

Shape your body... Shape your life!

Fiona Robinson DHP HPD MNCH MAFSFH is a clinical hypnotherapist who practises out of the Warminster Osteopathic Clinic. Here she talks about how Solution Focused Hypnotherapy may be able to help with weight loss...

According to the National Institute of Clinical Excellence (N.I.C.E.), more than half the adult population are overweight or obese and it's generally acknowledged that numbers are increasing. Excess weight can contribute to heart disease, Type 2 diabetes and some cancers - among other things - and it's known that achieving a healthy weight can help reduce the risk of these diseases. Very often, when faced with actual ill-health, we do make changes to our diets and lifestyle. So if we can do it then, why not do it now and help prevent the onset of ill-health or a limited lifestyle?

There are many possible reasons for weight gain. For a smaller number of people, there may be medical reasons; the most obvious reasons are that as a population, we are eating too much of the wrong types of foods and are not

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taking enough exercise. However, there are other factors: in our society, sweet and fatty food is readily available. We are 'programmed' to eat for survival, and early man would have eaten fatty or sweet food when he could as he might not get food for a while. Fatty and sugary food can release endorphins, our feel-good hormones so it's no wonder we feel



tempted to eat certain food types. Around us, we see: 'Kids eat free' or 'Eat all you like' and somehow we feel as if we might be missing out if we don't take what's 'free', especially if others are doing it. We have a natural tendency to want to 'be' like others, so 'adopt' a similar way of being: if others around us are

overweight, we might come to accept our weight gain as 'normal' and the motivation to lose weight disappears behind this 'normality'.

So how can you find your motivation to lose weight and be generally happy? Most of us know what we want inside us, but we may have 'lost' the answers under

layers of anxiety and 'over-thinking'.

Solution Focused Hypnotherapy can help you to think clearly about what you want and how to achieve change independently of what others around you might be doing. It can also help you to 'shape' your own life. When you become proactive and take control of your life, you can produce your own feel-good hormones in a healthy way without the need to 'comfort eat'. Feel-good hormones give us that natural feeling of motivation.

The level of relaxation achieved through hypnosis enables the sub-conscious mind to be more active and to accept positive thoughts which can result in us feeling naturally inclined to take positive action. That motivation is always inside, waiting to be discovered!

Solution-Focused Hypnotherapy can help you to make changes in many areas such as: anxiety, depression, fears and phobias, IBS, nail biting, OCD, panic attacks, performance areas, self-confidence, self-esteem, skin problems, sleep problems, smoking, weight issues and much more. For further information, or to arrange a consultation, give Fiona a call today.

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