 2006).

Irritable bowel syndrome troubles up to 58 million Americans, causing abdominal pain, bloating, constipation and diarrhea. Special diets and drug therapies often fail to work well. Recently, British researchers followed 204 patients for up to six years and found that 12 weekly one-hour hypnotherapy sessions significantly improved symptoms 71% of the time Choi, C. (2004).

### **Sample Script for Finding Love**

*As you relax, drifting and floating peacefully and completely, see and feel yourself becoming more confident, choosing to be and feel attractive, desirable, and irresistible. You find yourself connecting with everyone you meet easily and effortlessly. Because you are self-confident, self-assured, and secure, you are irresistible. Now, imagine the perfect mate. See the qualities you admire reflected in your perfect mate: hair, eyes, body, laugh, voice, outlook, philosophy, and interests. See your perfect mate now, and feel how good it feels to be with your perfect mate. Know now that you are open to accepting your perfect mate into your life. You deserve love. You deserve happiness. You deserve to give and receive love now. And you understand that you are open to receiving your perfect mate into your life now.*



### **Sample Script for Weight Loss 1**

*As you continue to relax, you imagine your perfect body. That's right. You are looking in a mirror and seeing yourself a short time from now. Muscles tight, thighs slim, abdomen flat. You look amazing. Every day, you will focus on this perfect image. And you now imagine that in front of you is a large plate. This plate has some of the foods that you are trying to avoid: "fast food" and foods high in fat and calories. Your body avoids these foods. They are unappealing to you. Nearby is a trashcan. Dump the plate in the trashcan. And now on that plate you may place the foods you really enjoy: effective, healthy foods such as vegetables, fruits, fish, and chicken. You love these foods, and they taste so good. You find that from now on, you may leave food on your plate when you are at home or at a restaurant. When you start to feel full, you stop eating. You are highly motivated to lose weight. You allow yourself to lose the weight you no longer desire. You deserve to be healthy and beautiful, at your target weight.*

### **Sample Script for Weight Loss 2**

*And now I want you to imagine yourself standing on a scale and looking down at the numbers on the scale. The numbers you see are showing you your ideal weight, the weight you want to be. See your body appear the way you would like it to be. See those parts of your body that need the weight removed ... watch as these parts of your body become smaller ... lighter ... slimmer.*

*See this new thinner you very clearly, and bring this image to mind many times during the day. After*

*waking in the morning, before going to sleep at night, and as many times in between as you feel are necessary.*

*And this is the way you will look ... the way you will become. And as you believe this, so it will be. When you have reached your desired weight, you will be able to maintain it easily.*

*You will find yourself eating just enough healthy, nourishing foods to maintain your ideal weight. Until you do reach this ideal weight, you will find yourself with less and less desire to eat snacks between meals. In fact, very soon, you will have no desire at all to eat between meals. It simply becomes unnecessary.*

*You will find yourself happy and content with smaller meals. Smaller meals will completely satisfy you.*

*You will have less desire for rich, high-calorie, high-fat, unhealthy foods. Instead, healthier foods will become more important to you as you realize how nourishing and tasty they can be.*

*Imagine yourself in the not-so-distant future, just six months from now, having reached your exact goal weight ... [enter goal weight here]... pounds lighter ... thinner ... growing stronger and stronger ... healthier and healthier. With less weight, you will feel better and better, each and every day, in every way.*

### Sample Script for Weight Loss 3

*As you are relaxing on a blanket, here by the waterfall, I want you to imagine yourself here six months from now, sitting on this same blanket at this same spot. But you are going to be [enter number of pounds they want to lose here] pounds lighter. You will be so proud of yourself. You have worked hard to achieve what you want. You have stopped eating all the bad foods such as fast foods, sweets, and breads. And in place you have grown to love fruits, vegetables, chicken, lean meats, and low-carb foods. You have also begun a new workout program that you are loving and having so much fun doing that it doesn't seem like exercise. You will notice that you can't wear the same clothes because they are all too big for you. You are wearing much more flattering clothes today. You even notice that your shoes aren't as tight. Today, you brought a picnic basket of food, and as you open it to have lunch, you will see that you only brought things that are good for you. The bad foods no longer appeal to you. You have a choice of a hamburger or grilled chicken, and you will choose the chicken because it is much better for you. You notice how much healthier you look, your hair is shining from the sunlight, your stomach is flatter, your muscles are more toned, you are able to breathe easier. After you have eaten your lunch, you decide to take a little walk, you happen to look down in the water, and you see your reflection, and you think, "Wow, I have done it and I look amazing!"*

### **Sample Script for Weight Loss 4**

*As you continue to relax, imagine the perfect you. That's right — your body is perfect. As you gaze into the mirror, you're satisfied that you have achieved your goals! While you ate, exercised, and followed those few principles, in just a few months 10 pounds were simply gone. In six months, friends and family noticed how good you look. All because you paid attention to those details, so simple and easy to follow, of sound weight management.*

*It's now so easy to have a large meal ordered and simply quit when your plate is half full (with absolutely no guilt). You're now an example to your friends, co-workers, and family on healthy diet structure and planning. You may even be invited to teach and assist others in how to deal with their weight problems. The sky's the limit to your possibilities.*

*You are now the expert in dealing with ineffective foods as opposed to effective and healthy dietary functions. You will find yourself drinking more water, eating bright, well-seasoned vegetables and being very selective with the various healthy meat choices. All of life is opening up for you with your beautiful appearance that radiates from the inside to the outside, as new doors of opportunity open just for you. Clearly, you deserve to be slender, healthy, and beautiful.*

### **Sample Script for Weight Loss 5**

The subject of this script is weight reduction. Its intent is to motivate the client to reduce carbohydrate intake, reject harmful foods, and to set realistic weight loss goals, help her to visualize her

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"new self," promote a healthy self-image and celebrate her success.

For the sake of continuity, we will start this script where we left off, at the conclusion of the Alternative Deepening, or the Continued Deepening, Ride in a Rowboat. The client has reached the middle of the lake in a small, white rowboat.

*Now, you have reached the middle of the lake, and you are safe and sound. There is nothing there that can harm you, as you lean back in the boat, close your eyes, and relax. Let your mind drift with the boat. Feel the gentle rocking, as the boat settles to a rest, and the sun warms you, as you lay back in the boat. Relax, and let your mind drift. You are at perfect peace, warm, and contented.*

*Breathe in deeply through your nose, and smell the fresh lake air. Draw in a deep breath, and hold it in. Now let the air escape through your lips slowly. Enjoy the peaceful solitude of floating and relaxing in the warm lake breezes.*

*(Pause and let the client savor the moment.)*

*As you lay there resting, your mind goes back to the days when you were slender and proud of the way your body looked. You can see how people's heads turned when you came into a room, and you can still hear their compliments about your figure and how wonderfully healthy you appeared.*

*You are still the same wonderful person on the inside. You are charming, witty, and full of youthful vitality. The image that you have of yourself is the image that others will see. Rejoice when you eat healthy foods that are good for you and that give*

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*you a bright and energetic glow. Bask in the praise of others when they see the real you, enjoying all those wonderful foods that are truly good for your body, mind, and spirit.*

**Helpful Tip:**

Beginning hypnotherapists have a tendency to speed up as they progress through reading the various parts of a hypnotherapy session to their clients. Take the 30-60 second pauses between hypnotherapy sections to make sure you are relaxed and reading slowly. Remember, your client is in a slowed-down state. They are not in a hurry. They enjoy slowly-spoken words.

**Suggested Practice**

Write a weight loss script. It should be between one and five minutes long when read aloud slowly. Record your script. Remember to leave 30-60 seconds of silence between each part of the session you are recording, and all sessions you record in the future.

## **Chapter 5 Amnesia**





## *How to Lose Weight with Hypnosis*

Amnesia is the term that hypnotherapists use for the section of the hypnotherapy session in which we suggest to the client that he will forget what has been told to him during the session.

We want the client to forget as much of the hypnotherapy session as possible. The memories will not be lost. The information is stored in the client's subconscious mind.

Another goal of ours is to cause the client's conscious mind to forget the session, because the conscious mind is part of what is causing the problem. The conscious mind will be analytical and skeptical, attempting to debunk what the hypnotherapist has told the client.

The conscious mind is often busy creating streams of negative chatter such as, "I have heard things about stage hypnotists and what they make people do, and I do not want to do things against my will. I am going to pay attention to as much as I possibly can, and then I am going to analyze it, because I know you are telling me I am confident, and I know I am not. I am scared. I am afraid to get on that airplane. I am nervous about that audition. I am scared to go in that parking garage, and I know that you cannot tell me otherwise."

So far in your hypnosis session, you have dropped the client at least as deep as Alpha. In Alpha, the client is up to 200 times more suggestible than in normal waking consciousness (Beta). You want to have her subconscious mind listen to you, but now you know that you also want to have her conscious mind forget to be skeptical, analytical, and defensive. You therefore use amnesia. Rest assured that the information will not be lost by the subconscious mind, and it will subtly work its way into the conscious mind.

During amnesia, you will tell your client that she will forget everything you have just told her. She will not remember anything. She will erase it from her mind, even though she will act on it. However, you will want to be subtle about this. Do not say, "You are going to forget everything." This will raise a red flag for the client's analytical mind. Let's face it: people are nervous about hypnotherapy. Avoid making them more nervous or skeptical by blatantly saying, "You will forget."

When you use amnesia, the client will forget a considerable amount of what you say. Even if you do not use amnesia, she will probably forget a considerable amount of what is said during the session because she will go in and out of consciousness. Some people go very deeply, and do not really pay attention to what you say anyway. They are wonderful clients!

Some people will try to stay awake during the entire hypnotherapy session, in full waking consciousness, and afterward, critique everything you have said. This is why amnesia is so handy. Amnesia throws the analytical person's mind a curve ball and makes it difficult for the conscious mind to remember the hypnosis session.

The following analogy will help you to understand amnesia. Let's say that the subconscious mind is a filing cabinet in an office. Only the secretary can access the cabinet. The boss is the conscious mind. When we use amnesia, the secretary becomes confused and unable to do the job of bringing files to the boss, but no files are actually lost.

### **Sample Amnesia 1**

*As you continue to relax, every breath you take is soothing you, and I want you now to become aware of your breathing. And I wonder how much attention you have paid to all the different thoughts going through your mind. And then you can become aware of how difficult it is to remember what I was saying exactly 10 minutes ago. And you can try to remember what I was saying five minutes ago, or what you were thinking 14 minutes ago. But doesn't it seem like too much work to try to remember all of that? In fact, it seems that it takes more effort than it is worth, so I want you now to relax, relax, relax, and understand that it is not necessary to remember what I say when it is too much work to do. You can choose to forget to remember what I said or remember to forget what I said. The choice is yours.*

Okay, what have I done? I have taken all the information I have suggested to the patient and scrambled it up within her head. Think of this as a process similar to scrambling eggs; the ingredients do not disappear, but they are scrambled about.

This process makes it difficult for the conscious mind to hang on. We are making it difficult for the client's analytical mind to say, "I know you said I can fly in that plane, but I do not believe it. I do not think I really can. I think you are just saying that."

Again, by having the client consciously forget as much as possible, we are not erasing the information from the client's mind. As with all events, sounds, and images that

they experience, this information will be recorded indelibly on the client's subconscious mind, and we are simply disrupting their access to the information. You will not erase the person's "hard drive" by performing amnesia. Even if you tried to permanently erase the information, it would still be there.

If you find that you have a patient who seems to go deeply into a hypnotic state, you might experiment with skipping amnesia. Like the deepening stage, this is not a necessary component for all clients. Some will go so deeply that you can eliminate this step. At the end of the first session, always ask your client for feedback. If the client reports that he drifted away as soon as you began speaking, feel free to eliminate amnesia in subsequent sessions.

If there is any question, however, use amnesia. This section of the session is about one minute long, but it has lasting effects.

### **Sample Amnesia 2**

*As you continue to relax, breathe regularly, in and out, in through your nose, out through your mouth, like playing a musical wind instrument, relaxing, relaxing. In your mind's eye, auditory memories of suggestions float by in panoramic style. Can you remember the order in which the suggestions were given? Can you classify the suggestions by their level of importance? Can you remember the exact number of suggestions given? Does it seem like too much effort to try to remember? Relax, relax. Allow serenity to waft you along and sink into soft, white, fluffy clouds, floating lazily in the warmth of the sunlight. You really don't have to try to remember when it's too difficult to do so.*

### **Sample Amnesia 3**

*As you are standing there looking into the water, you begin to think of all the different things I have said, but there are too many for you to try and remember. So, I want you to take them and put them in your picnic basket. After you have placed them in your basket, put the basket in the water and just let it float away. You don't have to remember everything I have said. Your thoughts are safe in your basket. Your mind is now clear. Again, notice the peaceful feeling that you have.*

### **Helpful Tip**

Immediately after doing trance termination, which you will learn in the next chapter, ask your client if they have any exciting plans for the weekend. This will cause the client to think about something other than the hypnotherapy session. If you can distract them in this way for just a few minutes, their short-term memory of the session will deteriorate over that time and they will have more difficulty remembering the session later. Perhaps you have woken up in the morning with the memory of a dream. You know that if you don't write it down immediately, it may be lost forever. It doesn't go away, it just becomes difficult for your conscious mind to retrieve it from your subconscious mind. This distraction method works the same way. If they do not recount the events of the session immediately after it is over, they may lose conscious access to it forever.

### **Suggested Practice**

Write a subtle amnesia. It should be no longer than one minute. Amnesia does not need to be longer than one minute in order to be effective. It is short and to the point. Write and record the amnesia, leaving a 30-60-second period of silence at the end of it.

## **Chapter 6**

### **Trance Termination**





## *How to Lose Weight with Hypnosis*

Trance termination describes the process of bringing a client back to Beta. During trance termination, you want to allow the person to slowly transition from Alpha, Delta, or Theta to Beta (normal waking consciousness).

As you know, being awakened abruptly is not enjoyable. It works, but it is not that much fun. Waking up is a more pleasant experience when you have completed a dream and sleep cycle and you awaken easily.

The process of ending a hypnosis session is similar. Trance termination is like waking up gently and coming back to the world. Remember that unlike you, the client is in a state of total relaxation prior to trance termination. Put yourself in your client's shoes, and ease her into normal waking consciousness.

Based on my experience, your client will want to stay in your chair all day. You have brought the client to that place of total peace and relaxation, and she does not want to leave it. You will want to be gentle but firm. Your voice should transition from a smooth, monotonous tone to a more lively tone.

The following is an example of a trance termination.

*Now, in just a few moments, you are going to come back up at the count of three. When I bring you back up, you are going to feel comfortable. You are going to feel relaxed. You are going to feel as though you have had a peaceful nap and even after you are out of hypnosis, understand that your subconscious mind will act on every word on this recording, and each time you listen to this recording, these suggestions will become stronger and stronger in your mind. Each and every time you listen to this recording, these suggestions will*

*become more and more a part of you, and you will become more and more the person of your choosing — a relaxed, calm, confident, peaceful person who is able to lose weight easily and effortlessly. All right now.*

*One: beginning to come up, feeling very good, filled with energy, rested, feeling as though you have had a peaceful nap. (Pause)*

*Two: coming up even more, beginning to move now, beginning to stir and you are totally at ease. And at the count of the next number, you will be wide-awake and completely out of hypnosis.*

*And, at the count of the next number, you will be completely awake (this prepares the client one last time for beta, full waking consciousness).*

*Three: eyes wide open, relaxed, refreshed and feeling wonderful.*

Note that there should be a considerable build in the volume of your voice between one and three. Gradually begin to speak louder. By the time you get to the count of three, you should be speaking slightly louder than your normal conversational volume.

Notice that in addition to bringing the client back up, trance termination also recaps the session, reinforces the script, and programs the client for future success.

Notice that I told the client ahead of time that I would count from one to three, at which point she would be awake. I preempted the count not only to give her time to prepare, but also to reinforce that her mind would absorb the script that I read to her earlier, that the process is

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going to work, and that it will become stronger and stronger for her each time.

I did not just say, “You are going to come up at the count of three. One, two, three.”

I was very soothing, gentle, and affirmation-filled. When I finally brought her up, it was made more powerful by a transition in my voice, as I eventually spoke slightly louder than a normal conversational tone.

After the trance termination, you want to allow the client to relax for a reasonable amount of time. After you bring her back up, she probably will not jump up and walk right out the door. Most people want to relax and get up slowly. In fact, many times after I bring people back up, they remain in the position they were in while under hypnosis.

When this happens, rest assured that everything is fine. Let that person relax for a minute or two. If the client still is not moving, you should suggest to her that she will begin moving.

Since I have the client listen to me through headphones while in my office, I simply increase the volume and repeat the “One, Two, Three” portion louder and louder until she awakens.

Ignore this next part in italics when doing your suggested practice, but keep it in mind when you make recordings in the future.

*On my hypnosis CDs, which I sell at [www.betterlivingwithhypnosis.com](http://www.betterlivingwithhypnosis.com), I instruct the listener to play the CD at night while she is in bed. I tell the listener that she will fall asleep at the conclusion of the CD. I suggest that when you make a recording for yourself or a*

*client, you make it with the intention of it being played at bedtime. With this in mind, you should stop taping prior to the trance termination. When working in your office, you need the client to come up at the count of three. However, you do not want that on the recording since you do not want them to awaken when they want to fall asleep at night listening to the recording. To accomplish this dual goal of getting her awake in your office and putting her to sleep at night, you should say (on the recording) something such as the following:*

*“And now just allow yourself to drift into a peaceful sleep. When you awaken in the morning, you will be well rested and full of natural energy. You will be ready for a wonderful day.”*

*That will be the only thing on the recording after amnesia. At that point, stop recording and do a trance termination, which will not be on the recording.*

Now that the induction, deepening, script and amnesia have been completed, it is time to bring the client out of hypnosis.

It is important to instruct the client as to which method of the trance termination will be utilized. For example, you might say, "You will come out of the trance when I reach the count of three. One, you are now becoming more awake. Two, you are more and more awake. You are now fully awake and completely refreshed, three."

After the termination, it is advisable to give the client ample time to adjust. Adjustment may be assisted through the introduction of a conversation in a normal speaking tone, increased volume of any background music, the turning up of any lighting, the opening of any curtains, etc.

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Hasten the adjustment smoothly and gradually, but don't take an exorbitant amount of time.

For safety and practical concerns, it is best not to touch the client during the termination (or at any other time). Only come into physical contact with the client if it is absolutely necessary. Touch her in an area that is easily visible upon her awakening, and cannot possibly be construed as an inappropriate physical contact by the client. When in doubt, always proceed on the side of caution. What the therapist deems as a helpful and cordial contact, the client may see as inappropriately familiar physical contact.

Once the client is sufficiently awakened, be sure to reinforce the notion that all went well and there is every expectation of continued progress and success. Be sure that she understands she must continue treatment with the recording you have given her by listening to it for 21 consecutive nights as she goes to sleep.

### **Helpful tip**

To make future sessions easy, you can say, right before the trance termination, "From now on, every time you hear me count from one to three, you will become fully awake at the count of three."

### **Suggested Practice**

*Practice transitioning from the low volume and monotonous tone you will use during a hypnosis session to a higher volume by reading the trance termination given previously. This transition portion of the trance termination should start with, "One: beginning to come up," and end with, "Three: eyes wide open."*

Record a trance termination. Review the full sample given in this chapter. Remember, a trance termination is not just saying, "One, two, three." There is a part during which you prepare the client to come back up. During that preparatory portion of the trance termination, you are also reinforcing the messages that you have given her in the script. Remember that there should be 30-60 seconds of silence between amnesia and trance termination.

## **Chapter 7 Program Overview**





## *How to Lose Weight with Hypnosis*

Now that you understand how a hypnotherapy session is done, here is an overview of the program:

### **Week I**

You will record a confidence CD or mp3 for yourself, using the fill-in-the-blanks in the week I chapter. You will listen to this recording for one week.

### **Week II**

You will record an eating habits CD or mp3 for yourself, using the fill-in-the-blanks script in the week II chapter. You will listen to this recording for one week.

### **Week III**

You will record stop binge eating CD or mp3 for yourself, using the fill-in-the-blanks script in the week III chapter. You will listen to this recording for one week.

### **Week IV**

You will record an exercise CD or mp3 for yourself, using the fill-in-the-blanks script in the week IV chapter. You will listen to this recording for one week.

### **Week V**

You will record a motivation CD or mp3 using the fill-in-the-blanks script in the week V chapter, tying together all of the previous weeks. You will listen to this recording for one week.

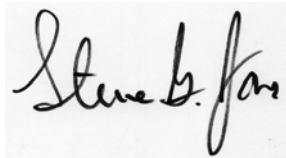
*Steve G. Jones, M.Ed.*

In order to get the most out of this program, be sure to listen to your recordings each night. Let them put you to sleep at night. If you occasionally miss a night, that is fine.

The idea is not that you will necessarily lose weight during the five weeks, but that you will use that time to set up new empowering habits in your life which will then make weight loss possible. Expect to then begin losing weight at a normal pace of about five to ten pounds per month until you reach your ideal weight. After the five weeks, use any of the hypnotherapy CD's you wish, and allow them to help you stay focused and motivated.

I wish you well and I am excited about your decision to make a positive change in your life!

Sincerely,

A handwritten signature in black ink that reads "Steve G. Jones". The signature is written in a cursive style with a large, stylized 'S' and 'J'.

Steve G. Jones, M.Ed.  
Clinical Hypnotherapist

**Chapter 8**  
**Week 1**  
**Confidence Hypnosis Programming**

### Confidence Script

Now \_\_\_\_ [name] \_\_\_\_, as you are walking down the beach, you come to an area where unpleasant labels are written about you in the sand. They are labels given to you in the past that have held you back and have kept you from reaching your true potential because in actuality you are confident, capable, and a good person. Now see these labels in the sand and use your foot to brush the words away, just clean the area with sweeping motions using your feet. That's right; just erase the words away with each stroke of your feet. Now, watch as the water comes to shore and up to your feet and washes away the sand around you. Those words now mean nothing to you. They do not exist and they never have because you were the only one who saw them. You then turn around and walk a little ways down the beach. You feel much more confident and you stand taller. Soon, you come to a large rock in the middle of the sand. On this rock is a little pick, you pick it up and start writing all the words that describe you. You write talented, confident, accomplished, and a good person. You write many more words because there are so many great words that describe you. You write positive...attractive...capable. Look at all the words you have written on this rock. Now think about what a great person you are. Now I want you to think about three times in which you were very confident, \_\_\_\_ [name] \_\_\_\_. Think about the time you [moment #1] \_\_\_\_. How did you feel? Feel those feelings again right now. What did you see? Who was around you? Really visualize this confident time in your life. What were the sounds? Turn up the volume of the experience. What did you smell? Enhance those smells now. Relive this positive moment when

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you were very confident, that's right. Now, think of another time in your life when you felt confident, think of the time when you [moment #2]. What were you feeling at that particular time? Feel those feelings again, really turn up your thoughts and emotions. Who and what were around you? Picture the moment again. Make the colors brighter and more vivid. What were the smells around you? What were the sounds? Smell those smells again and hear the sounds, that's right. You are so confident, so strong, and so powerful. Now think of another time when you felt very confident, picture yourself [moment #3]. Put yourself back into this moment. What do you see around you? Picture it now. What are you feeling? Feel those feelings of confidence and pride. Turn up the sounds and the smells, really get back into that moment when you were feeling so confident and powerful. You're confident in yourself and the things you do. You are confident in the way you look, the way you dress, and the way you act. See yourself confident in relationships with co-workers, friends, family, and members of the opposite sex. Everything comes easily to you, the way you talk to people, conversation comes out very fluidly and people respect what you have to say. You are strong and respected and everyone around you sees you as capable and confident. Now take a look at yourself, you see you are full of positive energy. You aren't the only one who sees how radiant you are, everyone around you sees the positive energy too. Not only do others around you respect you, but you respect yourself. You stand proud and strong. You are certain of your abilities and skills. You know that you can accomplish whatever you put your mind to. No longer do you hold yourself back with negative words. All you see are positive words because you are filled with radiant energy. You have practical goals, creative ideas, and you fill your mind with positive energy. You are ready to grasp the future and go forward with confidence.

Now imagine yourself one year from now. You have really grown as a person and it shows. You no longer recognize the person you once were. Only positive words that describe you exist now. You have accomplished great things in the past year,

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great things that you were able to reach because of your confidence and capabilities. Your confidence has enabled others to look at you with new found respect. You enjoy talking with people and they are very interested in what you have to say. Your career is going great. You are easily able to voice your ideas and opinions because you value them and others do too. Your relationships with friends and family are going great. Many of them come to you to seek advice because they hold you in high esteem. Look at yourself. Notice how positive you are. You are able to point others in the right direction because you have faith in yourself. You have great ideas and you know that family and friends respect you and honor your values. You hold your head up high and you know that nothing can bring you down. You stand tall and strong because you are accomplished, confident, capable, and an overall beautiful person.

**Chapter 9**  
**Week II**  
**Food Choices**





You should immediately advise your health care provider, if you have one, that you are involved in this program. Also, make all documents and recordings available to them for review. Some of the information in this guide may be different than what you may have been told by your health care provider. In those cases, ALWAYS follow the advice of a licensed health care provider rather than the advice in this guide.

I want you to know that I am very proud of you for continuing to this point. Together, we will get you to your weight loss goal.

**Reduce fat:** Fats have more than twice the calories than protein or carbohydrate! Our body converts excess dietary fat to body fat. Therefore you should restrict intake of high fat foods. Learn to avoid Fat!

**Limit sugar & alcohol!** Foods with added sugar and alcoholic drinks are just empty calories. They provide little nutrients to our body. Alcohol slows down the body's use of fat for fuel and the fat is likely to be stored in the body (Notice the fatty drinkers).

**Drink!** at least 8 glasses of water every day. Water is without any calorie, filling and refreshing, and is a natural appetite suppressant. Your skin will GLOW!

**Eat fresh!** of natural foods such as vegetables, fruits, & whole grains. These foods are packed with vitamins, minerals and fiber and are low in calories.

**Eat a low fat diet!** Avoid white foods such as sugar, refined flour, white bread and white potatoes. Skim milk, low fat protein and fresh vegetables make a difference.

**Eat slowly!** You eat more if you eat fast, as it takes about 15 minutes for our brain to get the message from our stomach that we have eaten enough. If we eat too fast, we will eat too much before we even realize we're full!

**Build your muscles!** Do you Know: 1 pound of fat burns only 2 calories a day while 1 pound of muscle burns 50 calories a day !!! The more muscle you build, the faster your metabolism will be, and the more calories you will burn while at rest. When muscle mass decreases, the metabolic rate also drops.

**Do not skip any meals!** Eat 5-6 small meals every day. Starving slows down metabolism. Our body will start conserving calories as fat rather than burning them.

## **Metabolism**

Metabolism is the amount of energy (calories) our body burns to maintain itself. Metabolism is essentially the speed at which our body's motor is running. The speed at which our body burns calories is called the metabolic rate. The metabolism is based on the number of calories we burn throughout the day. Our body constantly burns calories to keep us going whether we are eating, sleeping, cleaning etc. People with a lower percentage of body fat (i.e. muscular) have a higher metabolism than others that are less muscular because muscle uses more calories to maintain itself than fat.

## **Causes for Low Metabolism**

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- 1 Fasting.
- 2 Low calorie diet.
- 3 Snacking throughout the day on high sugared foods (candy, colas, cakes, gum).
- 4 Eating or drinking too much sugar containing foods.
- 5 Lack of physical activity.
- 6 Underactive thyroid.

### **How to Increase (Speed up) Metabolism**

- 1 Do not skip any meals
- 2 Exercise daily
- 3 Build your muscles
- 4 Avoid alcohol, sugar, and fasting
- 5 Drink 8-10 glasses of water daily.
- 6 Eat foods with high nutrition values

### **Metabolism Boosters**

Do not take over the counter pills containing animal thyroid extract that claim to boost up metabolism. These products may have side effects as Diarrhea, increased heart rate, excessive sweating, nervousness, tremors, bulging eyes, etc.

There are several metabolism boosters or **natural foods that boost metabolism:**

**Get some shut-eye.** Skimping on sleep can derail your metabolism. In a study at the University of Chicago, people who got four hours of sleep or less a night had more difficulty processing carbohydrates. "When you're exhausted, your body lacks the energy to do its normal

day-to-day functions, which include burning calories, so your metabolism is automatically lowered,” explains Peeke.

**Chill out.** Long-term stress can make you fat, studies have found. “When you’re chronically stressed, your body is flooded with stress hormones, which stimulate fat cells deep in the abdomen to increase in size and encourage fat storage,” says Peeke. “I call this toxic weight, because fat deep within your belly is more likely to increase your risk for heart disease, diabetes and cancer.” And stress hormones spark your appetite, making you likely to overeat.

**Eat a Healthy Diet.** A healthy recipe should not make you fat. You should be able to maintain a healthy weight. If you eat dishes prepared following healthy recipes, you need not worry about weight loss.

Healthy recipes do not use food ingredients that give you too much calories. These recipes do not use too much fat for cooking, especially oils rich in saturated fat.

You must know how you can cut calories. Read below about how to avoid harmful foods in your diet.

#### How to Avoid Fat in Your Diet

These healthy food items have been proved to be beneficial in preventing many diseases such as cardiovascular disease, cancer, obesity, etc. Even they can help reduce blood pressure, cholesterol and for weight loss

Use skim or low fat varieties of all dairy products (milk, yogurt, cheese, butter, cream, ice cream)

Avoid all oils. If a recipe needs some oil/butter/ghee, use olive or canola oil in small quantity. Make a habit of brushing or spraying the oil in the pan instead of pouring.

Use non sticking utensils for cooking. First heat the utensil,

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then add (preferably spray) oil. A heated pan spreads the oil better. Substitute baking, barbecue or grill for frying, if possible. Look the labels on the food products carefully. Look for labels of low fat or reduced fat. Check the calories too!

Under 20 grams of Fat and less than 200 calories is GOOD. Under 12 grams of fat and under 100 calories is GREAT!

### Healthy Food Choices

FRESH vegetables: If it's GREEN it's LEAN!

Asparagus, broccoli, lettuce- all kinds, squash, beets, cauliflower, green beans

FRESH FRUITS: melons, oranges, apples, bananas, berries

Lean PROTEIN:

Boneless, skinless CHICKEN or TURKEY breast is the best choice. Use a NON oil based marinade to add flavor and bake or broil/grill.

BEEF Steaks and lean roasts are just fine.

PORK loin and non fatty cuts are great too.

FISH is an exceptional choice and great for you too!

GOOD CARBS: whole wheat breads, small portions of starches such as rice & potatoes, beans.

AVOID HARMFUL FOODS: cookies, cakes, sugar, fried foods, cola, doughnuts, ice cream, potato chips, high fat meats such as bacon.

### ***How to Burn Fat***

In order to lose fat we need to adopt two regular habits. We need to cut food calories we consume and burn off more calories by exercising more.

Fat-burning diet supplements don't help us to lose weight because they are not effective in helping us to reduce calories long-term or take regular physical exercise.

## Burn More Fat by Eliminating a Bad Weekly Habit

Example:

A Chimichanga Platter contains about 980 calories. It is not an ideal dish if you want to burn fat.

By NOT eating a Chimichanga Platter, once a week, you save about 50,908 calories, per year.

This is the equivalent of 14.5 pounds of weight.

The reason we exercise is not just to burn those 100-plus calories for every mile we walk. Exercise does much more—it helps to increase our metabolic rate so we burn calories faster, also, studies show that for a few hours following exercise, we continue to burn calories at a faster rate.

Exercise helps to prevent the body from moving towards the starvation or hibernation response. Many persons who go on a low-calorie diet cause their metabolism to be lowered and their body starts to conserve energy.

The smart person today is not deciding whether to exercise, but is choosing an enjoyable activity and incorporating it into his or her life three to five times a week. The best news is that even moderate exercise can be an important part of a more fit lifestyle. The old idea, “No pain, no gain” is **out**. You can and do benefit from a sensible, painless, moderate exercise program. In fact, real pain is an indication to stop.

Mild to moderate exercise, on the other hand, does not require the days off and can be performed more frequently. After a few weeks or months, those who exercise to lose weight can work up to an hour a day of exercise, five to six days a week.

Moderate exercise performed regularly improves fitness. Overall fitness includes flexibility, as well as strength of cardiovascular system and muscles. Stretches before and after exercise can help prevent sore muscles and can increase body flexibility. An exercise which uses large muscle movement performed continuously and rhythmically—such as walking, swimming or cycling—can

improve the heart's function and strengthen muscles. Get MOVING!

**The Successful Dieters diet plan includes the following:**

A diet plan that will fit the dieter's daily routine. When the Successful Dieter finds a diet that they would like to try but it doesn't quite fit their lifestyle, they take time to modify the diet plan.

Many times, Diet Failure is not the fault of the dieters. Unfortunate circumstances in life may suddenly pop up and it's almost impossible trying to deal with a diet during stressful times. Stress can break a diet plan; no stress can equate to Diet Success.

Successful dieters almost always have the support of the people they are around - such as family members, co-workers and friends who are respectful and helpful because they want the dieter to succeed.

Exercise! It's a must in the Successful Dieter's overall Diet Plan. Yes, you can lose weight without exercise, but you'll lose weight faster with exercise, and you'll also strengthen your body.

Successful Dieters always have a backup plan in place for those tempting moments when they would like to 'just quit' their diet plan NOW. A backup plan fights off a binge, gives the dieter self-esteem for not quitting their diet, and makes those weight loss goals a step closer away!

One of the first things that individuals like to know before they strike out on a diet is, "How long is this gonna take?" Unfortunately, there isn't an instant answer to this question, because everyone is made up differently: muscle mass is different, calorie needs are different, metabolisms

are different and so forth. However, here are some averages that may be of help.

It takes longer to lose weight than it does to gain weight. On average, most dieters who are successful at keeping weight off permanently lose about 2 pounds per week. A two pound per week weight loss is considered a safe, reasonable goal. To lose two pounds of weight per week, an individual must cut their daily calories by 1,000 OR exercise more in addition to cutting calories. It takes 3,500 calories to make a pound. In addition, a dieter should never dip below 1,250 calories per day and should always seek the advice of their health care giver before striking out on a diet.

Think positive!

Your thoughts influence your every action, including what you eat and how active you are. Therefore, the more deprived you feel while losing weight, the harder it will be to stick to your plan. On the other hand, if you think positively - that eating better and being more active makes you feel great, for example - your desire to succeed will remain.

### Eating Habits Script

You are now completely relaxed and at ease. You must eat healthy foods in order to be healthy, mentally sharp, and have enough energy to get you through the day. In order to lose weight and have healthy eating habits, you must eat lean protein, whole grains, vegetables, and fruits. These are the best foods to get all the nutrients and minerals your body needs for optimal health. Lean proteins are fish, poultry, beans, nuts, and soy products. They are all high in protein and protein will keep you satisfied for a long period of time. You replace     [fattening protein]     with     [lean protein]    . Protein stays in your body



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and gives you the energy you need so that you feel good throughout the day. Whole grains are important because they are an excellent source of carbohydrates. Carbohydrates also give you energy, but this energy is like short term energy. It won't stay with you for a long period of time, but it will give you more of an instant boost. It's very important to balance protein and carbohydrates, both are very important. You will want to eat whole grains because they have fiber in them. Fiber is the part in carbohydrates that keeps you satisfied longer. You will replace [sugary carbohydrates] with [fiber-rich carbohydrates]. Fiber is a very important part of your diet and keeps you healthy. Vegetables and fruits are important because they contain so many valuable nutrients. Protein and carbohydrates will get you through your day, but vegetables and fruits will give you the vitamins and nutrients to sustain a long and healthy life. The more brightly colored the fruits and vegetables are the better. This means that they are rich in antioxidants and vitamins. You should also strive to eat dark leafy greens. They also provide many nutrients that you cannot get anywhere else. You replace [snack food #1] with [favorite fruit] and you replace [snack food #2] with [favorite vegetable]. Picture yourself replacing your old eating habits with healthier food options. You eat lean protein, whole grains, vegetables, and fruits. You are able to have the energy you need throughout the day. Whether you are training for a marathon or chasing your children around the house or spending 9 hours a day at work, you need proper nutrition. What you put into your body has a direct effect on how your body feels, thinks, and performs. You will feel satisfied and energetic with the right foods. By getting rid of fried foods and saturated fats you will feel better throughout your day and you will notice changes long-term. You may not notice a change right away in your mental capability, but using the correct food to nourish your body will have a drastic effect on your mental health in the long run. Perhaps a lifetime of eating right can help fight against Alzheimer's Disease and different cancers. Getting the right nutrition will also affect how your body performs in the short-term and long-term. You will feel like you are in better shape if you are consuming the right foods in the short term. In

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the long-term, the correct foods will help you keep your bones, joints, and muscles in good working order so that you can be mobile as you age. You have complete control over what foods you consume, which means you have a lot of control over how your body and mind think, feel, and perform.

**Chapter 10**  
**Week III**  
**STOP Binge Eating**



Here is an e-mail I received a year ago from a prospective client trying to avoid gastric bypass surgery:

Steve,

*I'm just having one of my "moments" thinking about why I'm overweight and what I can do about it. Lately I've been thinking a lot about why I binge. People say overeaters eat for a reason, like being unhappy for some reason, or they have a childhood issue that still affects them, etc. What I am trying to wrap my head around is why I personally overeat. I have thought and thought and thought about it and cannot come up with anything. So I thought I would ask you for some help and advice. I am fortunate in that I had a great childhood, a great family, have good friends, and am doing well in school. Everything is going well for me, except that I am overweight because I eat too much. My ex-girlfriend's father is an MD and she said he actually said that my "butt is bigger than my shoulders." This statement, and her dumping me, made*

*me determined to take action! I know I eat too much...I just don't know why. I found out that I qualify for gastric bypass surgery, but I really don't want that. I was hoping you could help.*

~Michael - Savannah, Georgia

Michael is not alone in his quest to resolve his binge eating issues. Experts say that the cause of binge eating is unknown, although the National Institutes of Health report that up to half of all people who have it also have a history of depression.

Up to half of all people with binge eating have a history of depression. Whether depression is a cause or effect of binge eating is unclear. Many people report that anger, sadness, boredom, anxiety or other negative emotions can trigger a binge episode. Impulsive behavior and certain other psychological problems may be more common in people with binge eating. While findings vary, early research suggests that about half of all people who binge eat had binge episodes before they started to diet. Still, strict dieting may worsen binge eating in some people. Researchers also are looking into how brain chemicals and metabolism (the way the body burns calories) affect binge eating. These areas of research are still in the early stages.

### **What is binge eating?**

Binge eating is a habit which resembles bulimia nervosa. Like bulimics, people who binge eat have episodes of uncontrolled eating or bingeing. However,

binge eating differs from bulimia because its sufferers do not purge their bodies of excess food.

Individuals with binge eating feel that they lose control of themselves when eating. They eat large quantities of food and do not stop until they are uncomfortably full. Usually, they have more difficulty losing weight and keeping it off than do people with other serious weight problems. Most people who binge eat are obese and have a history of weight fluctuations.

### **Who suffers from binge eating?**

Binge eating is probably the most common eating challenge. As I have said, most people who binge eat are obese (more than 20 percent above a healthy body weight), but normal-weight people also can be affected. Binge eating probably affects 2 percent of all adults, or about one million to two million Americans. Among adolescent and young adult women of America, as much as four percent suffer from binge-eating disorder. Recent research shows about 30 percent of people participating in medically supervised eating disorder programs suffer from binge eating.

Binge eating is more common in women, with three women affected for every two men. It affects blacks as often as whites; its frequency in other ethnic groups is not yet known. Obese people who binge eat often became overweight at a younger age than those who don't binge eat. They also may have more frequent episodes of losing and regaining weight (yo-yo dieting). While findings vary, early research suggests that about half of all people who binge eat had binge episodes before they started to diet. Still, strict dieting may worsen binge eating in some people.

### **Understanding Binge Eating**

If you gorged yourself on chocolate during Halloween or ate so much of your grandma's pumpkin pie during Thanksgiving that you had to wear your pants unbuttoned for the rest of the day, you know what it feels like to overeat. Most people overeat from time to time.

Binge eating, also called compulsive overeating, is different from normal appetite increases or overeating now and then. Binge eating involves more than just eating a lot - with binge eating, a person feels out of control and powerless to stop eating while he or she is doing it. Exactly like a compulsive gambler at a blackjack table in Vegas. That's why binge eating is also called compulsive overeating. With binge eating, a person may feel a compulsion (a powerful urge) to overeat.

Many people find it comforting and soothing to eat food, but after a binge they are likely to feel incredibly guilty and sad about the out-of-control eating. Those who binge eat may do so to deal with (or avoid dealing with) difficult emotions. For this reason, some say binge eating is about having an unhealthy relationship with food. Your binge eating hypnotherapy recording is designed to redesign that relationship.

The problem with binge eating is that it can lead to other problems, too - such as weight gain, unhealthy dieting, and emotional distress.

### **Weight Gain**

Gaining weight is a natural consequence of regular binge eating. Again, most people who binge eat are overweight, and over time many become obese. Being overweight may make someone more prone to health problems such as diabetes, high blood pressure, joint

problems, and breathlessness. You, however, have decided that this is NOT your path. Congratulations.

Men and Women living with binge eating suffer a combination of symptoms similar to those of compulsive overeaters and bulimics. The sufferer periodically goes on large binges, consuming an unusually large quantity of food in a short period of time (less than 2 hours) uncontrollably, eating until they are uncomfortably full. The weight of each individual is usually characterized as above average or overweight, and sufferers tend to have a more difficult time losing weight and maintaining average healthy weights. Unlike with bulimia, they do not purge following a Binge episode.

Reasons for binge eating can be similar to those of compulsive overeating; using binges as a way to hide from their emotions, to fill a void they feel inside, and to cope with daily stresses and problems in their lives. Binging can be used as a way to keep people away, to subconsciously maintain an overweight appearance to cater to society's sad stigma "if I'm fat, no one will like me," as each person suffering may feel undeserving of love. As with bulimia, binging can also be used as self-punishment for doing "bad" things, or for feeling badly about themselves. This is why I had you listen to the "Unlimited Confidence" recording for a week before we went any further. I wanted to erase those feelings of low self worth that were in your mind and prepare you to accept positive change (i.e. weight loss) permanently in your life.

### **How Is Binge Eating Treated?**

People who binge eat, whether or not they want to lose weight, need the assessment and help of a behavioral health professional. Like all eating challenges, binge eating should be treated on both a physical and psychological level. Physicians and nutritionists can help



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monitor weight gain/loss. Hypnotherapy can help modify behavior and attitude. Even those not overweight are usually upset by their binge eating. So treatment, especially hypnotherapy, will help. Hypnotherapy teaches the subconscious mind how to track eating and change unhealthy eating habits. Hypnotherapy also teaches the subconscious how to change the way to handle or react to difficult situations.

If you think you are a binge eater, it's important to know you're not alone. Most people who have the disorder have tried but failed to control it on their own, but it takes more than simple will power. The good news is that most people (over 91.2 %) do well in hypnotherapy treatment and can overcome binge eating. If you mix the letters around the right way in 'binge,' you get 'begin.' So I invite you to begin the first step toward ending binge eating today believing in yourself and your dedication to creating a new YOU!

Here's a letter from Michael one year later and 103 pound lighter:

*Steve,*

*Well, what can I say? It's been exactly one year since I contacted you about my binge eating and overweight situation. At that time, I was 268 pounds and hating life. Now, at my target weight of 165, I have new distinctions in my thoughts and actions which have not only allowed me to safely and steadily lose weight for the past year, but will allow me to keep that weight off for the rest of my life. THANK YOU. But, as you always say, it's really ME who makes the change. I am the one who decides what to eat when and what not to eat. Binge eating is a thing of the past for me. I still have pizza a few times a month. I still eat ice cream a couple times a week. But I do these things in a healthy way now. Not to punish*

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*myself, and not to the point of excess, but for good reasons and to a moderate limit. Hypnotherapy has changed my life. Wait, I have changed my life!*

~Michael - Savannah, Georgia

### **Stop Binge Eating Script**

And as you continue to relax,     [name]    , you realize just how powerful you are and you realize just how much self control you have. You are a powerful person with a tremendous amount of self control. And you allow yourself to change negative eating patterns into a positive relationship with food and you allow this to take place easily and effortlessly. You are so very relaxed. And you find that you eat very small portions of food when you are hungry. You imagine your body to be like a furnace and you realize that you must keep that fire burning at a constant level, giving yourself an appropriate amount of energy in the form of food throughout your day. And you are relaxed. You eat appropriate amounts of food when you are hungry and once you have eaten the appropriate amount of food you simply stop eating, you stop eating. And you realize that you are very comfortable eating small amounts of food on a regular basis, small amounts of food on a regular basis because you are relaxed and at ease. And if at any time you should feel any urge to go beyond a small amount of food, you should deal with the issue that causes those feelings, you deal with that issue in a very straightforward, direct, and mature way. And then you continue

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to relax and day by day you are becoming better and better at dealing with issues in your life. You see them as challenges which you will overcome. And so when you think of food you only think of eating food for energy. And you eat small amounts of food when you are hungry. And you relax between meals and you relax now deeper and deeper. Now that you are completely relaxed     [name]    , I want you to think about the physical act of eating. You will no longer eat when you are bored. You will only eat when you are hungry. Get to know that feeling that you get in your stomach when you have to have something to eat. You now only eat when you feel this sensation in your stomach. You will know when you feel it. Your stomach starts constricting and contracting. This is when you know it is okay to eat. When you put food in your mouth, you must consciously think about every bite. You will no longer go into autopilot while eating. If you are making your meal, you will make a conscious effort of eating healthy foods and the proper serving size. You will crave fruits and vegetable of all sorts of brilliant colors. You will eat lean proteins such as poultry, fish, and beans. You no longer crave   [snack food #1]   or   [snack food #2]  . You know that you can consume the correct portion size and be satisfied. Think about the physical act of eating. You savor every bite. You carefully chew every bite and you enjoy every taste. You appreciate your food. You are thankful that you enjoy healthy foods like this and that you are giving your body the nutrients that it needs to be healthy and fight off illness. You notice that you are not hungry between meals. When you are bored, you replace the act of eating with     [positive activity]  . You only eat food when you are hungry. You find that you are more satisfied by the foods you intake and thus you feel more satisfied in life. You know that you are making positive changes. You begin to perceive yourself as leaner and thinner. You are beginning to lose weight. You know that your efforts are paying off. You keep up your new lifestyle. You know how important it is to only eat when you are hungry. You also know that it takes twenty minutes for your body to tell you that it has had enough to eat. So you are very meticulous and you savor every bite of delicious food that you consume. Picture yourself several

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months from now. You are still watching the food you put in your mouth. And you still enjoy doing it, because you have lost weight. You are leaner and you have more energy. You love your new body. You continue with your new lifestyle. You now know how important it is to eat in moderation and to consume healthy foods. You feel like you have complete control over your weight, and you do.

**Chapter 11**  
**Week IV**  
**Exercise**



## **Get Up!**

At this point in the program, we want to focus on the other half of the weight loss equation: burning more than you consume. You have been diligently working on reprogramming yourself to have more effective eating habits (the first half of the weight loss equation). I commend you on your hard work! Now we will complete the equation by getting you to “Get up and take action!”

Exercise is fun. It also causes your body to release endorphins which make you feel good. Exercise is a natural mood elevator. So, it's time for you to make yourself feel wonderful while shedding those unwanted pounds and inches!

You don't need fancy equipment or even a gym membership to get a good workout. So no excuses! If you don't have a set of dumbbells, use water bottles or even 16-ounce cans to tone and tighten up those arms.

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Schedule your exercise like any other “appointment”. When was the last time you said, “Gee, I have nothing to do for the next hour, I think I’ll exercise.”? Exercise will become a habit if you “ink it in” and then **just follow through**.

Try working out in the morning. It is the best time of the day to exercise. You’re usually more rested in the A.M., so you’ll get a better workout. You’ll be energized for the rest of the day and it gets your workout out of the way - done - finished.

Ask your friends to exercise with you. You will encourage and motivate each other. You’ll have someone to talk to and you’ll find the time passes more quickly.

Distract yourself during exercise if you find it helps pass the time. With a CD or mp3 player on your hip, you can learn a new language, listen to your favorite music, etc. This can be a highly productive thirty minutes for your brain and body.

Remind yourself how good you feel after you exercise. That great, pumped up feeling is your reward for doing something good for yourself. Remember, you only get it if you do it!

Get the most out of your daily duties. For a quick pick-me-up, walk a few flights of stairs at the office, take the dog on a longer walk, or park your car in the furthest spot from the market.

Remember that participation, not perfection, is the goal of exercise. If you miss a workout or just can’t get going one day, so what! Don’t get hung up on it, just get back on track the next day.

Revive a stagnant routine and jolt your body into action, shake it up a little - or a lot. If you use the treadmill for cardiovascular endurance, try using an elliptical machine. Or if you are stuck in the same old step aerobic class, try taking a fun new class at your gym. Some of the hottest classes around are making their way into the mainstream. Boxing-based programs, indoor cycling, martial arts, aerobics, and yoga classes may be your best defense against boredom, which is the number one reason people quit exercising.

Always drink plenty of water while exercising!

### **Warm Up!**

If you haven't been in the habit of warming up and stretching before you workout, make it a new resolution. You probably are pressed for time and can't be bothered with the extras, but **it is absolutely necessary to warm up your body before any strenuous exercise**. Start by marching in place for two or three minutes to get the blood flowing to your muscles. This, along with some gentle stretching will prep you for almost any activity ahead.

### **Here are a few stretching tips:**

**Standing Reach Stretch:** Good for any activity that requires upper body movement.

-Start with your arms straight down by your sides with your palms facing back.

-Reach one arm forward and raise it as high as possible.



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Tighten your abs and reach the opposite arm back slightly until you feel the stretch in the shoulder and across the chest.

-Hold the stretch for 10 - 30 seconds.

-Repeat the stretch with arms reaching in the opposite direction.

### **Chest And Back Stretch:**

-Grasp the ends of a small towel in both hands.

-Bring arms to chest level, slightly tug on the ends of the towel and hold.

-Hold the stretch for 10 - 30 seconds.

### **Upper Body Stretch:** Good stretch for golfers

-Grasp the ends of a small towel in both hands.

-Bring arms to overhead, slightly tug on the ends of the towel and hold.

-Hold the stretch for 10 - 30 seconds.

**Chest and Shoulder Stretch:** Good stretch for before and after swimming, baseball and skiing.

-With your hands behind you, hold the ends of a small towel at hip level.

-Keep your chest lifted as you raise your arms upward.

-Hold the stretch for 10 - 30 seconds.

**Quadriceps Stretch:** good stretch for walkers, runners, hikers, and cyclists.

-Stand behind a chair and hold on to the back for support and balance.

-Stand on one foot, reach behind you and grab the other ankle.

-Gently pull your foot up toward your glutes. Don't rock or lean forward and keep your chest lifted.

- Hold the stretch for 10 - 30 seconds.
- Repeat the stretch using the other leg.

**Standing Outer Thigh Stretch:**

- Stand behind a chair and hold on to the back for support and balance.
- Place one foot back behind and diagonally, pressing your heel into the floor.
- Hold the stretch for 10-30 seconds
- Repeat the stretch using the other leg.

**Gastrocnemius and Achilles Tendon Stretch:**

- Stand arm's length behind a chair and hold on to the back for support and balance.
- Keep your feet a few inches apart and your toes pointed forward with your heels flat on the floor.
- Slowly push your pelvis forward, bend your elbows and lean forward, supporting yourself with your hands on the back of the chair.
- Hold the stretch for 10-30 seconds.

**Standing Shin Stretch:**

- Stand behind a chair and hold on to the back for support and balance.
- Bend your knees slightly.
- Raise the toes of both feet up and off the floor at the same time, resting on your heels.
- Hold the stretch for 10-30 seconds.

**Hip and Buttsimo Stretch:**

- Stand behind a chair and hold on to the back for support and balance.
- Slightly bend your knees and cross one ankle over your opposite knee.

-Sit back slightly and hold the stretch for 10-30 seconds. Repeat the stretch crossing the other ankle over the opposite knee.

**Back Of Shoulders And Upper Back Stretch:**

-Good for activities that require bending and upper body movements.

-Stand behind a chair and hold on to the back for support and balance.

-Take one step away from the chair until your arms are almost fully extended.

-Bend forward from the waist, and let your shoulders stretch forward.

-Hold the stretch for 10-30 seconds.

Try to stretch on as many days a week as you can. The more regularly you stretch the more likely you are to avoid tight muscles, feel better and prevent injuries. But, if your muscles are tight, be patient, it will take some time to gradually restore the muscles to their normal lengths.

Stretching throughout your life, whether to perform better at sports or to just feel better can reduce the effects of the aging process by reducing natural wear and tear on joints and muscles. Studies have shown that flexibility can be maintained and even restored to some degree through a well-designed stretching program that is implemented gradually and followed regularly.

Remember, stretching is not a contest, you shouldn't compare yourself with others, because we all are different. And sometimes you can be really limber on one day and feel a little tighter the next. Stretch comfortably, within your limits, and you will begin to feel the flow of energy that comes from proper stretching.

**Pump Up!**

Now let's look at some simple, yet highly-effective exercises:

## **ABS**

### **What to do:**

Grab either a dumbbell or a barbell weight. Lay flat on your back on an exercise ball and point your feet straight. Take the dumbbell (or weight) and extend your arms straight over you. Contracting the abdominal muscles lift the weight straight up towards the ceiling. Exhale on the way up and inhale on the way down.

### **Tips to Remember:**

Don't bounce on the ball. Go slow enough so that the muscles are tight throughout the entire set. Also don't bring the weight up at an angle (as in towards your lower body). Try to push the weight straight up, perfectly vertical.

**Equipment needed:** Exercise ball, dumbbell (or barbell weight).

**Muscles worked:** Upper abdominals & core muscles.

**What to do:** Lay down on the floor on your back. Hold an exercise ball with your hands over your head with the arms extended. Lift the ball to the middle while doing a crunch and bringing your shoulder blades off of the ground. Then bring the ball back over your head like in the start position. Exhale as you bring the ball up and inhale as you bring it back over your head.

**Tips to Remember:** Don't let the ball touch the ground over your head. Keep constant tension in your abs throughout the set.

**Equipment needed:** Exercise ball.

**Muscles worked:** Abdominal muscles, especially your upper abs.

### **ARMS**

**What to do:** Stand upright and hold two dumbbells with the palms up. Bring the elbows forward slightly and begin the exercise with you arms completely straight. Curl the dumbbells all the way up to the finish position as shown. This exercise is just like the standing barbell curl except you are using dumbbells instead.

**Tips to Remember:** Keep the elbows still. Don't rock them back and forth.

**Equipment needed:** Dumbbells

**Muscles worked:** Biceps

**What to do:** You can do this exercise bending over without a bench but it is much better performed on an exercise bench. Rest the opposite knee and hand on the bench of the side of the body you are working. Bend over so that your back is flat, parallel with the ground. This will help reduce torque on the shoulder and to concentrate on the triceps muscles. Start with the arm bent down to the side of the body. Using the elbow as a hinge of a door extend the arm towards the back until it is completely straight. Return to starting position & repeat. Do both sides of the body.

**Remember:** Keep that back flat. Go slow so that you don't use momentum. Do no flick your wrist at the top position. Keep the wrist straight to keep the emphasis on the triceps.

**Equipment needed:** Flat work out bench (optional but preferred), Dumbbell

**Muscles worked:** Triceps

**What to do:** Lie on your side and extend your arm down your leg as far as you can. Place a dumbbell on the side of your leg and hold on to it. The leg that you are working should have the toe pointed to the floor as much as possible. SLOWLY raise the upper leg into the air as high as you can and bring it back down until the toe touches the floor.

**Tips to Remember:** Point the toe down. Put the dumbbell as far down the leg as possible.

**Equipment needed:** A Dumbbell.

## **LEGS**

**Muscles worked:** Outer Glutes and outer thigh

All you need is a wall. Place your back up against the wall. Suck your abdominal muscles in tight and lower yourself so that your rear is at the same level as your knees. Point your feet straight and hold this position. Stay there from 10-60 seconds depending on your fitness level.

**Remember:** Don't cheat by pushing on your thighs with your hands.

**Equipment needed:** Just a wall.

**Muscles worked:** Quads.

Position an exercise ball on a wall so that it is right at the level of your lower back. Open your legs wide and point your toes out like a ballet stance. Hold a dumbbell between your legs. Bend your knees and allow the weight of the dumbbell to pull you down towards the floor. Go

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down as far as you feel you can comfortably. Inhale on the way down and exhale on the way back up.

**Remember:** Keep your back vertical against the ball.

**Equipment needed:** Exercise ball, one dumbbell

**Muscles worked:** Mostly inner thigh. Also some quads & glutes.

### **Now, Let's Sum up!**

So there you have it. No more excuses! You have a variety of exercises to choose from. Do I expect you to do them all? NO! What I DO expect is that you will look at what you are doing now and increase it slightly. JUST SLIGHTLY. For example: If you are walking a block each evening, walk two. BUT, I want you to slowly increase your workout routine each week until you are at a reasonably high level of activity. Then, I want you to maintain this level throughout your life.

Always consult your doctor before increasing ANY exercise. Always STOP exercising if you feel lightheaded or dizzy. Do NOT exercise when your muscles are sore. Let them recover and rebuild before exercising that muscle group again.

You may find at this point that a personal trainer would be good to hire. Or, you may want to take advantage of any fitness programs at your gym. Many gyms will work with you at no extra charge to develop an exercise program that is just right for you.

So, get to work and start exercising!!!

### Exercise Script

And as you continue to relax you realize that you love to exercise, [name], that's right. You love to exercise. You love the results your body shows after you exercise. You love the process of exercising. You love learning how to exercise more efficiently. You love everything about exercise. You're so very relaxed. And you are imagining yourself now exercising...that's right. And see a smile on your face. You are so relaxed as you exercise. There are so many exercises you like to do. Picture yourself [doing favorite exercise], that's right. I'd like you now to imagine your body one year from now at [ideal weight], that's right. And as you do that one exercise, you are very focused on how amazing and wonderful your body will look one year from now. Your body is becoming more and more beautiful. Your body is becoming more and more beautiful, more and more like what you want it to be day by day. You allow this to happen easily, that's right. As you see yourself exercising you also see yourself very focused on the beautiful body you are creating. As you now imagine yourself doing another exercise, that's right, so relaxed, so very focused, focused on creating a very beautiful, very powerful, very fit body. And you realize that you are the sculptor of your body.



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And you will sculpt it in any way you choose. By exercising, you sculpt your body, that's right. You create muscles to be the size that you want them to be and the proportion that you want them to be. You allow this to happen as you now imagine your ideal body, that's right. You realize that you are working toward creating that and you allow that to happen. You realize that you love to exercise. You also love to relax and let your body rebuild itself. You also love proper nutrition, that's right. You love keeping your total body, mind, and spirit in perfect shape and day by day your love of exercise and your love of learning more about exercise grows. So relax now and drift deeper and deeper and more deeply relaxed. As you continue to think about how much you truly love to exercise. Imagine a new lifestyle, a life where you are very active and very alive. You enjoy being active because it empowers you. You are able to feel strong. Your muscles get firmer and you are able to do a little more every time you workout. You feel your body changing. Your body composition is changing due to the extra activity you are getting. You are healthier. You are sweating out toxins in your body and making your entire body system stronger to ward off disease and sickness. You are thankful that you are able to move like the way you can. Not everyone can exercise the way you can. You are capable and enjoy [form of exercise], [form of exercise], and [form of exercise]. You enjoy physical activity. You enjoy every second of it. You notice your body getting stronger and each workout gets easier after every time you complete it. Maybe you are exercising because you have some goal to meet. Imagine working at that goal over time and accomplishing it. That's right you will accomplish your goal if you work at it. Now picture your new life. Picture yourself exercising often. Notice you get better and better and stronger and stronger. You increase your effort each time and you keep getting more and more results. You enjoy your new lifestyle. It has made you feel that you can accomplish anything. You are grateful that you have two legs to workout with and take you where ever you want to go. Imagine reaching the goal that you wanted to accomplish with working out. Picture yourself accomplishing [goal]. You worked so hard and you feel such a great accomplishment.

**Chapter 12**  
**Week V**  
**Continuing Your Weight Loss**



As you and I now go our separate ways, I would like to leave you with a few thoughts about continuing your weight loss. First of all, you can always e-mail me any questions, so we are not really going our separate ways at all. You, however, are branching out now with the lessons you have learned in this course. Reach your desired weight and ideal body shape.

I have often found that the category in which most people want a little support at this point is in the area of food preparation and consumption. With so many people eating at fast food places, it is important that you do not become (or return to being) one of them. Instead, you should adopt and maintain powerful habits will allow you to eat healthily throughout your life.

### **Living With Mindfulness**

This module will focus mainly on healthy food preparation and healthy eating. We will also look briefly at some other areas in which people often want help. I call these things “Being Mindful.” I call it that because it is up to

you to STOP and THINK with each action you are about to take. How many crimes, mistakes, and even disempowering food choices could be stopped before they start! All it takes is mindfulness. That brief pause which gives you time to think about what you are doing, and then make a powerful choice.

There are a multitude of myths surrounding healthy eating, and most of them go back to just a couple of decades ago. Healthy eating brings to mind, for many of us unpalatable 'whole' breads, boiled greens and an array of tasteless, unidentifiable vegetables. And fair enough. With a limited repertoire of cooking styles, an absence of ethnic influences, and a restricted number of foods available, 'health food' was indeed something that the majority of consumers would want to avoid.

But all that's changed. We have fresh, interesting and exotic foods flown in from halfway around the world; we have exciting international chefs who have transformed healthy eating into an art form; we have a vast array of ingredients, from a wide variety of cultures, all available in local supermarkets. What's more, there are reputable manufacturers now producing appetizing, healthy fare at reasonable prices. We can buy woks and omelet pans that make preparation easy, and we have microwaves, food processors, juicers and steamers to do much of the work for us. In fact, there is simply no excuse for opting out of the healthy eating revolution. We are talking delicious food that makes us look and feel good, and we can prepare it in much the same time that it takes to plunk a few ready-made meals into the oven.

And that's what this program is all about. Healthy eating is more than just a short-term trend for a few health-conscious individuals. It comprises a revolution in the way

we view our lives and look after ourselves. It holds the key to a healthy, happy future, in which we experience the type of good health and well-being that all of us deserve.

It's easy to eat well, no matter what your budget or tastes. Once you understand the very basic concepts behind the elements that make food good or bad for us, you will find a whole new world opening up to you. Choosing, preparing and eating good food can be a sublime experience, and make a real difference to the way you feel.

There are no major life changes required in making the shift to healthy eating. With a little knowledge, the transition is easy. But like anything else in life, the more energy you give it, and the bigger a priority it becomes in your life, the more you will benefit. And in just a few short weeks, you'll begin to look and feel better than you may have felt in quite some time. Your future is in your hands, and it's up to you to grasp it.

Stress can have a negative effect on health. It can lead to high blood pressure, a rapid resting pulse rate and can cause heart rhythm disturbances. Stress can also weaken the immune system which then leads to a variety of illnesses. It is important to learn how to handle stress.

Being what I like to call "mindful" has been shown to help a person manage stressful situations by increasing your awareness and by making the mind more receptive one's current situation and internal states. It is a method of fully embracing, with minimal resistance, your current life situation and internal states.

You can bring about increased awareness to any activity. Here are some examples:

### **Being Mindful of Emotions**

You can learn to be less judgmental. Being less judgmental helps to bring about a more relaxed state. You can learn to watch anger and other emotional states with compassion. This enables you to eventually let go of these states or, at least, keep from intensifying them.

### **Being Mindful of Eating**

Increasing your awareness of eating may benefit you if you are trying to make changes in your eating habits. Here is how to increase your awareness of eating in three easy steps:

1. Look at the food you are about to eat. Focus on what it consists of. Ask yourself, "Do I still want to take this food into my body?"
2. Pay close attention to every bite. Food eaten mindfully will be easier to digest and you will be less likely to overeat.
3. Just after eating, notice how the food you ate affects your digestive system. Does it agree with you? Notice how you feel when eating a low fat meal versus a high fat meal...a candy bar snack versus a raw vegetable snack.

### **Being Mindful of Stretching**

Have you considered yoga? I wanted to add a hint here about this wonderful weight loss path. Gentle stretching and strengthening exercises done very slowly with moment to moment awareness of breathing is part of what

yoga is all about. Yoga seeks to unite the body, mind and spirit. This can result in improved health and vitality. This can be some exciting research for you. And, yoga classes are EVERYWHERE now because they are a fun way to lose weight and meet other health-conscious people like yourself. I won't go in to the details of yoga, but I did want to mention it to inspire you to explore its possibilities.

### **Being Mindful of Breathing and Sitting**

This helps to relax and focus the mind. Just five minutes a day can make you feel more refreshed and energetic. Here are some guidelines for practicing mindful breathing and sitting:

Make a special time and place for “non-doing”.  
Adopt an alert and relaxed body posture.  
Look dispassionately at the reactions and habits of your mind.

Bring your attention to your breathing by counting silently “1” on inhalation and “2” on exhalation, “3” on inhalation, etc. When you reach number “10”, return to number “1”. (If you go beyond the number 10, then you know your mind has wandered).  
When your mind wanders, name what it wanders to and come back to the breathing.



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Once you have practiced focusing on your breathing, you can use sensation, sound or watching thoughts as your point of concentration.

You cannot prevent stressful situations in life, but you can control your reactions to them. Practicing mindfulness can help.

### **Being Mindful of Cooking**

OK, let's get back to food! Making wise food choices at the supermarket is one step towards a healthy diet. The next step is learning to prepare those foods in a healthy manner. *How?* By modifying recipes to reduce cholesterol and saturated fats.

There are two basic ways to modify a recipe: change a cooking technique or change an ingredient. Low fat cooking techniques include baking, broiling, poaching or steaming. You can further "de-fat" your food by using non-stick vegetable oil sprays to treat pans or grills. Also try using marinades and herbs to flavor meats, fish and poultry instead of high fat sauces and gravies.

Changing an ingredient is a little more complicated. Only certain ingredients can be changed without altering the basic nature of the recipe. Before you start, ask the following questions about your recipe:

- Are all the high fat ingredients essential?*
- Are there nonfat or low fat versions of the ingredients available?*
- Will the recipe work if some of the high fat ingredients are reduced or omitted?*
- Can any other ingredient, i.e., sugar or salt, be reduced or eliminated to make the finished product healthier?*

There are three ways to modify an ingredient: reduce it, eliminate it, or substitute a more acceptable ingredient. Paying attention to the source of fat in a recipe and making appropriate modifications is the key to keeping recipes light and nutritious. Here are some food categories and tips on ways you can lower fat, cholesterol, sodium and calories in your favorite recipes.

<b>INSTEAD OF</b>	<b>TRY</b>	<b>INSTEAD OF</b>	<b>TRY</b>
Whole milk	Skim milk	1 cup high-fat yogurt (creamy, plain)	1 cup low-fat or fat-free sour cream or low-fat yogurt
Whole milk cheese	Low-fat cheese	1 cup sour cream	1 cup low-fat or fat-free sour cream or low-fat yogurt
1 Medium whole egg	Egg substitute or 2 egg whites	1 ounce baking chocolate	3 tablespoons cocoa powder
1 cup heavy cream	1 cup evaporated skimmed milk, or, if cream is to be beaten, try substituting 2 or 3 egg whites with a tablespoon of sugar for	Sautéing in oil	Spraying pan with spray vegetable oil or using meat stock

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		Fat in quick breads, cakes and brownies	Substituting 1/2 or 3/4 or all fat with applesauce or other pureed fruit.
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### Being Mindful of Your Continued Success

I certainly have enjoyed being a part of your weight loss success. At this point, you should review the materials you already have and use any of the guides or mp3's as needed for an extra boost. But first, listen to my "Unlimited Motivation" recording as you go to sleep each night for one week. It will get you firmly focused on your weight loss goal. And, you will be happy to know that you can use it in the future if you need motivation for a project or another goal.

It's all in your hands now. I believe in you. Let me know if you need any help or have any questions. Also, when you do reach your ideal weight, I will look forward to receiving *before and after* pictures so I can post them on the website as inspiration to others.  
Make it happen!

### Motivation for Continued Weight Loss

Now [name], you are feeling relaxed and eat ease. Think back to what you looked like before you started your weight loss program. It could be four weeks ago or one year ago. Think about how much you have accomplished. Once a week, you should reflect back on all that you have accomplished so far. You will come up with a long term and several short term goals. The long term goal is [long term goal]. Your short term goals are the personal goals that you have for the next week and they are [short term goal #1], [short term goal #2], and [short term goal #3]. These goals are also realistic, and they will help you stay motivated throughout your weight loss program. I want you to picture your lifestyle right now. You completely get rid of all negative thoughts. You only think positively. You have many great characteristics and you only focus on the positive. You do this all the time. You only dwell on positive thoughts. Liking yourself for who you are will keep you motivated while losing weight. You have a great personality. You are fun and people enjoy being around you. The only thing you want to change about yourself is your weight and that is great because it will improve your quality of life. You are enjoying the new way in which you eat. You enjoy coming up with new and healthy recipes to try. You also enjoy coming up with new ways to exercise and new ways to get physical activity. You vary your workouts with [favorite cardio workout] and [favorite strength training workout]. Sometimes you workout with other people who keep you motivated and you also enjoy time to yourself while you workout. You enjoy going outside to workout

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and you also enjoy being inside on a machine. You enjoy the variety and it keeps you motivated from one workout to the next and from one week to the next. You also make sure that if you miss a workout or if you eat something healthy, you continue to think positively. You realize your mistake and make adjustments to meet your goals. You stay motivated throughout your workouts because you know that exercise isn't just helping you to lose weight, it is also helping you to lead a more healthy life. Exercising now, will have long and lasting effects on your body and mind. You enjoy stretching and become flexible. You practice breathing in and out deeply to keep yourself calm and relaxed. You also make sure that you have a support system in place. You surround yourself with positive people. They are very supportive of you and encourage you at all times. Now, imagine yourself six months from now. You have met many of your short-term goals. You feel a high sense of accomplishment. You look back and see how far you have come. You have changed your lifestyle and you have lost a lot of weight. You are proud of how far you have come. You look and feel healthier and fitter. Your body is more lean and thin. You are proud of all that you have accomplished. You have set realistic goals for yourself and you are on your way to reaching your ultimate goal.

## Glossary

**Alpha:** The lightest stage of hypnosis. Alpha is just below Beta (normal awakening consciousness).

**Amnesia:** Brief yet powerful suggestions given to cause the client to consciously forget the hypnosis experience.

**Beta:** Normal waking consciousness.

**Client:** The subject of the hypnotherapy session. May also be called the “patient.”

**Deepening:** Suggestions given after an induction meant to deepen the state of hypnosis.

**Delta:** The deepest state of hypnosis. It is not necessary for a client to achieve this state in order to have the full benefit of hypnotherapy

**Diagnosis:** The patient’s main “problem” (weight, motivation, smoking, etc.). Be careful not to share this label with the client. You need to know what you are dealing with, but if the client hears this label, he may identify with it. When talking with the client, it is better to say, “You are a person who used to smoke.” Avoid saying, “You are a smoker.” Keep in mind that hypnotherapists are not qualified to diagnose. That is the job of a licensed therapist or MD.

**Induction:** The first part of a hypnosis session, which is intended to ease the client into a trance.

**Phobia:** A fear.

**Pretalk:** A talk given to the client one time. It is given during the first hour of the first session. The purpose of it is to educate the client about hypnotherapy.

**Script:** In this course, the script is the main part of a hypnosis session, during which the primary therapeutic message is delivered.

**Theta:** The state of hypnosis just above Delta. It is not necessary for a client to achieve this state in order to have the full benefit of hypnotherapy

**Trance Termination:** Ending the hypnosis session either by returning the client to full waking consciousness (Beta), or by suggesting that the client go to sleep (Delta or Theta).

## **Appendix**

I have over two decades of experience in hypnosis. I have a Bachelor of Science degree in psychology from the University of Florida, a master of education degree from Armstrong Atlantic State University, and I am working on a doctorate degree in education at Georgia Southern University. I am a certified clinical hypnotherapist, a member of both the American Board of Hypnotherapy and the National Guild of Hypnotists, president of the American Alliance of Hypnotists, and director of the Steve G. Jones School of Hypnotherapy. I am also on the board of directors of the American Lung Association in Los Angeles. I currently live in Savannah, Georgia, but I see clients and teach classes worldwide.



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My client base consists largely of people who need to lose weight or gain confidence. Other clients include sales teams interested in boosting motivation and increasing income, singles searching for love, insomniacs desiring proper sleep, and smokers wanting to change their habits, to name just a few topics.

It is my hope that this book will create a cadre of hypnotherapists who feel a strong commitment toward practicing with integrity, thus altering negative perceptions about hypnotherapy, while allowing people to make positive changes. To this end, I am providing you with the tools to change people's habits and perceptions, and to help them overcome fears. I know that you can help your patients find love, make a fortune, and reach their optimum level of physical fitness through hypnotherapy.

For more information about me and about hypnotherapy, I invite you to visit my website, [www.betterlivingwithhypnosis.com](http://www.betterlivingwithhypnosis.com). There, you will find a collection of hypnotherapy CDs, mp3s, and audio books. Among the recorded sessions, you will find over 120 titles including Weight Loss, Unlimited Motivation, and Unlimited Confidence.

You also will find a link to my e-mail address, [support@betterlivingwithhypnosis.com](mailto:support@betterlivingwithhypnosis.com). I am available to answer your questions or address your concerns, and I wish you all the luck and prosperity the world has to offer.

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## Resources

**Steve G. Jones, M.Ed., Clinical Hypnotherapist**  
(The official website of Steve G. Jones)

<http://www.betterlivingwithhypnosis.com>

**American Alliance of Hypnotists**  
(Membership is free in this worldwide online directory)

<http://www.hypnotistsalliance.com>

**Classes on Hypnotherapy**  
(Become a certified clinical hypnotherapist online in eight weeks)

<http://americanallianceofhypnotists.org/classes.htm>

**Hypnotherapy pre-recorded sessions**  
(Over 250 specific topics such as weight loss on CD and mp3)

<http://www.betterlivingwithhypnosis.com/products.html>

**Hypnotherapy Scripts**  
(Mostly written by MD's and Ph.D.'s)

Hammond, D. Corydon. *Handbook of Hypnotic Suggestions and Metaphors*. 1990. New York: W. W. Norton and Company. (A Norton Professional Book from the American Society of Clinical Hypnosis.)



*Steve G. Jones, M.Ed.*

## **Books by Steve G. Jones, M.Ed.**

Available at <http://www.betterlivingwithhypnosis.com>  
and select bookstores worldwide.

- Basic Hypnotherapy for Professionals
- Advanced Hypnotherapy for Professionals
- Hypnotherapy Inductions and Deepenings Volume I
- Hypnotherapy Inductions and Deepenings Volume II
- Hypnotherapy Scripts Volume I
- Hypnotherapy Scripts Volume II
- Hypnotic Techniques for Dating Success
- Business guide for Hypnotherapists (Office set-up, websites, forms, advertising online, search engine optimization, creating and selling hypnotherapy CD's and mp3's)
- Hypnotic Sales Mastery Techniques
- Hypnosis for Laymen
- Past Life Regression Hypnotherapy
- Hypnotherapy Case Studies







