



Weight Control and Hypnotherapy

In this article I will try and answer the popular questions that I get asked regarding Weight Control using Hypnotherapy. I will briefly cover the different methods, so that you will be better able to make the decision that Hypnotherapy can help you. There has been some publicity in the press recently regarding the use of Hypnotherapy for Weight Loss, especially the so called “new revolutionary” method of the “Hypno Band” or “Hypnotherapeutic Gastric Band”.

One thing that all the methods have in common, is that you have got to “want to do it” for any of them to work. There is no “magical method” for success, although the changes made with Hypnotherapy can sometimes feel like that ! All these methods require a goal to aim for and the commitment to reach that goal. Hypnotherapy of course helps with the motivation and commitment but you need to have the basic ingredient to start with, the “I really want to do this” feeling.

Will it work for everyone ?

No, although Hypnotherapy will work for most people, it will not work for everyone.

How many sessions will I need ?

The average number for weight control is around four, but as everyone is different, some need more and others less.

When will I know if it is likely to work for me ?

After the first session, we will have a very good idea if this is the right thing for you !

During the first session, you will be asked “what you would like to change” and “what you would like to achieve”, you will give details of your current eating patterns and be asked a number of questions about your health and lifestyle. The process will be explained to you, because you need to have an understanding of why we are doing certain things. You will have the opportunity to ask questions about anything you are not certain about, and put your mind completely at ease about the whole process. The feedback I receive from you during this first session will help me put together an individual plan to suit you, that is most likely to help you achieve the outcome you desire.

So what are the different methods ?

Traditional hypnotherapy has been used for many years to help people make changes in their lives regarding eating behaviour. Usually it involves goal setting, building motivation, answering questions like “why am I like I am ?” and “what do I need to do to change how I am ?”. Suggestion therapy is a large part of this, helping you create new patterns of behaviour to replace the old ones you no longer want, for example, replacing eating crisps or biscuits or chocolate with fresh fruit. This method will usually include some sort of visualisation, where you can visualise yourself making those changes and behaving exactly as you would like to be, and becoming that ideal you. If applicable, we would also investigate the reasons for certain eating patterns, for example “comfort eating” or “emotional eating”, and discuss ways of dealing with these.

In more recent times NLP (Neuro Linguistic Programming) is used very successfully to make changes. NLP can be used to change behaviour without using “formal” hypnosis, and there are many other aspects of NLP that help us understand communication and how the brain works, which are beyond the scope of this article. One aspect of NLP called “Future Pacing” is very important in this sort of change work, it is where you get a chance to rehearse a future scenario and get the chance to experience what it is like to be exactly how you want to be.

Hypno Gastric Band Therapy has been popularised in the media in recent times. This is where you are guided under hypnosis through a visualisation of actually having gastric band procedure done. This is really nothing new as most hypnotherapists use some sort of visualisation in their work. Beware of unscrupulous therapists charging large amounts of money for this so called “revolutionary” treatment. The chances are that if conventional Hypnotherapy sessions do not work for you, then this method won't either.

I find the best and most reliable method to help you make your desired changes are a combination of Hypnotherapy, NLP (Neuro Linguistic Programming) and maybe some EFT (Emotional Freedom Technique or Tapping). After our initial session I will be able to work out the ideal combination of these methods that would work best for you. This will help you take complete control of your eating behaviour in a natural and easy way.

If you are ready to make the change and take control of your eating behaviour, please contact me soon so we can arrange your appointment. Still not sure, maybe you have some more questions, call or email me, whichever is best for you. Just a reminder, my freephone number is **0800 002 9840**.

Let's begin to make those changes and help you be the person you want to be.

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