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## Losing Weight the Head-on Way



Nicholas Pollak / June 17, 2013 /

[OP-ED \(http://www.thefrontpageonline.com/category/op-ed\)](http://www.thefrontpageonline.com/category/op-ed)

I do not often write about weight loss because seldom do clients ask about it. Those who do inquire are successful in losing their unwanted weight at the rate of two to three pounds a week, a healthy amount.

Traditionally when you think of hypnotism, aside from a stage show, people see it as a means to quit smoking or lose weight. They do not understand the two topics are only a small part of what hypnotherapy can help a person to accomplish.

Provided you follow easy rules, weight loss is not difficult.

“To lose weight,” says Dr. Laura Schlesinger, a radio talk show shrink, tongue in cheek, “you want to eat half as much and work out twice as much.” This technique is one of the best ways.

After that come the disciplines of continuing to work out, being careful how much you eat, ensuring that the foods you eat are appropriate. Sugar is the biggest culprit. Once you have conquered that habit, the chances are strong you will shed unwanted weight.

## **Sweet Seduction**

Sugar is one of the main building blocks of our bodies. In the United States, we have a tendency to eat highly processed foods, rich in carbohydrates that unfortunately quickly convert to sugar. In turn, that spikes our blood sugar levels, and the levels drop fast, leaving you craving more. You give yourself more carbohydrates, which compounds your problem and creates unwanted extra weight.

Research shows sugar can weaken the immune system, contributing to the aging process, raising stress levels, contributing to Type II diabetes, while forming more fat in your body. Sugar and sweets are fine in small, infrequent doses.

With a diet rich in protein, low in carbohydrates, your body immediately adapts. Your blood sugar levels remain more even because you are eating smaller amounts of food – but every two hours. By stabilizing your blood sugar levels, you will not feel desperate to put unhealthy carbohydrate snacks into your system. Because of the protein, your appetite will feel more satisfied. Remember, protein breaks down to sugar more slowly than a carbohydrate so you do not feel as hungry.

## **Biggest Danger: Being Home**

Another issue is the unhealthy eating habits when we are home. They will commonly result from emotional repression or boredom. Clients tell me they eat more at home in the evening because they do not have enough to keep themselves occupied other than watching television.

Watchers frequently go to the kitchen for snacks.

A tip: If you are not hungry, emotion may be the only motivation to eat.

Hypnosis can be the perfect tool to re-educate your subconscious to reduce cravings and food impulses. It will help give back your choice about the healthy foods to eat.

Permanent weight loss occurs with a change in lifestyle. Hypnosis helps make those changes, altering the way you think about food. It stops the struggle shows you how to enjoy exercise.

gain because of fat.  
The brain transmits hunger to the body when the body lacks the calories to maintain sufficient energy to perform the needed tasks, thus stimulating hunger. Though a hungry body is not disabled, hunger can weaken a person, slowing internal activities. As the body slows, weight loss is reduced.

I encourage you to remember that weight loss occurs with the right foods in moderate amounts, a solid exercise routine and the right mental attitude.

#### Weight Loss Through Hypnotherapy:

- Decrease Your Appetite
- Reduce the Desire for Fattening Foods
- Change Your Eating Habits
- Increase Your Motivation to Exercise
- Increase Your Desire for Healthy Foods
- Reach Your Desired Goal Weight
- Eliminate Root Cause and Conflicting Desires

***Do not hesitate to contact me by telephone, 310.204.3321, or by email at [nickpollak@hypnotherapy4you.net](mailto:nickpollak@hypnotherapy4you.net) (mailto:nickpollak@hypnotherapy4you.net). See my website at [www.hypnotherapy4you.net](http://www.hypnotherapy4you.net) (http://www.hypnotherapy4you.net)***



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