



## WEIGHT IS PERSONALLY UNIQUE

At The Natural Healing Center, our imaginary gastric band surgery (Thinner Band Hypnosis) programs your mind to feel fuller, faster. As a result, you'll find yourself feeling satisfied with smaller portions while losing weight effortlessly

– no dieting or exercise required.

Our program is personally unique as each client has unique and individual needs, causes, reasons and triggers for improper eating habits. Each session is specifically designed to address all the personal issues and challenges that our clients are struggling with, such as desires for sweet and salty foods and overeating as a result of past happenings, or present stressful issues, anxiety or boredom.

It is our belief that only a truly comprehensive weight management program which reprograms the subconscious mind can lead to permanent and lasting results. Simply put, this is exactly what we offer our

## TESTIMONIALS

"If I had to describe your thinner band hypnosis therapy in one word it would be WOW! Unlike other diets I am not hungry after meals and my cravings and desires for all the wrong foods have disappeared completely. I've lost 32 pounds so far in just 2 short months and I am determined to keep going until I reach my desirable weight."

– Allen W, age 41

"Hypnosis has helped me lose 20 pounds. After just a few powerful sessions of hypnosis. Without the positive reinforcement of hypnosis I feel that I would have just been bouncing from diet to diet instead of making good steady progress."

– Sheree P, age 45

"I haven't touched fried or fatty foods since starting the program and I feel my energy starting to come back. I'm already seeing changes in the way my clothes are fitting and my son commented that I'm looking slimmer! Thank you!"

– Sereta J, age 29

## FREQUENTLY ASKED QUESTIONS

### WHAT IS HYPNOSIS?

There is yet to evolve one universally accepted definition of hypnosis. Simply put, hypnosis is a state of focused attention that allows a person to directly program their subconscious mind with positive empowering thoughts and behaviors. We use the state of hypnosis to program you to eat less, feel fuller faster and to have freedom

### HOW DOES IT WORK?

A person is relaxed through various personal techniques. Your conscious mind, the one that you are using right now, is relaxed to the point whereby it is by-passed, and you and the therapist can direct thoughts and images deeply and directly to the subconscious mind to create effortless, permanent and powerful changes in a person's behaviors.

### CAN I BE HYPNOTIZED?

Approximately 97% of the public can be hypnotized. The 3% that cannot be hypnotized usually fall into two categories of mental disorders.

### HOW CAN HYPNOSIS HELP ME SHED POUNDS?

We have learned over the years that willpower is never enough to overcome certain types of issues or problems. Our imaginary gastric band surgery programs your mind to feel fuller with much smaller portions. In addition, any emotional issues that lead to cravings and bingeing are addressed and neutralized with our powerful hypnotic techniques.

### HOW MUCH WEIGHT CAN I LOSE?

As much as you'd like. Our program will help you reach your ideal weight, whether you would like to lose those last stubborn ten pounds or more than one-hundred. Our program is always custom-tailored to the needs of each individual client.

### IS HYPNOSIS SAFE?

Absolutely. No one has ever been harmed from the use of hypnosis. And unlike risky operations, there are no side effects or complications.