

# Still fighting weight the hard way?

## *How hypnotherapy works.*

**BY NICOL MERLINE**

Special to the Spinal Column

Many individuals battle their weight day after day.

Most of my clients are consciously quite aware of the causes of their weight problem and what sabotages their attempts to maintain a healthy/happy weight. However, knowing the causes in the conscious, wide awake mind, although important, often does not resolve the matter.

Approximately, over 60 percent of the clientele arriving at our office are interested in losing weight. Most arrive incredibly frustrated having tried diet after diet, pills, programs, and even surgery. Indeed, there is plenty of



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room in this world for all kinds of approaches as long as they work.

Hypnotherapy is a powerful vehicle for change. Change becomes much easier when it

taps into the relaxed, sub-conscious mind, which is the larger, more powerful part of the human mind.

Think of the mind as a computer. Our beliefs are the programs in that computer. Our behavior is a manifestation of those beliefs and thoughts we have. The beliefs we have can either limit or can optimize our abilities and talents with regard to the goals we set for ourselves.

The hypnotist, like a computer technician, releases useless or outmoded programs lodged in the relaxed subconscious mind. Useful and beneficial programs are then installed that the individual uses to more easily let go

of excess weight.

Hypnotherapy clients often report that they are not starving or suffering and yet are losing weight easily and are able to keep it off. The results are “AMAZING” as the now “thinner” clients attest.

It does matter to choose a qualified hypnotist that has demonstrable experience in the area of weight loss. All hypnosis programs are not alike. Results vary and so it is important to investigate. One of the protocols I use with exciting and noteworthy weight loss results is the leading edge hypnotic technique known as “VGB” hypnotherapy. VGB hypnotherapy is known as virtual gastric band surgery

without the knife.

To optimize results, sessions should be customized and tailored to meet the needs of the individual.

Removing habits, melting fears and phobias remains the general focus of hypnotherapy. This translates into many beneficial changes for the individual – performance, confidence, improved health, expanded options.

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