



*Take Control Of Your Life with Hypnosis:
Eliminate negative habits, Create healthy changes, Achieve optimal well-being.*

May 2011

WEIGHT- LESS

While thinking about a topic for this month's newsletter, my mind went to a recently-received testimonial from a Hypno-Health client. People sometimes spontaneously send appreciative responses for my helping them achieve their goals. Ashley R.'s exuberant epistle below offers a timely follow-up to last month's Hypno-Healthgram, **WHY WEIGHT?**, which focused on why people overeat and become overweight and obese. Ashley provides food for thought about **HOW** people can reach their ideal weight by using hypnosis. Her story follows:

Hugh,

*I had been meaning to write a review for you on Yelp.com (a common business review site) so I just did. I can't thank you enough for what you have done for me
Here is my review:*

Here's the back-story: I am, correction - I was - a severe overeater. My whole life I have struggled with portion sizes (why eat one or two pieces of pizza when I can eat the whole pie?!). Eating until it hurt was an everyday occurrence, and I was able to out eat every boyfriend I had ever had. To keep this eating style from getting out of control (and to keep from having to buy new clothes) I became the crash-diet queen. I had never met a crash-diet I didn't like - No Carbs, Soup Diet, Lemonade Diet... you name it. Anything to get that 5-10lbs off quickly, just so I could slowly pack it on again. It was easy. Until I hit 30. Crash dieting became harder and the pounds came back quicker. I knew I needed a lifestyle change, but had never succeeded at one before. I was desperate.

And then, one day, a hypnotherapist sat in my salon chair. I gently prodded for information while I cut his hair, but made no act to commit. On his second visit, my desperation got the best of me (I was back up to my heaviest weight and had a Caribbean vacation two months away) and I scheduled an appointment.

During my session, we talked a lot about my relationship with food both in and out of hypnosis (which is kind of like being completely coherent, but with your eyes closed and kind of warm and melty in your chair). While under, Hugh asked me to project ahead in my mind and create a list of positive benefits I would enjoy while reaching and permanently maintaining my ideal weight. A lengthy list seemed to pour out of my mind. He then asked me to connect the benefits with a word. I was told to repeat the word to myself, 20 times, 3 times a day, to help instill in me all the positive feelings associated with eating smaller portions. He also taught me how to do self-hypnosis with instructions to do it every night.

When I arrived, I was nervous and scared. When I left I felt like moonwalking right out the door. I followed his instructions to the letter, every day for two weeks. Then I went in for my second appointment, which was similar to the first and reinforced the work that had previously been done. At the end, he made me a CD and told me to listen to it before bed, while in self hypnosis. I kept this "homework" up for a few weeks, then faded off as he instructed.

It's been over five months now, and at last check, I have lost 16lbs. I am now the lightest I've been since I was 21 and that was over ten years ago. Please keep in mind that at my best crash diet, I had never lost more than ten pounds, and never kept it off for longer than a few weeks. This is nothing short of miraculous. I haven't dieted or restricted myself - not even once. I eat pizza, and Thai food, and sandwiches. I just eat about A THIRD (no joke!) of what I use to. And I don't feel deprived or hungry. I rarely crave, and when I do, it's controllable. For the first time in my life, every time I go out to eat I, bring half (if not more) of my meal home with me. An order of Chinese Lo Mein now lasts me three meals (when it had always been devoured in one). I can keep a bag of snack food in the house and it will last me two weeks rather than one evening. My vegetable intake has increased, and I find myself cooking at home more often because I'm enjoying using fresh ingredients.

I honestly could not give Hugh at Hypno-Health a higher recommendation. Seeing him was easily the best thing I have ever done for myself and I have no doubt he helped change my life. Sometimes, just for fun, I try on my jeans that fit five months ago so I can show my roommate how they now fall off my waist. In fact, If I have a single complaint, it would be that I only have one pair of jeans that still fit (those were the ones I use to have to suck in to button)... and even those now need a belt. My wardrobe is severely handicapped at the moment. ...And I absolutely LOVE IT!!!

When I spoke with Ashley two weeks ago at the hair salon, she said her weight had plateaued at minus 16 pounds - and she looks and feels great!

HEALTH TIPS

- Let your thinking expand from hypnosis-for-weight to hypnosis-for-just-about-anything. I have used hypnosis with people on over two hundred different issues in the past twenty years. But when I first read the below quote by Carol Ginandes, research psychologist at Harvard Medical School, I felt excitement and partial disbelief. I had never heard such a glowing recommendation from a person of Dr. Ginandes's stature. I contacted her and we eventually enjoyed a far-reaching discussion of hypnosis over lunch. Carol's quote: "If somebody told you there was a medication that could treat 100 conditions, didn't require a prescription, was free, and had no bad side effects, you wouldn't believe them" says Harvard Medical School psychologist Carol Ginandes, PhD. "I don't want to sound like a snake oil salesman, because hypnosis is not a magic wand. But it should be made available as a supplementary treatment for all patients who could benefit. Right now."
[\[1\]](#) If you or someone you know is ever faced with a mental, emotional or physical challenge, you may want to consider consulting a hypnotherapist.

[\[1\] www.prevention.com/article/0,5778,sl-1-52-160-6610-1---,00.html](http://www.prevention.com/article/0,5778,sl-1-52-160-6610-1---,00.html)



Happy Health!

Hugh Sadlier

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Remember: *Hypnosis can be done in the office, by phone, and via Skype.*