

WEIGHT LOSS SCRIPT & SUGGESTIONS

As a hypnotherapist, you will find that many clients will be coming in to see you to help them lose weight. The key to being healthy is not only losing weight, but in being fit. A thin person might not be a fit person.

Being fit, means that your inner body is healthy. Your heart is strong. Your arteries are free from fat, grease and being clogged up. Your circulation within your body is functioning properly. You have a chemical balance within your body. Being fit does not depend on how thin and malnourished you are.

There are people that appear to look overweight or physically challenged, and these people might be more fit and healthy on the inside, than the person who is underweight. If you look at body builders or competitive heavy weight lifters, these athletes are totally fit, but they have big powerful bodies also.

You want your client to get in shape and have a good balance in their weight, body and bone structure. And most of all, the key again is to be healthy and fit. Most people have emotional weight issues and if you separate the emotions from food, sometimes that's all it takes. There are three different types of eaters. These types are emotional eaters, subconscious eaters, and conditioned eaters. An emotional eater eats food because of emotions such as stress, frustration worry, loneliness, boredom, pain, as a reward, as a punishment, to fill a relationship void. Over seventy percent of all weight related issues are based on repressed emotions or frustrations.

The next type of eater is a subconscious eater who eats food and does not even know how much they are eating. These subconscious eaters may eat a whole half a gallon of Ice Cream while watching a movie or snacking on a whole bag of potato chips watching television, or may be putting food in their mouths at work during the day, without even being aware that they are shoving food in their mouths. The operation is subconscious and not conscious.

The third type of eater is a conditioned eater who was programmed from early childhood to finish everything over on their plate because people are starving in other countries. In the past, some people had difficulty acquiring food and food was scarce, so these parents made their children feel guilty if they left food over, or even insisted on their children not leaving the dinner table until every piece of food on their plate was eaten. This type of eater feels guilt, if they leave any food over on their plate.

Here are some hypnotherapy suggestions that you can give your clients to help them lose weight.

"You are now taking healthy control of your life and the foods that you eat. You realize that fatty, greasy foods and foods with sugars and chemicals are harmful to your body. You also realize that you are now going to allow yourself to eat good healthy foods that now taste better than ever and more natural to you".

"Foods with vitamins, nutrients, and minerals are more appealing to you than ever before. Your body is the place that your mind worships in, and you now want your body to become healthy and free from the old fat and weight that has been stored in it".

"Think to yourself now, I will now separate all emotions from food, and I am taking control of the foods I eat and what I put into my mouth. I am now fuller with smaller portions of food. I love drinking lots of water. I chew my food slowly. I love eating fruits and vegetables. I will never again eat unhealthy food without thinking. I am now aware of every piece of food I put into my mouth.

Everyday and in everyway, I am becoming the person that I always knew that you I was. Free from fat and in control of the foods that I eat. When you sit down to eat a meal from now on, you will choose to eat healthy foods, smaller portions of food, and you will become fuller, faster with smaller portions of food. You enjoy drinking fresh water, and the taste of fresh water, tastes better and sweeter".

"During the day, you have more energy and you can burn up the old food that has been stored up in your body as fuel and energy, just as wax melts off a candle. Every day you are feeling lighter and healthier. Think to yourself now, my motivation to exercise or walk is also now becoming stronger and I just don't think of exercising, I now enjoy exercising and feeling healthy".

"No more putting off my health till tomorrow or creating excuses that are only fooling myself. I am making a commitment to trade weight, sickness and death, for health, vitality, energy and happiness. Nothing and no food is going to stand in the way of me looking and feeling the way that I always have known I would look and feel".

"Anything, or emotion that has stood in the way of you losing weight is now gone, just as the ocean moves out to the sea. You have control over your mind and you have control of what you put into your mouth and body and you feel proud that you are now one hundred committed to letting all of the old weight go".

"You have more love and respect for your body than ever before and you know that you are now creating a new healthy relationship with eating healthy foods which now taste better than ever before".

"When you sit down to eat a meal, you will choose healthy food to eat, enjoying the taste of fruits and vegetables and good healthy foods. You will take you time to chew your food slowly, enjoying the taste of healthy foods, and when you have had enough food, you can simply stop eating feeling nothing for any food that is left over on your plate. You simply can stop eating now when you have had enough food to eat and not when you feel stuffed or sick. You are in control of what you put in your mouth and the thoughts you think. You enjoy being your true thinner, healthier, happier self".

I am giving you some of the suggestive techniques that I have created and found useful in my private practice. You should also be aware of the way I turn my suggestions from second person into first person. From you are, to I am. Most hypnotherapists give hypnosis suggestions in the second person and I feel that suggestions that are used in combination from second person to first person really help to make the subconscious respond more.

It is good to say to your hypnotized client, You love to exercise and you enjoy eating healthy foods. But think about how powerful it is when you have your client repeat after you silently to him or herself while they are hypnotized. That suggestion is increased to its effectiveness. Now imagine the impact if you now said to your client while they are relaxed and hypnotized, repeat the following to yourself silently after me "I love to exercise and I enjoy eating healthy foods. My mind is sharp and clear. I have lots of energy. I am in control of the food that I eat. I love myself". This technique works real well and will give you more success with your results.

Think about how powerful conscious affirmations are and how they are used in so many areas of life to stimulate conscious motivation and desire. Now think about those conscious affirmations being 90% more powerful and effective because under hypnosis, they are going directly in the action part of our mind, which of course is your subconscious mind. This is turning suggestions into action by activating the positive emotions and desires of your client.

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