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
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You Need to Practice Discipline to Lose Weight



Nicholas Pollak / May 14, 2012 /

OP-ED (<http://www.thefrontpageonline.com/category/op-ed>)

left|Nicholas D. Pollak|remove link|no_popup[/img] A prospective client who wanted to lose weight called me recently. He had been referred by a urologist.

Not hugely overweight, the gentleman wanted to lose 20 pounds. He was taking a medication that was making him gain more weight. Steroids are the usual culprits for this type of weight gain. In this case, though, it was a medication used to help to reduce an enlarged prostate. An unfortunate side effect was the weight gain.

I always tell a new client in a lighthearted manner that the key to weight loss is:

Eat half as much, and work out twice as much (with thanks to Dr. Laura Schlesinger).

Eating more protein and fewer carbohydrates also helps the pounds drop off as well as eating small meals every two hours.

Generally, I will give a client a diet that is rich in protein, low in carbohydrates. I give the same diet to clients suffering panic and anxiety attacks. This diet stabilizes the blood sugar levels, allowing a person to use his critical thinking faculties. Functioning from this area, one's thinking is logical, not emotional. The client comes to understand that by ensuring a stable sugar level, he is not as impulsive about eating. He wants to eat the healthier type of foods that the diet recommends.

Too much sugar leads to depression, anxiety, a lowered immune system, irritability, sweats and insomnia,. For those reasons, it is important to eliminate as much as you can when dieting. Nighttime snacking is a common issue. Boredom, loneliness, anger or sadness may be to blame.

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

Overcoming this temptation is important. Hypnosis helps to reprogram people's attitudes by improving motivation. This will get a client off the couch to work out, something as simple as walking fast for 30 minutes or a formal workout program. Whatever, the client will have something new to occupy his time.

Forming New Habits

Hypnosis helps the client to break old patterns. Motivation is a huge factor.

Weight loss begins in the mind.

Hypnosis is the perfect tool for re-educating your subconscious to reduce your cravings and food impulses and to give you back your choice as to what healthy foods to eat.

Permanent weight loss occurs with a change in lifestyle. Hypnosis helps you make those changes.

Obviously, every weight loss program works better if you exercise. Hypnotherapy gives you the motivation to exercise. Hypnosis changes the way you think about food, stops the struggle, and helps you to enjoy exercise.

can stimulate appetite. A person on a diet has to control his appetite or increase the chances of swelling.. Hypnotherapy helps control the appetite not the hunger.

The brain transmits hunger to the body when the body lacks the calories to maintain sufficient energy to execute needed tasks. This stimulates hunger. Though the body is not disabled, hunger can weaken a person, causing the body's internal activities to slow down. As the body slows, weight loss is reduced.

Weight loss occurs with the right foods in moderate amounts with a solid exercise routine.

Starvation is *not* recommended. It can produce harmful effects to the body.

With weight loss, I recommend that a client lose no more than one or two pounds a week. Remember, it took a long time to gain the weight. Losing slowly causes less stress and damage to the body. It allows the skin to regain its shape without surgery to shed the excess skin from a dramatic, quick weight loss.

A friend underwent a stomach reduction operation. His weight loss was too rapid, he looked so unattractive because of the loose skin. Removing it was painful and expensive. Scars remained that some would consider unsightly.

In my client's case, he followed directions was faithful to the diet and worked out more than he used to. Within weeks, he was on his way.

If you have any questions please do not hesitate to contact me by telephone, 310.204.3321, or by email at nickpollak@hypnotherapy4you.net (mailto:nickpollak@hypnotherapy4you.net). See my website at www.hypnotherapy4you.net (http://www.hypnotherapy4you.net)



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