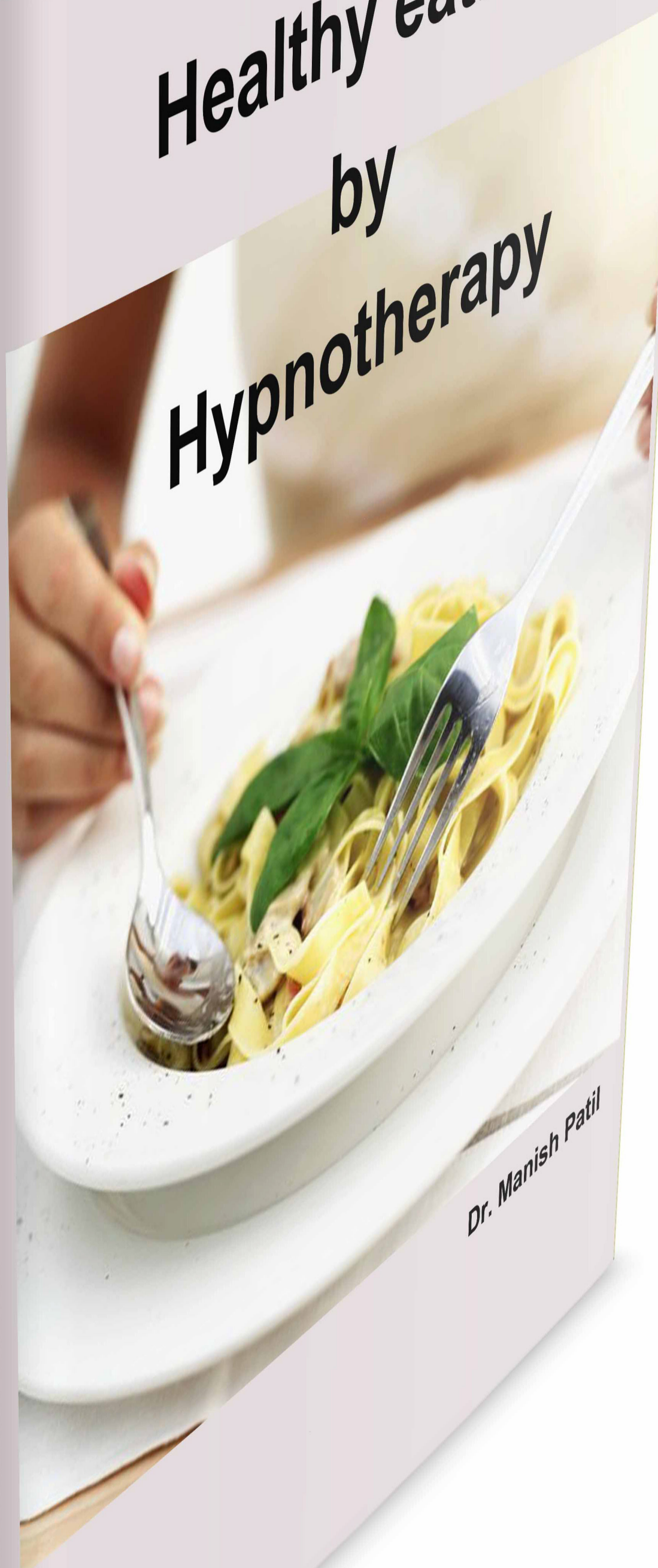


Healthy eating by Hypnotherapy

Dr. Manish Patil

**Healthy eating
by
Hypnotherapy**



Dr. Manish Patil

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Hypnosis

Hypnosis is an altered state of consciousness. There are arguments for and against it being a 'special' state but having hypnotized thousands of people in one to one situations I know this 'special' state exists. It is true that suggestions can be given and acted upon in normal waking consciousness but suggestions are far more effective when delivered to a person in an altered state brought on by a hypnotic induction.

People sometimes shy away from hypnosis but often this is because they misunderstand what it actually is. Much of the misunderstanding of hypnosis comes from stage shows and the way that it is portrayed in the media. Stories about hypnosis only tend to make the news if there is a problem or if it is misused.

In reality hypnosis works very simply. In a professional one to one situation hypnosis is achieved by using various techniques to guide the client in to deeper levels of relaxation. It is often a gentle progression from waking consciousness into a deep level of mental and physical relaxation, rather than a flashy click of the fingers that you might see on TV or in stage shows.

When you are in a hypnotic state you will still be aware of your surroundings even as you drift into deeper states. It can sometimes feel as though very little is happening and that you can open your eyes at any time and be wide-awake. This is because being under hypnosis doesn't feel unusual. It doesn't create a special feeling and so people often don't realize when they are under hypnosis.

Being in an altered state of consciousness or in a hypnotic trance is actually something you will experience naturally many times in your life. For example, just before you fall asleep each night and before you are fully awake in the morning you are in a trance state that everyone on the planet experiences. These morning and evening trance states are called the hypnogogic and hypnopompic states. Daydreaming is another naturally occurring trance state that is familiar to all of us and one that is similar to being in a light state of hypnosis.

When you are in a deep level of mental and physical relaxation you become receptive to suggestions and accepting suggestions is the key to using hypnosis as a therapeutic tool. A post hypnotic suggestion is a suggestion given that will be acted upon at a later time. For example if a post-hypnotic suggestion is given that "as soon as your head touches the pillow each night, you will find it easy to go into a deep relaxing sleep." When a suggestion like this is accepted by your unconscious mind the next time you go to bed and your head touches the pillow you will indeed find it easy to go to sleep.

We spend most of our time in our conscious thoughts and only sporadically tap into our unconscious mind when we daydream or get creative ideas. The only other time we spend in our unconscious thoughts is when we are sleeping, when our conscious mind has switched off. Learning to connect with your deep unconscious mind through hypnosis can help you in so many different ways to achieve goals, find your creativity, or overcome difficulties.

The treatment method where your problems are treated and cured with Hypnosis is called Hypnotherapy

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Hypnotherapy and the Sub Conscious

If you desire something desperately, will strongly and act accordingly then even the gods cannot stop you from having what you desire. But you must keep in mind that this desperate desire should be combined with deeds. You must keep in mind that faith without desire is of little use as is desire without faith.

The way to acquire your strongest desires is through the practice of Hypnotherapy. Yes great wonders can be achieved through Hypnotherapy. When you induce hypnosis by yourself and get into a hypnotic trance without the help of a hypnotist then it can be said that you have induced **self-hypnosis**. It is said "As you think so you become". The practice of self-hypnosis is based on this principle. One must remember that self-hypnosis is a double edged sword. A man is after all a bundle of habits good and bad, it is difficult to check and change undesirable habits but Hypnotherapy makes it easy and possible. Before embarking further and getting into the practice of Hypnotherapy it is advisable to ask the following questions of yourself

- Are you determined to fight and eradicate a bad habit or to develop a good one?
- Do you have faith in hypnosis and Hypnotherapy?
- Do you know the art of hypnosis and Hypnotherapy?
- Do you possess the patience and the perseverance necessary to walk along the path of hypnosis and Hypnotherapy? If your answer to all these questions is yes then you can safely proceed.

In Hypnotherapy the most important thing is to be very clear and precise about your objectives, what you want to achieve must be directly in your sight. There should not be any indecisive about it, the objective should always be exact and specific, so that you can attack it point blank and in full force.

The next step in treatments by Hypnotherapy is the access to the sub-conscious mind. The duplicity of the mind is well known, and it forms the basis of the self and hetero-hypnosis, if the normal mind takes a suggestion, holds it fast, then the suggestion percolates to the sub-conscious, and in due course of time it is materialized. Please keep in mind that once an idea is impressed upon the sub-conscious mind, it is never forgotten or destroyed.

Our sub-conscious mind is like an abyss, hidden, fathomless and mysterious, yet it is more important than the working mind. Please keep in mind that it is not the conscious mind that activates and controls us but the sub-conscious mind. All our senses and bodily organs are in fact an extension of this subconscious mind.

The conscious mind can be compared to a telephone exchange which receives communication in form of sense impressions and impulses and then passes them on to the sub-conscious; the sub-conscious does not recognize the barriers of time and space.

The sub-conscious within us can be approached when it is in a quiet and calm state, in hypnotic state we have an easy access to the sub-conscious, because it is when the body is in a relaxed state and the senses are numbed. This is a state when the sub-conscious is ready to receive suggestions and impulses from the self or others.

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Therefore it is most important to approach the sub-conscious when you are in a relaxed state, this state is either just before sleep at night or immediately after a deep soothing sleep when the senses are in a numbed state,

This state of deep relaxation can be created through the practice of Hypnotherapy, and can be used to fulfill your deepest wishes and desire. The exploration of the sub-conscious is the greatest journey one can ever undertake and everything pales in comparison to this adventure.

The Power of Suggestion

The entire Universe is made up of vibrations, and amongst these vibrations Suggestions are the most powerful vibrations on our planet. We are living in a world of Suggestions, right from conception through infancy, childhood, youth, adult life and old age our life is nothing but what is molded by Suggestions which bombard us throughout our life.

Saint German has aptly defined Suggestion as “the temporary implanting of the will of one person on the brain of another by a purely mental process”. He further states to make his point “A servant executing an order is acting under Suggestion; he obeys his desire to earn his wages. A man in love, complying with the wishes of his sweetheart submits to a will foreign to his own. A professor teaching and repeating every day the same precepts to his pupils, imposes his will upon them. A father reproving his son for some error, strives to instill his own principles to obtain better conduct, a mother who coaxes her child tries by her caresses to attain the same result, a wife who by her numberless means of persuasion, manages her husband, implants her will in him.

The orator, who captivates his audience, acts in the same way. Everything is but Suggestion in this world, at least in the old fashioned acceptance of the word. No sleep is required for this kind of Suggestion”.

It are these Suggestions which ultimately shape our Karma, one is therefore advised to be careful what kinds of suggestions he offers. We have to take extreme care in dealing with infants and children because we have to realize that we are molding their minds.

Suggestions in most of the cases is the imposition of will, one has to be careful in this regard. The power of Suggestion is marvelous, and miracles can be achieved through it. A whole new world will open up if we understand the power of Suggestions and how to implement them correctly.

Samadhi through Self Hypnosis

The most advanced stage in self-hypnosis, is what is called in Hindu Spiritualism as the state of Samadhi. This state is extremely rare and difficult for common man to achieve, but not impossible to achieve. In the highest stages of Self Hypnosis the subject can project his consciousness anywhere he desires, even out of the atmosphere of the earth at any time he desires. This is called the transcendental state of consciousness or super-consciousness, in such a state the barriers which rule us those of time and space cease to exist and become the unknown. In such a state the physical body remains in a inert state, but the etheric or astral body springs into action .This etheric or astral body becomes the vehicle of the subject, and can travel anywhere in time and space.

This highest state of hypnotic trance though it might seem difficult can be achieved by the dedicated student of self-hypnosis, and also through the practice of **Meditation of Silence**. The consciousness can be directed at first to do astral travel, and then later on after some experience has been achieved,

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this transference of consciousness may be directed to travel into the past and the future. In such states one can describe what has happened, what is happening and what will happen. In this state one can see clairvoyantly and hear clairaudiently.

In this highest state of self-hypnosis or Samadhi one acquires extra sensory perception, and may even acquire certain unknown supernatural powers. In such a state the normal senses become heightened, and one experiences the feeling that he is the consciousness, this is the state where there is no difference between the material and the immaterial and everything becomes one and merges with ones consciousness, this state has been described by great Yogis "as I am you are me" which signifies that the state of Duality has disappeared.

The Three Forces of God

The entire universe of which we individually and collectively along with everything else are a part of which is popularly called god is governed by three forces -Creative, Protective and Destructive, also called Bramha, Vishnu, Mahesh.

These are the three forces which are present everywhere and in everything in the entire universe and everything contained in it is but a play of these three forces, everything is controlled by these three forces. There is nothing else but these three present in everything in creation. The sum total of these three forces is called god.

Now if we look at ourselves we can clearly see the play of these forces and how they govern our lives, one may be in a creative frame of mind one day and create something new like a painting or a house or anything else, then on day one might be in an protective frame of mind to protect what one believes to be his rightful property or his birthright, then one day one might be in a destructive frame of mind to punish those whom he believes have harmed him in any way or taken away what he believes to be rightfully his.

These three roles are interchanged in every ones lives daily, you just have to look at your mood at any given moment to know what mode you are in that particular moment. If you look around you carefully you will observe people with varying degrees of predominance of one particular force over the other.

Now look further at societies and countries and you will find entire societies or countries with the predominance of one of the three forces of nature, there are countries which are engaged in creative pursuits like inventions in medicine or computers or any other pursuit for the betterment of mankind, then there are other countries which are engaged in protective pursuits to protect their territory or their rights and those countries which are forever engaged in destructive pursuits to gain more territory or power. Here i must add that these countries also use the other two less dominant forces in pursuit of their goals which may be Creative, Protective or Destructive but the predominance of one particular trait is always there.

Now let us look beyond ourselves and earth and look at the entire universe, what do we see new galaxies, solar systems, suns being created and destroyed amongst the countless objects in what we can see of the universe. Thus you will realise that the forces of Creation, Protection and Destruction are prevalent in the entire universe and control everything inexistence.

These three forces are the three parts of what we call god, they arise from the same ultimate force we call god and govern the universe.

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The three aspects of god keep the balance in the universe, they are interlinked and when there is in balance and one of the three forces more dominant then the other two assert themselves to maintain the balance, the balance between the three forces has to be maintained forever hence the cycle of Creation, Protection and Destruction will go on forever and nothing can escape it.

The truth behind meditation

Meditation is a word you hear day in and day out almost everyone practices meditation at one time or the other in his or her life. There are numerous techniques available, all of which promise you of the ultimate union with god. Yet out of these millions of people practicing meditation for years how many of them have reached their ultimate goal, have you heard or met such people what have you noticed in them which you don't poses, are they any different from you .did you see them perform any miracles or things which you could not do. Now about these persons practicing meditation apart from self hypnosis in what way have they changed, see changes show by themselves you don't have to observe them through a microscope.

Now what is the truth behind meditation you will ask me, let me tell you meditation is nothing but a state of mind, the ultimate goal of the mediator is union with the ultimate and this union cannot be achieved by getting into methods. If one could achieve the final frontier of meditation by getting into methods or mechanical habits you may very well try counting numbers or motorcars passing in front of your house. You will achieve nothing other than satisfaction which you may also gain from cleaning your house.

Then you will ask how to achieve this state of mind which is popularly called meditation and to achieve the ultimate goal which is union the almighty or god. I will in my next post show you how to achieve this state of mind.

Meditation a state of mind

Meditation is nothing but a state of mind. I would like to show you two to achieve this state of mind, but first you have to get rid of all the crap which you have accumulated in your memory and to approach your new task with an unbiased and balanced mind do not judge or pass judgments or arrive at a conclusion or set a target for yourself. Remember that you have to enter with a fresh mind leaving behind all your past baggage behind.

Now i want to remember and think deeply and say aloud **We live inside the thing and the thing lives inside us.**

Now i will tell you of two ways to reach this state of mind both these ways have their roots straight back back to the Buddha

The first is to observe your thoughts, look at them in an unbiased manner and remember not to get involved in analyzing or passing of judgments or arriving at conclusions or setting a target for yourself. I want you to remember **You will find god when you stop trying.**

When you are observing your thoughts without bias and in a balanced manner there will come a time when your thoughts will slow down and then you will come in contact with the space between your thoughts, it is this space in which the entire universe exists. It is this space which you call god/bhagwan/allah/or the almighty. The final goal of the mediator is to reach this state of mind and become aware that he/she is in permanent contact with the **space.**

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The second way is to observe your breath like an observer, not to do anything with your breath just observe and to remember what I have told earlier. Please remember that to achieve this meditative state of mind it is not necessary to have a schedule or to get into a habit or a discipline of some kind. It is not necessary to have fixed posture's or a fixed time this can be done at any time of the day or night in any place including the toilet.

Please bear in mind not to get into any kind of habit, but to achieve this state in a natural way which you find most comfortable, you can also effect changes which come most naturally bearing in mind **We live inside the thing and the thing lives inside us.**

The Seven Chakras

In the human body are three main channel or nadis as they are called in Sanskrit called Ida, Pingala and Shushamna which are called in English as the sympatic, parasympatic and central nervous systems, these three nadis are situated along the spinal cord and they run in a curved manner which can be likened to a snake, these three nadis in this curved movement overlap each other and at the various fields of crossing an energy field is created which flows in an circular manner which can be compared to a wheel or a chakra hence the word chakra is used to describe these centers of energy, the frequency of these energy fields increases from the lower to the higher chakra ie. the force which is generated increases from the lower to the higher.

These chakras and the energy which they generate is called the Prana or the life source energy, and this energy controls the entire human body and the chakras individually have a field of operation ie. they control the functions of the area in which they are situated, they not only control the physical parts but also the corresponding mental energy which these parts release.

The seven main chakra or energy fields are as below-

THE MULDHARA CHAKRA

This is the root or the first chakra from which the three nadis the Ida, Pingala and the Shushanma begin their upward movement of energy, this chakra is situated below the spinal cord between the spinal cord and annus, it is said to be red in colour and has four wheels or spokes which represent the basic wants of life which are material in nature. The four spokes symbolises the force with which the energy rotates ,the words which correspond to this chakra are LAM.

THE SWADHISTHANA CHAKRA

This chakra is situated about a couple of inches above the muldhara chakra near the ovaries, this chakra has six spokes which represent emotions representing the basic desires like love, anger ,sexual energy and other basic emotions, this chakra effects the gonads. The words which correspond to this chakra are VAM and the colour is violet.

THE MANIPURA CHAKRA

This chakra is situated in the navel area and is associated with will power relating to the basic desires and has ten spokes representing use of fair means or cunningness or other such means to fulfill the basic wants. This chakra effects the pancreas and the corresponding words are RAM and the colour is bright red.

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THE ANAHATA CHAKRA

This is also called the heart chakra and has twelve spokes representing the ability of taking decisions from the heart rather than decisions based on your emotions, this chakra is the first of the higher chakras as one rises above the basic and materialistic needs, this chakra effects the thymus gland and the corresponding words are YAM and the colour is pink.

THE VISHUDDHA CHAKRA

This chakra is situated in the middle of the neck and effects the thyroid gland, this gland also effects the ability of speech. This chakra gives one the ability for spiritual wisdom and the higher knowledge which is associated with it, there are sixteen spokes associated with this chakra and the corresponding words are HAM and the colour blue.

THE AJNA CHAKRA

This is the chakra where the three nadis the Ida, pingala and sushamna meet after their climb upwards from the muladhara chakra, this chakra is situated near the pineal gland and is popularly called the third eye because this is the chakra of the mind and has the ability to give one foresight and the higher qualities and the ability to use the full force of the mind' the corresponding words are OM the colour green.

THE SAHASARA CHAKRA

this chakra is also called the crown chakra, and is situated on the crown of the head and is golden in colour, this chakra has one thousand spokes and is the chakra from which the life energy in the body rises from the muladhara chakra to the ajna chakra and then through the crown for the ultimate union with god or the universal life energy.

Thus we see how the universal energy functions inside the human body, the seven main chakras are the generators of this energy, the very basis of Kundalini Yoga is meditating on these chakras cleansing their energy and enabling the upward flow to it logical union through the crown chakra with the universal energy in the atmosphere.

Meditation of Silence

Dear Readers after reading my posts [The truth behind meditation](#) and [Meditation-a-state-of-mind](#) many of you have asked me to give a practical technique to practice meditation, I am of the opinion that and I have stressed that before that meditation is a state of mind and it is not advisable to get into habits of any kind and to practice meditation in a way which is most comfortable to you, herein below I will explain what really is meditation and how it is advisable to practice it.

I have in my post [The Seven Chakras](#) explained in detail who the functions of the three nadis in the human body which distribute breath or pranathrought out the body -called in Sanskrit as Ida, Pingala and Shushamna and in English as the sympatic, parasympatic and central nervous systems, these three nadis are situated along the spinal cord and they run in a curved manner which is why they are called Serpent or Kundalini, these three nadis in this curved movement overlap each other and at the various fields of crossing an energy field is created which flows in an circular manner which can be compared to a wheel or a chakra hence the word chakra is used to describe these centers of energy, the frequency of these energy fields increases from the lower to the higher chakra ie. the force which is generated increases from the lower to the higher.

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These chakras and the energy which they generate is called the Prana or the life source energy, and this energy controls the entire human body and the chakras individually have a field of operation ie. they control the functions of the area in which they are situated, they not only control the physical parts but also the corresponding mental energy which these parts release.

Now as we have seen how the breath or the life source or prana flows through these nadis and controls the entire human body, please keep in mind that that area of the body which is most effected requires more breath or prana hence normally the distribution of the breath is not evenly distributed throughout the body.

Keeping this in mind the only way to practice meditation is through **Silence** but first it is essential to understand what silence means, when one practices silence the breath does not get unevenly distributed and is distributed through the body and in the process flows upwards toward the **Brain** and stimulates those areas of the brain which have been neglected and have remained unused, this is what the mystics call **Siddhi**.

Now you will ask me how does one practice silence, I tell you silence cannot be practiced mechanically by method but one can practice it in a way one feels more comfortable with and how can one feel comfortable there is only way **By knowing what silence can do for you.**

Frequently Asked Questions

Why is Hypnotherapy so effective?

Positive thoughts breed positive actions which bring positive success. That's exactly how hypnotherapy works, helping install new feelings of well-being. Since hypnosis is accessing the creative unconscious part of the mind, there is much less resistance in accepting positive suggestions. Therefore the Hypnotherapy treatment can often be much more effective, and produce much quicker results, even than with those achieved by psychotherapy alone.

Does Hypnotherapy work for everyone?

It's important to remember that everyone has his or her own unique experience of hypnosis & Hypnotherapy. What one person feels may be entirely different from the next. Many people shy away from the use of Hypnotherapy because they don't understand how or why it works, or fear they cannot be hypnotized. **However acceptance and implementation of the given instructions is very necessary to get benefited.**

It is found that about 10-15% of people are classically un-hypnotisable, most people (85%) show normal scores, and about 10% are hypnotisable to extreme depths and show the classical deep trance phenomena.

With our Hypnotherapy audio sessions you don't have to go that deep to get the benefits of hypnosis. If you are willing to listen and relax as deeply as you can, you will experience benefits. Hypnosis does not come easily for everyone. Normally the results are noticed within a month. Some people will have to try harder at it than others, but if you dedicate yourself to getting the most out of each session, you accept all the instructions given, then you will. **I will clarify here that then and only then you will.** By staying motivated, listening often, and following the suggestions you are sure to experience successful Hypnotherapy.

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How safe is Hypnotherapy? Should I be worried?

Hypnosis is a naturally occurring, beneficial, positive state, and as far as we're concerned it can never be bad for your health. It is just deep relaxation after all. Our guess would be that all medical practitioners would agree on the health benefits of deep relaxation. So as a therapy it should be embraced for producing personal growth, and personal empowerment.

Can a person be hypnotised against his will or made to do anything against his will?

No one is able to be hypnotised against his/her/their will; as willingness to accept the instructions is most necessary for hypnotism & Hypnotherapy.

Will Hypnotherapy make me act strangely?

Hypnosis is not what the movies have made it out to be. In reality, hypnosis is the act of achieving an induced state known as Alpha. Alpha is a light trance-like state that many people experience throughout the day without even realizing it. Some refer to it as being on auto-pilot. You can drive a familiar road without focusing on the route, but you subconsciously know when and where to turn. Should a child dart out in front of your car, you would be able to react and stop quickly. The same is true of the Alpha state of mind. Responses to important stimuli are still possible. It is also the perfect time to impose suggestions that can mean real differences in your life.

During the Alpha state people are 200 times more influenced by suggestions. Hypnotherapy programs help you achieve that perfect state in which changes are made.

What Types of Changes Can I Make Using Hypnotherapy?

You can change the way you think about yourself and even change your physical health and appearance through directed hypnotic methods. Have more confidence, lose weight, or stop smoking after just 3 weeks of daily Hypnotherapy. You can boost your immune system and have more muscle mass and better looking skin.

Will Hypnotherapy totally change me as a person?

Our Hypnotherapy audio sessions are designed to help you to change in a positive way. So don't worry, you will still be you!

How do your Hypnotherapy audio sessions work?

When listening to one of our **Hypnotherapy audio sessions**, you will be gently and effortlessly guided into a state of deep relaxation. This is achieved by a technique called progressive relaxation, which involves following very simple verbal instructions and positive suggestions, which leads to you becoming progressively more and more relaxed. As your body relaxes so too does your mind.

When you enter this deep state of relaxation, which we call 'creative relaxation', the conscious part of your mind can be easily distracted. While this happens, positive suggestions are given directly to the creative unconscious (subconscious) part of the mind. Since the doorway to the unconscious mind is now open, it is much more receptive to the information it needs to change the unwanted experience or behavior you want to stop.

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How long are your Hypnotherapy sessions?

The length of each Hypnotherapy recording varies, depending on the situation and the problem. May be appr. 20 to 50 minutes or even more.

Remember that repetition is the key for Hypnotherapy. The more you hear the suggestion, the more likely it is to be accepted by your creative unconscious. And we know that motivation is helped and maintained if listened to everyday. Preferably twice if possible. If not even once gives satisfied results. Just the time to get the results increases.

When will I notice the results of Hypnotherapy?

Everyone's experience with Hypnotherapy is unique, so each person will experience positive change at different speeds and levels. Somebody may get result when listened only once. Some people might get real results after a few days and for others it might take a few weeks before they notice a change. It's not always an "Aha!" moment or some eureka experience. It's more often something that happens without us really even noticing, such as when someone develops more self confidence without consciously noticing at first - which is very common.

Remember that we all have our own unique inner world and we each have our own time frame for change. It's impossible to predict when and how change will occur, but it does happen. Hypnosis is by far the most effective means of bringing about permanent and lasting behavioral and emotional change, even if we aren't immediately aware of it.

Are your Hypnotherapy sessions suitable for children?

Your child should benefit from regular use of our Hypnotherapy products. In fact children will often respond even quicker than adults do, mainly because they have highly active imaginations and the imagination plays a large part in hypnosis. **However, please ensure that you supervise your child's use of any Hypnotherapy audio sessions.**

Is it safe to use Hypnotherapy when you're pregnant?

Yes, regular deep relaxation can only help you and your baby during your pregnancy. In fact, we have developed specific titles for pregnancy, these include: Easy natural childbirth, Manage morning sickness and Post natal depression. However we would suggest you to consult your gynecologist before ordering any Hypnotherapy session.

When and where should I listen to your Hypnotherapy audio sessions?

You can listen to any of our Hypnotherapy audio sessions anytime you like. A good time to listen to our self hypnosis sessions is before bedtime. You can then fall asleep after listening. It's also important you ensure that you won't be unnecessarily disturbed when you listen to a self hypnosis session. Allow yourself to have relevant time in a safe place with peace and quiet. **But please do not listen the Hypnotherapy audio sessions when driving or operating machinery, or when something else requires your full attention.**

How often do I need to listen to each Hypnotherapy session?

Repeated listening is the key to success with our self hypnosis sessions. We recommend you listen to our Hypnotherapy audio sessions everyday preferably twice or at least once for the first three weeks. We then suggest you listen only once every day for the following three weeks or longer for

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maximum positive benefit. After this you should listen to the Hypnotherapy audio session if and when you feel the need. You will probably enjoy the creative hypnotic relaxation so much that you will want to continue to benefit by listening regularly.

Why do I need to listen more than once if they're so effective?

The regular concentrated use of our Hypnotherapy audio sessions means that the suggestions and information within the session are much more likely to be accepted by your unconscious mind. This means you are much more likely to fully benefit from their use.

Can I listen to a Hypnotherapy audio session more than once a day?

Yes, twice a day is fine. Anymore might just be 'too much too soon'.

Can I use more than one Hypnotherapy session at once?

Yes of course. Some of our Hypnotherapy sessions complement each other very well, such as 'super self confidence' and 'boost your self esteem' or 'anxiety release' and 'stop worrying'. However, some issues are more complex and we would recommend caution in trying to tackle separate issues at once. For example weight loss and stopping smoking are very difficult to achieve at the same time, and it could be better to concentrate on each issue at different times. We also don't recommend you listen to too many different sessions over the same period which is why we limit purchases to 10 sessions.

Is it better to concentrate on one issue or listen on alternate days?

Everybody responds in their own way to our Hypnotherapy audio sessions. It could well be useful to use them on the same day, especially if they complement each. However, if your sessions are for very different, distinct problems, it might be more useful to listen to one session until you are feeling positive results and then start using another as and when you feel ready.

Can I listen to two or more sessions, one right after another?

We suggest that you do not listen to more than two hypnotherapy sessions right after each other. If you wish to play two together that's fine, but ensure that they complement each other and are not working to help you on very different problems. The answer to this question is critical. Contact us for specific sessions.

Is there a limit to how many I should listen to in a day?

We suggest a maximum of two hypnotherapy sessions per day, (that complement each other). Anymore and you may feel a little confused and not fully benefit from your efforts.

Are these recordings suitable for falling asleep to?

Whilst most of our Hypnotherapy audio sessions have a wake up part at the end, you can still use them to fall asleep to, by simply turning off the recording towards the end (just before the wake up part). Because you will feel so relaxed after listening to any of our Hypnotherapy sessions, it'll be easy to just drift off into a natural sleep.

Does it matter if I fall asleep whilst listening? Will I still benefit?

Hypnosis can be a natural bridge into sleep. Should you fall asleep during their use, don't worry. This is perfectly fine. Everybody is different. Keep using them for full positive benefit.

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Is it common to fall asleep and then wake up towards the end?

Yes this is common. At the end of nearly all the hypnotherapy sessions, there is a wake up part, where you are instructed to wake up. It is common to feel like you were fully asleep and then just happened to wake up at the end. The reality is that you were probably not fully asleep during the session and that your creative unconscious (subconscious) mind knew it was time to wake up, or heard the words of the hypnotherapist.

Can I listen to a session on a loop, throughout the night?

We suggest that you use the self hypnosis audio sessions as directed. Concentrated use of the hypnotherapy session can be beneficial if and only if your brain can manage it; however, we don't want to disturb your sleep pattern as regular sleep is important for good health.

Do I need to listen with headphones or can I listen on speakers?

If you don't have any headphones then yes you can listen via speakers. But we strongly recommend you listen to our Hypnotherapy sessions using headphones. By listening through headphones it almost seems like the sound is plugged directly into your brain. Headphones also help in cutting down on any possible distractions. Remember that concentration is a key factor in hypnosis and your focus can be easily interrupted by outside noise.

I am finding it hard to relax. Do you have any tips?

Some people say they have trouble relaxing and fear it may impact their ability to benefit from hypnotherapy. The best advice is to try not to think so much and just go with the flow and do as directed. Let it all happen naturally and just lay back (or sit back) and listen to what is being said and do as directed. If you're being asked to concentrate on a certain part of your body, just follow and keep your focus.

Hypnotherapy does not always come easily for everyone. However, if you dedicate yourself to getting the most out of each audio session, then you will. By staying motivated, listening often, and following the suggestions you are sure to experience successful Hypnotherapy.

Is there any way to purchase Hypnotherapy audio sessions anonymously?

While ordering you must fill in your correct and complete details, along with the name of the person to be benefited as it is used in the sessions. Otherwise your order will not get processed. Please remember that we respect our customer's privacy, and your details will not be shared with any third party.

Will I receive unwanted emails or promotional mail?

No, we respect your privacy. We only send the occasional email newsletter only and only to those who have opted in to our mailing list, and we never send promotional material via regular post/mail.

How long do I have to wait until I receive my Hypnotherapy download(s)?

All orders are processed separately by the beneficiary name. It normally takes 8-10 days to make a Hypnotherapy audio session. But it may happen that it may take some more time if the number of orders increases.

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Can I make a copy of your Hypnotherapy audio session(s)?

Our Hypnotherapy audio sessions are for personal use only (**Commercial use strictly not allowed**), and are restricted to one person and only one person for whom it is ordered. You are allowed to make one copy onto a CD for your own personal use only.

Are the Hypnotherapy audio sessions registered to my computer?

No, our Hypnotherapy audio sessions are not registered to the computer you download them to.

Can I use the Hypnotherapy audio session given for me to benefit other members of my family, friends, relatives etc.?

Every Hypnotherapy audio session we give is recorded by the name of the beneficiary provided in the order form. It is made to benefit that person only. If any other person uses it he will/may not get any benefit as all the instructions are given by that beneficiary name. Also it is legally prohibited as the session is made for your and only your personal use. This is intended to protect our intellectual property and incomes relating it from any type of misuse/fraud/malpractices and sharing or distribution will lead to legal prosecution and penalties up to maximum.

In which languages can I get my Hypnotherapy audio sessions

You can get your Hypnotherapy audio sessions in Marathi, Hindi and Indian English only.

What if I don't know English, Hindi or Marathi?

Sorry. Presently we are making Hypnotherapy audio sessions only in Marathi, Hindi and Indian English languages. You have to know and understand the language to get benefited by Hypnotherapy. You should know the meaning of each word and sentence spoken in the Hypnotherapy audio sessions. If you are not able to understand, you may not get your relevant results. **If you don't know the languages, please don't order.**

The Myths of Hypnotherapy

There are plenty of myths about hypnosis & Hypnotherapy. It's a shame really, as some of these myths put some people off using hypnosis to help make positive changes in their lives. So in this article I shall talk about ten of the most popular myths about hypnosis, and explain the truth behind each one.

Hypnotherapy Myth #1 – Hypnotists/Hypnotherapist have special powers.

Wrong! The truth is hypnotists/Hypnotherapist don't have any special powers. They just have knowledge and experience of humans. With sufficient effort and practice most people could probably induce hypnosis. Of course the real skill is in what way you use it, and how you use the hypnotic state to help people.

Hypnotherapy Myth #2 – Hypnosis/ Hypnotherapy will only work on certain people.

Wrong! Whilst it's true that hypnosis/ Hypnotherapy can be more useful for some people, I would say it's mainly down to the person's motivation, their willingness, and their ability to concentrate. As far as I'm concerned everyone is suggestible to some degree. If you're interested in something and it's something that you want, generally you're open to its effects. That's the same with hypnosis. If you

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want it to work and you co-operate and accept the instructions, then you'll reap the benefits of hypnosis/ Hypnotherapy.

Hypnotherapy Myth #3 – People who get hypnotized are weak minded.

Wrong! It's quite the opposite. Without doubt it's the people who can concentrate well and have a creative imagination that are, if you want to use the term, the best 'hypnotic subjects'. These types of people go into hypnosis/ Hypnotherapy easier and deeper than anyone else. We're all susceptible to suggestion, but it's just a matter to what degree. If someone is offering me something which is useful, then I will work towards achieving it. It would be really silly to work against something that will give you benefit. So it's really not true that people who are hypnotized are gullible or weak minded.

Hypnotherapy Myth #4 – When in hypnosis, you can be made to say or do something against your will.

Wrong! Generally, hypnosis is a state of heightened suggestion. Generally, people won't do anything which goes against their personal values or beliefs. What you have to remember about hypnosis is that it's not sleep and you're aware of everything that's happening around you. If someone tells you to do something that is really against your values then you won't do it. You'll come out of the state of hypnosis, and in fact it would you'd almost be shocked out of hypnosis. It's as simple as that!

Hypnotherapy Myth #5 – Hypnosis/ Hypnotherapy can be bad for your health.

Wrong! My guess would be that all medical practitioners would agree on the health benefits of relaxation. Relaxation helps to bring about a homeostatic balance – a balance within the system, of mind, body and soul, emotionally and physically. The problem is that a lot of doctors say to people "you need to learn to relax" but they never really give them the tools for knowing "how to relax".

So as far as I'm concerned it can never be bad for your health, because it's a naturally occurring state anyway. If you want to feel in balance within yourself and the world around you, hypnosis is the best state to be in.

Hypnotherapy Myth #6 – You can get stuck in hypnosis and be unable to wake up.

Wrong! No one ever gets "stuck" in hypnosis. Remember that hypnosis is a natural and normal state to be in from time to time. It's not a state which is completely alien to us. Of course hypnosis is a subjective experience and everyone will experience it differently but the worst that could possibly happen is that you drift into natural sleep, and afterwards you wake up naturally. Some people may use hypnosis as a bridge into natural sleep. I've had it before with people in my private hypnotherapy sessions, where they've been so stressed, that they have actually fallen asleep. This is not a problem. But remember, you'll never get stuck in hypnosis and be unable to wake up.

Hypnotherapy Myth #7 – You're asleep or unconscious when in hypnosis.

Wrong! You're not asleep and you're not unconscious, you're fully aware of what's happening around you. Of course everyone's experience is slightly different, some people feel light, some people feel heavy, but almost everyone feels extremely relaxed. Generally, when people are in a deep state of hypnosis, they feel as if their body has gone to sleep but the mind is still alert, awake, and aware. If you do fall into a natural sleep then don't worry. I've always maintained my belief that if people feel they're drifting off to sleep when listening to a Hypnotherapy audio session, then it's fine, it'll still do its work.

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Hypnotherapy Myth #8 – You'll become dependent on the hypnotist/Hypnotherapist.

Wrong! Remember, you have a conscious awareness during hypnosis, and are in full control. If the hypnotist/hypnotherapist was to ask you to do anything inappropriate then you'd pull yourself out of it, spontaneously for most people. The best, most professional and ethical hypnotherapists work in a way that makes the client feel empowered rather than working in an authoritarian way where problems may result.

Hypnotherapy Myth #9 – In hypnosis you'll be able to recall everything that's ever happened to you.

Wrong! Certain therapists use certain specific techniques that may help a person remember certain things from the past if that's going to be useful for them. Normally there is no real need to go back into a personal memory or personal history, particularly on a hypnosis audio session. It's just a case of sitting or laying down, chilling out, relaxing, and listening to the session.

Hypnotherapy Myth #10 – Hypnosis/Hypnotherapy is dangerous and is the devil's work!

I have heard some very religious people talk of hypnosis/Hypnotherapy as the 'devil's work'. Remember that anything can be used positively and negatively. It's not the hypnosis that might be at fault, it's the operator. It's whether a person is professional and ethical. There are many doctors who use hypnosis. I'm not so sure that they're in league with the devil. After all, hypnosis is a naturally occurring, beneficial, positive state.

Summary

The word 'hypnosis or Hypnotherapy' usually conjures up certain images in people's minds, and these stereotypes are sometimes hard to overturn. I hope this article has helped you to understand a bit more about hypnosis, and hopefully debunked some of the myths that surround it. The real truth is that hypnosis is a perfectly natural occurring state, and Hypnotherapy is the method to treat your problems by Hypnosis and so Hypnosis & Hypnotherapy are something that should be embraced for producing personal growth, and personal empowerment.

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Healthy Eating

Gently re-educate your unconscious mind to desire foods that are good for you using hypnosis.

You are what you eat, they say, but taking full responsibility for food and healthy eating in your life can be quite a challenge. Especially nowadays, in the modern world, we are all surrounded by temptations to consume too much, and too much of the wrong thing. And not only temptation - a whole industry is devoted to persuading us to indulge ourselves to excess.

And what if your challenge is in the other direction? What if you have been depriving yourself unhealthily, and are trying to return to a more balanced approach? All that pressure is no help to you either.

Of course you need to take practical measures to manage your food intake and establish a good and healthy routine, but you will be much more likely to succeed at this if you focus on the *psychological* aspects of nutrition and eating. And this is where hypnosis can really help you.

Our food and healthy eating hypnosis Buys are based on a solid understanding of the psychological underpinnings of unhealthy consumption. You can find a Buy to help you comfortably, easily and effectively take control of how food contributes to your healthy lifestyle.

You can begin to free yourself from anorexia

Anorexia (and bulimia too) is like being trapped in a hall of distorting mirrors and believing that the surreal reflections you see looking back at you are 'really you'. It's the most cruel of conditions. It's like having a wicked witch stepmother you depend on for your survival, who beats and tortures you while telling you she is the only one who *really* loves and understands you. How can you ever hope to escape her clutches?

First steps to freedom from anorexia

Well, in reading this page, you are already taking a step towards freedom. Some part of that web of lies that anorexia spins around you has come apart, and you have glimpsed - even if just fleetingly - the truth. A doubt has crept into your heart. Maybe anorexia *isn't* what it appears to be? Maybe there *is* another way to find identity or security or fulfillment than through starving yourself? But how can you know?

Looking forward to a future without anorexia

It can feel very scary to start entertaining such ideas - like a sort of betrayal. You may find it hard to imagine life without anorexia. To picture yourself living freely in the world, looking after yourself in a healthy, satisfying way. Actually *enjoying* your life. Feeling comfortable and at ease with yourself. Pursuing goals and objectives that are meaningful and satisfying to you. Can this really come true for you?

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Where do you start?

The key to freedom from anorexia lies in feelings and thoughts

As you know, anorexia manipulates you by working on your *feelings* and on your *thoughts*. So that's where you start. And because of the grip anorexia has had on you, you need something more than just will-power to face it down. You need to harness the instinctive abilities and capacities of your unconscious mind to generate new and powerful *positive* feelings and thoughts. And hypnosis can give you the key.

How hypnosis can help you escape from anorexia

Anorexia treatment Hypnotherapy audio session is an Hypnotherapy audio session which you can safely use alongside medical treatment to begin to build up your defences against the cruel wiles of anorexia. While your doctor helps you address the physical ways in which you can recover from anorexia, *Anorexia treatment* will help you reconnect deeply with your essential self and re-affirm your right to live a whole and healthy life.

You know what hard work it has been to live by anorexia's vicious rules. So it's a relief to discover that listening to *Anorexia treatment* Hypnotherapy audio session is like taking a wonderful relaxing holiday and letting yourself be carried away. Regular listening will help you establish and maintain a strong new basis for your life that will feel totally natural and instinctive.

Buy *Anorexia treatment* Hypnotherapy audio session and make your bid for freedom. Visit www.hypnotherapy.eorg.in now.

Note: *Anorexia treatment* is NOT a substitute for appropriate medical treatment of anorexia. It is to be used only as an adjunct to medical care.

Control Bulimia

Bulimia is more than just occasionally eating more than you should. Most people have a binge now and then. When bulimia takes hold it feels like it controls your whole life.

The cycle of bulimia

There is a bulimic cycle which starts with a feeling of stress or a buildup of tension. Next there may be a period of planning (even if that's just for a few minutes) during which time you decide when, where and on what you'll binge.

Bulimia is hypnotic

At the onset of a bulimic episode there is a trance out feeling where everything else seems to fade into the background as you forget time passing or outside thoughts and ideas and just pile into the particular food you are bingeing on.

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Eventually, of course the particular binge episode will finish. This either happens because you feel fit to burst and just can't put any more in almost as if you're stomach will split.

Next in the bulimic cycle comes the purging. Whether it's making yourself vomit or taking laxatives or both. This is like 'having your cake and eating it!' Or 'Having your fill but keeping slim'.

The cycle may end when no more can 'come out.' Afterwards there may be self-disgust or a sense of shame that the bulimia has got the upper hand once again or relief or sleepiness.

Different reasons for bulimia

There may be many different reasons for the bulimia. It could be that you learnt the bulimic pattern from people around you; perhaps you have issues with perfectionism and body image or self-esteem. Actually overcoming bulimia can help normalise the tyranny of perfectionism, modify obsessive distortions around body image and of course raise self-esteem because you've taken back control.

Bulimia steals from you

The fact remains that the bulimia has stolen energy, time and health from you as well as possibly dignity and self-respect and also the ability to enjoy food naturally and normally.

Continual vomiting erodes the enamel from your teeth and can damage the structures in your throat and over-use of laxatives will steal your long term health big time.

If your health has in any way been detrimentally affected because of bulimia then you must consult a medically trained professional immediately.

Bulimia picks its moments

There are sure to be certain risk times when bulimia is more likely to rear it's ugly head and promise you what it can't (in the long term) truly deliver things like feelings of security or relief from boredom.

When is it more likely to happen? When you are bored, stressed, disappointed, home alone?

Because an episode of bulimia is very much like a hypnotic trance state-your focus of attention becomes locked, you forget everything else, there are certain 'post-hypnotic' triggers which set it off, then using this hypnotic session can help un-hook some of those trigger points and get you feeling more relaxed and confident and in charge of *it* for a change.

Buy our *Control Bulimia* Hypnotherapy audio session and regain your freedom to live as you want. Visit www.hypnotherapy.eorg.in now.

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Drink More Water

Do you feel tired much of the time? Do you suffer dry skin and mood shifts? It could be, like an estimated 80% of the population, that you are chronically dehydrated. You know you *should* drink plenty of water but you end of forgetting. Or the prospect just isn't as exciting as a coffee or soda. You know you should drink up to eight glasses of water a day but you've found it hard to keep up the motivation.

Water thieves

We are all largely made up of water-two thirds of our weight is made up of water. Consider this:

- Blood is around 83% water.
- Your muscles consist of 75% water.
- Your brain is 74% water
- And your bone is 22% water.

No wonder drinking plenty of water makes you think more clearly keeps your blood and blood pressure healthy and makes your muscles and bones work better. But being chronically dehydrated isn't just a question of not drinking enough water but also consuming too many substances that actually steal your precious water.

Coffee, tea, sodas and of course alcohol all steal water from you by prompting your body to lose more water.

The value of water

- Water helps your digestion and also helps you absorb essential vitamins and minerals.
- Water is essential to detoxify your kidneys and liver. It helps carry away waste from the body.
- Water increases your physical and mental performance.
- Water keeps your skin smooth and glowing-water is a great natural beautifier.
- Water helps you lose weight as it's a great natural appetite suppressant
- Drinking plenty of water is great for your heart (1)

There are great sensible tips for you to follow to remind you to drink plenty of water for your health. Firstly don't just drink water when you're thirsty. You want to drink to *prevent* you from becoming dehydrated. If you are thirsty then dehydration has already happened.

Keep water with you at all time. If you have a bottle with you it will serve to remind you to use it.

You could even set a timer on your PC or cell phone to remind you to drink water. Until the habit sticks. Remember also that you don't have to drink loads of water all at once. Keep yourself topped up over the day with regular water intakes. A little often is the key.

This session will help program your unconscious mind to remember to drink plenty of water and to keep you motivated so that you can quickly start enjoying all the health benefits.

Buy *Drink Plenty of Water* Hypnotherapy audio session now. Visit www.hypnotherapy.eorg.in now.

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- (1) The findings of a six-year study of more than 20,000 healthy men and women aged 38-100 in the May 1, 2002 American Journal of Epidemiology found that women who drank more than five glasses of water a day were 41% less likely to die from a heart attack during the study period than those who drank less than two glasses. The protective effect of water was even greater in men.

Eat more vegetables (and fruit!) - and enjoy it!

A Hypnotherapy audio session to change your attitude to your 'five a day'

Being forced to eat more vegetables (or fruit) than we liked as children is a horrid memory for many of us. Parents and careers still regularly make this mistake, and it's such a shame, because experiences like that turn so many people off from eating the wonderful fruits and vegetables that nature offers us in such abundance. We've *evolved* to enjoy eating fruit and vegetables, and it's surely our *right* to do so!

Family history can cheat your taste buds

In some families, the antipathy to vegetables and fruit gets passed on. Parents who don't like fruit and vegetables won't offer them to their children, so you can get a generation who are just not accustomed to eating fresh produce and who will turn it down because it is unfamiliar. In addition, they won't know how to prepare vegetables to get the best from them, so how are they going to be willing to eat *more* vegetables?

The challenge of eating fresh food in the fast food era

On top of these barriers, the fast food, pre-packaged world we live in actually cuts many of us off from fresh foods. In some food outlets, you will be lucky to find a single fresh fruit or vegetable in its natural state. Everything is chopped and wrapped and blended and buried in some other product and sold in a polystyrene package which seems designed to drain all the flavor out of everything. Who'd want to eat that?

It's good to eat more vegetables - and it should be easy

Meanwhile, the health pundits are busy advising us that we should eat more vegetables and fruit for a healthy life - about five portions a day. But if you've become accustomed to a lifestyle which never presents you with a fresh vegetable or fruit, you might wonder how on earth you're going to look after yourself properly and eat more fruit and vegetables without having to go to extremes!

You can use hypnosis to develop a taste for fruit and vegetables

Fortunately, all these phenomena, instinctive though they may appear, are actually *cultural* effects. They are patterns of behavior and attitudes invented by people, and are not written into our genes. That means that, powerful though they seem, they can be modified - when you know how. This means you really *can* look forward to being able to eat more fruit and vegetables.

Enjoy eating fruit and vegetables Hypnotherapy audio session is an Hypnotherapy audio session which takes all the effort out of changing what may be a long-established eating preference. Instead of focusing on conscious effort to 'eat more vegetables', or 'eat more fruit' this session uses the power of therapeutic hypnosis to 'update'

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the instinctive 'disgust' patterns in your brain to one of curiosity. Like the child who says "don't like it" before they've even chewed a single morsel, you can learn to suspend judgment until you've fully savoured the flavor and texture, and be pleasantly surprised that peas (or whatever) are actually sweet and delicious. And more-ish.

When you listen to *Enjoy eating fruit and vegetables* Hypnotherapy audio session, you'll find yourself relaxing amazingly deeply. This process 'switches' you into a powerful learning state, where making the changes that you want to make feels natural, inevitable, and effortless. You'll find yourself just naturally beginning to enjoy a wider range of fresh foods, and you'll notice that you appreciate far more different tastes than you were aware of before.

Buy *Enjoy eating fruit and vegetables* Hypnotherapy audio session and make a healthy life easy. Visit www.hypnotherapy.eorg.in now.

Get motivation and focus to gain weight quickly

Gaining weight is not easy for some people. Perhaps you're tired of being the skinny one. Maybe you don't like the way your body looks, or you are sick of people's comments and want to feel strong and muscular, not weedy or puny.

You want to gain weight but find it difficult to do so, or become unmotivated before weight gain has a chance.

Gaining weight is not easy for some

You may be a genetic ectomorph - a 'skinny type' - with a fast metabolism who has found it difficult to gain weight. And you probably know that the two basic factors for gaining weight are lifting weights to promote muscle growth and increasing calorific intake to provide fuel for muscle growth.

For this you need motivation and focus and that is where this hypnotic session is going to help.

Get your mind behind your weight gain efforts

The *Gain Weight* Hypnotherapy audio session will start by getting you feeling so relaxed. It will then feed your unconscious mind with powerful suggestions to start your journey towards greater muscle bulk. It will get you motivated and enable you to stay on track for more weight, muscle, strength and fitness.

Just think how great it's going to feel when you start noticing real changes in yourself. When your clothes start to feel tighter across your chest, arms and shoulders and you feel a thrill of excitement when you look in the mirror and see yourself starting to look powerful, bulkier and muscular.

Buy *Gain Weight* Hypnotherapy audio session now and start getting bigger and stronger quicker and more easily. Visit www.hypnotherapy.eorg.in now.

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Stick to your gluten free diet

Hypnotherapy audio session is a great help if you really want to keep to your gluten free diet and stay healthy.

Have you been diagnosed with gluten intolerance or celiac disease?

Do you find it difficult to stick to the safe foods that you know you must eat?

A well-known health website's information page on celiac disease tells visitors that "a gluten-free diet can reverse damage to the small intestine. This requires considerable discipline." And it does, doesn't it? Yes, you know all about how eating even small amounts of gluten can affect you, both short and long term, but why does it have to be such hard work to steer clear of the stuff?

A gluten free diet ought to be easy - but it doesn't feel that way

It ought to be easy, because, after all, gluten is a relative newcomer to the diet of human beings. Until we developed the arts of cultivation, grains would not have been a viable foodstuff for human beings, and our digestive systems have evolved on a largely grain free diet. So when you avoid grain-based food, you are only doing what your body has evolved to do naturally.

But the modern world isn't 'natural', in that sense. The ascendancy of grain is so recent that we haven't yet fully evolved the capacity to process it safely and some 1 in 100 people have celiac disease (many undiagnosed), and many more gluten intolerant - that is, they actually become ill if they eat gluten. In addition, the foodstuffs readily available to us now include a huge amount of grain-based products, making it hard to avoid gluten because you won't even know it's there.

All of this makes going food shopping tricky - you must read the ingredients list on every package very carefully. And not all food producers are meticulous about spelling out what's in their delicious concoction. Eating out, or even going to a friend's house for dinner, can be even more tricky - not to say awkward!

But Hypnotherapy audio session somehow, for your own sake, you have to find a way... Visit www.hypnotherapy.eorg.in now.

Hypnosis can help motivate you to stick to a gluten free diet

Stick to your gluten free diet Hypnotherapy audio session is a Hypnotherapy audio session specifically designed for the gluten intolerant that can also be used by anyone who would prefer to stick to a diet with fewer or no grain based elements. The hypnotherapist who conducts the session himself has celiac disease and shares the wide knowledge he has gained over the years about how to live happily with this condition and stay in control of the dietary requirements.

As well as bringing you invaluable practical tips to make your life easier, this powerful session will

- change how you feel about having to stick to a special diet

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- transform this requirement from a burden to an opportunity
- boost your determination to eat the right things as a matter of course
- free you to enjoy growing health and energy levels

Buy *Stick to your gluten free diet* Hypnotherapy audio session and get on with enjoying your life. Visit www.hypnotherapy.eorg.in now.

Stop being a picky eater and discover the pleasures of enjoying a wider variety of foods

It's easy to stop being a picky eater when you use hypnosis to help you make the change

Do you find yourself examining every plate of food that's put in front of you to check that it meets your personal food rules?

Is eating with others a trial because you might get faced with something that you don't want to try?

Being very careful about what you eat is sensible behavior in certain specific contexts. For instance, if you are in a place you don't know whose cuisine you are unfamiliar with, or where you are very uncertain of the food hygiene. Or if you have specific allergies or health conditions where certain foodstuffs can make you ill. But for most of us, in our home cultures, it's pretty safe to eat pretty well anything.

Picky eaters are caught up in anxiety

But sometimes you can get caught up in a pattern of anxiety and refusal around certain foods that doesn't have any solid basis in reality. There can be lots of reasons for this, ranging from early childhood experiences with food to maybe a couple of disastrous encounters with certain foodstuffs that just make you scared to try anything new ever again.

Does it matter if you're a picky eater?

While in the big scheme of things being very choosy about your food doesn't matter all that much, it can be a pain to you and to people around you at the personal level. It's embarrassing to feel that you've got to refuse to eat food that others have carefully prepared for you, for instance. And it's a shame to be cut off from the wide range of pleasurable food experiences that other people take for granted.

But there is something you can do about it.

If there isn't an important health reason for you to limit the range of foods you eat, you can personally train your brain to expand the scope of foods that it will tag as 'acceptable' and 'safe' for you to try, even if occasionally you eat something that upsets your digestion temporarily. And the fastest and most effective way to do this is with hypnosis.

Hypnosis can help you learn to eat a wider range of food

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Stop being a picky eater Hypnotherapy audio session is a Hypnotherapy audio session created by experienced psychologists that will help you easily and comfortably 'change your mind' about eating. As you relax deeply each time you listen to your Buy, you'll notice that you're

- feeling more and more calm about food generally
- regularly experimenting with foods that are new to you
- getting more relaxed when eating with others
- enjoying tastes and textures that you may never have experienced before
- getting the health benefits of a more varied diet

Buy *Stop being a picky eater* Hypnotherapy audio session and let the world come to your table. Visit www.hypnotherapy.eorg.in now.

Reduce your salt intake by getting your unconscious mind on your side

We all know that too much salt is bad for you. Despite that, it can still be hard to cut down. Like any habit, you have got used to the amount of salt you consume, and as with all habits, breaking it takes time and effort.

The side effects of salt

The amount of salt you consume has a direct affect on your blood pressure. The more salt the higher the blood pressure reading. This is true not just of people with high blood pressure but of anybody. High salt consumption has been linked to:

- An increased water retention in your body, often leading to swelling in the ankles.
- Thinning of the bones (osteoporosis), asthma and kidney disease.
- The development of stomach cancer.

Recommended salt intake

The Department of Health and Food Standards Agency recommend that we should all cut salt intake from the current average amount of 10 to 12 grams of salt a day to 5 to 6 grams a day, or less. The more salt you can reduce from your diet the healthier your blood pressure will become. Everyone should reduce their salt intake but if you have health problems such as hearth disease, hypertension, impotence or diabetes then you should reduce salt as a priority.

But without salt food has no flavor!

Actually, because salt is such an overpowering flavoring, when you reduce your salt intake you'll begin to enjoy *more* flavors. This is because your palate will become more sensitive without being constantly blasted by the cruder salt flavoring You'll being to taste and enjoy the natural flavors of food.

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Why Hypnotherapy audio session?

You may *know* you must cut down on your salt intake but feel like you just can't help yourself - after all it's just this once... isn't it? The trouble is, of course, that it all adds up and good intentions about the future never quite work out. If you eat salt compulsively and feel like you just can't cut down then that behavior is maintained *unconsciously*. Because hypnosis deals with unconscious impulses then it is a great, natural aid to naturally cutting down your salt intake without having to think about it too much.

This Hypnotherapy audio session will get your subconscious on your own side so it will feel natural to eat less salt.

Buy *Reduce Salt Now* Hypnotherapy audio session and invest in your own health and future. Visit www.hypnotherapy.eorg.in now.

Stop Drinking Soda

Whatever brand you drink soda is bad news for your health. The average US citizen drinks around 18 ounces of sugary soda drink every day. According to a 2005 study by the US department of health soda drinks have become the biggest source of empty calories in the US diet and Britain and the rest of Europe are catching up fast. So if you want to be fat drink soda is the message.

Some people think they are being healthy by consuming 'energy drinks' or 'sports drinks' but unless you are running marathon these drinks will still make you fat as they have plenty of empty calories in them (even though the models selling them maybe sleek and athletic)

Soda harms more than just making you fat

Drinking too much soda causes:

- Energy dips and symptoms of depression
- Massive dehydration with all the problems that causes.
- Addictive like bingeing and craving linked to the come down after having a sugar high and craving to take on more sugar again.
- High blood pressure
- Inability to focus and concentrate
- Rotting of the teeth
- Cola confuses the appetite regulating systems in the body leading to increased appetite and weight gain (above and beyond the fat encouraging sugars in the soda itself)
- Regular soda drinking attacks the marrow in the bones making them weaker and encourages organ breakdown leading to potentially life threatening diabetes.
- Weakening of the bones in a study of 460 high scholars in 2000, research at the Harvard School of Public Health found that girls who drank carbonated soft drinks were three times as likely to break their arms and legs as those who consumed other drinks.
- Rapid aging of the skin and body generally.

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So drinking soda is not a good deal, whether it's Pepsi, coco-cola, Dr pepper's, 7up or one of the many so called 'sports drinks' it's bad news.

What's more advertising and ritual all play their part to keep you hooked. Advertisers subtly imply that by drinking their soda you'll get a certain lifestyle. They do this by having cool looking models with obviously cool life styles drinking their sodas. So you get conned by the implicit suggestions that you are buying a lifestyle not just a soda. Don't be conned into losing your health.

Then there is the ritual element. You get a craving you got to the fridge and you see a container with certain colours and logos on it. This becomes ritualistic and if you do anything enough times it starts to feel natural and right-even though it is anything but natural and right.

This Hypnotherapy audio session will help get you off soda and stay off.

Buy *Stop Drinking Soda* Hypnotherapy audio session now. Visit www.hypnotherapy.eorg.in now.

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- Communication skills and Hypnotherapy
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- Stocks recipes
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- Stuffings recipes
- Tofu recipes
- Tomato recipies
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- Veg Gravies
- Veg rice Varities
- Veg rotis & parathas
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