

Permanent Weight Loss with Hypnosis

Most people eat for comfort or to relieve stress and those habits become a life-long problem.

Clinical Hypnotists work with you one-on-one and help you solve that problem - once and for all.

Our Hypnotists learn what unique triggers effect your personal eating habits and use techniques of neuro-linguistic programming, EFT, regression and other hypnotic techniques to develop customized hypnosis for you. Through hypnosis you will learn to look at food differently and change you habits permanently.

It's very easy and often takes little or no willpower.

It's also proven to work better than anything else you can try

And, unlike the diet roller-coaster, you will see and enjoy lasting effects in just a few short sessions.

The difference between permanent weight loss and temporary gains and losses is purely psychological. 95 % of people on ANY diet end up gaining the weight back AND THEN SOME!

But with hypnosis you learn how to think differently. You learn how to identify and then separate emotions from your eating habits and so your gains aren't dependent on the form of mental "adrenaline" we call willpower. Your gains are the result of real and permanent changes in your outlook and so they are for real and forever.

Research Proving Hypnosis Works to Help You Lose Weight

Hypnosis Over 30 Times as Effective for Weight Loss

Investigated the effects of hypnosis in weight loss for 60 females, at least 20% overweight. Treatment included group hypnosis with metaphors for ego- strengthening, decision making and motivation, ideomotor exploration in individual hypnosis, and group hypnosis with maintenance suggestions. Hypnosis was more effective than a control group 17lbs vs. 0.5 lbs on follow-up. Cochrane, Gordon; Friesen, J. (1986). Hypnotherapy in weight loss treatment. Journal of Consulting and Clinical Psychology, 54, 489-492.

2 Years Later Hypnosis Subjects Continued To Lose Significant Weight

109 people completed a behavioral treatment for weight management either with or without the addition of hypnosis. At the end of the 9-week program, both interventions resulted in significant weight reduction. At 8-month and 2-year follow-ups, the hypnosis subjects were found to have continued to lose significant weight, while those in the behavioral-treatment-only group showed

little further change. Journal of Consulting and Clinical Psychology (1985)

Hypnosis Subjects Lost More Weight Than 90% of Others and Kept it Off

Researchers analyzed 18 studies comparing a cognitive behavioral therapy, such as relaxation training, guided imagery, self monitoring or goal setting with the same therapy supplemented by hypnosis. Those who received the hypnosis lost more weight than 90 percent of the non hypnosis, and maintained the weight loss two years after treatment ended. University of Connecticut, Storrs Allison DB, Faith MS. Hypnosis as an adjunct to cognitive-behavioral psychotherapy for obesity: a meta-analytic reappraisal. J Consult Clin Psychol. 1996;64(3):513-516

Hypnosis More Than Doubled Average Weight Loss

Study of the effect of adding hypnosis to cognitive- behavioral treatments for weight reduction, additional data were obtained from authors of 2 studies. Analyses indicated that the benefits of hypnosis increased substantially over time. Kirsch, Irving (1996). Hypnotic enhancement of cognitive-behavioral weight loss treatments--Another meta-reanalysis. Journal of Consulting and Clinical Psychology, 64 (3), 517-519.

Hypnosis Showed Significantly Lower Post-Treatment Weights

Two studies compared overweight smoking and non-smoking adult women in an hypnosis-based, weight-loss program. Both achieved significant weight losses and decreases in Body Mass Index. Follow-up study replicated significant weight losses and declines in Body Mass Index. The overt aversion and hypnosis program yielded significantly lower post-treatment weights and a greater average number of pounds lost. Weight loss for women: studies of smokers and nonsmokers using hypnosis and multi-component treatments with and without overt aversion. - Johnson DL Psychology Reprints. 1997 Jun;80(3 Pt 1):931-3.

Hypnotherapy group with stress reduction achieved significantly more weight loss than the other two treatments.

Randomized, controlled, parallel study of two forms of hypnotherapy (directed at stress reduction or energy intake reduction), vs dietary advice alone in 60 obese patients with obstructive sleep apnoea on nasal continuous positive airway pressure treatment. J Stradlinga, D Roberts, A Wilson and F Lovelock Chest Unit, Churchill Hospital, Oxford, OX3 7LJ, UK

Hypnosis can more than double the effects of traditional weight loss approaches

... An analysis of five weight loss studies reported in the Journal of Consulting and Clinical

Psychology in 1996 showed that the " ... weight loss reported in the five studies indicates that hypnosis can more than double the effects" of traditional weight loss approaches. University of Connecticut Journal of Consulting and Clinical Psychology in 1996 (Vol. 64, No. 3, pgs 517-519)

Weight loss is greater where hypnosis is utilized

Research into cognitive-behavioral weight loss treatments established that weight loss is greater where hypnosis is utilized. It was also established that the benefits of hypnosis increase over time. Journal of Consulting and Clinical Psychology (1996)

Showed Hypnosis As “An Effective Way To Lose Weight”

A study of 60 females who were at least 20% overweight and not involved in other treatment showed hypnosis is an effective way to lose weight. Journal of Consulting and Clinical Psychology (1986)

To schedule your Weight Reduction Session call Dr. Dave Hill, DCH, now at (510) 785-8152.

Maximum Power,

Dr. Dave Hill, DCH

Office: (510) 785-8152

Website: <http://www.drdavehill.com>

Hypnosis CD's: <http://www.drdavehill.com/products.html>

Blog: <http://hypnotistdavehill.wordpress.com>