

GracePlace Wellness™ Approach to Weight Management

(GracePlace Wellness™) APPROACH TO WEIGHT MANAGEMENT...versus THE TRADITIONAL APPROACH

- Despite (or even because of) all our efforts to get thin, 98 percent of people fail to maintain weight loss. It is fair to say that the percentage failure rate for those trying to gain weight is just as high.
- Physicians still seem to have little other than diet sheets, surgery and pharmaceuticals to offer. But they believe that lack of exercise and a positive realistic body image is a major contributing factor – young girls in particular often starve themselves unnecessarily and unsuccessfully when more exercise and healthier diets would go a long way towards solving their problem.
- There are some new drugs available on prescription that are said to make the brain believe the stomach is full; these typically have many side-effects which negate any benefits, real or imagined that the drug claims. Remember we do not want to increase the toxic load, we want to eliminate it.
- Physicians will be the first to admit that dietetics and nutrition are not well taught in medical school. Provided the reason for your weight issue is not a glandular condition or other disease process, complementary therapies are the best starting point. Initially, ask your physician for an assessment to rule out these factors. In most circumstances, you should avoid “diet pills” wherever possible.
- The right weight for any individual is the subject of much debate between the fashion industry, feminists and health-care practitioners. However, it is what the individual believes is right for them at the subconscious level that is important and this is clearly where hypnotherapy can separate the ‘wheat from the chaffe’.
- *After ensuring that the client has been assessed by a physician to eliminate physical/metabolic causes of unwanted weight gain or loss, we begin with determining through various techniques available to a hypnotherapist, what the root-cause of the weight issue is. As part of the hypnotherapeutic process we help the client dissolve the issue, re-frame their belief system particularly around food, body image, self-worth and self-esteem, put the patient in the right frame of mind to lose (or gain) weight and make them aware of the weight-reducing program they will be following.*

➤ Then the program proceeds as follows:

1. **Developing a good nutritional program and making sure there are no deficiencies in vitamins, minerals, etc. by working with a competent naturopath who are trained in nutrition and detoxification.**
2. **Assisting in developing self-empowerment within the individual by making them aware of educational resources on subjects of additives, label reading, meditation and stress-busting exercises, etc.**
3. **Assist them in developing and maintaining an exercise strategy and help build sustainable motivation through the embedding of positive suggestions in hypnosis.**
4. **Hypnotherapy sessions and how long they take are variable and tailored to the individual. Results are variable, too. Therapists often see a gradual but sustainable improvement, but at other times treatment “can produce amazing results rather quickly”.**
5. **Treatment can take months and involves a permanent change in eating habits, as opposed to dieting; quick changes in weight can be dangerous and a competent hypnotherapist will ensure the process is gradual and successful rather than instant gratification and a later letdown.**
6. **Constant re-enforcement and support is provided through regular hypnosis sessions and customized CDs once the root-causes have been identified and new goals and strategies established.**

The thing is that changing unhealthy habits through hypnotherapy results in you being able to eat all you want without guilt, shame, weight gain or loss...it just helps you want to eat life-giving foods and drinks, instead of physically and emotionally damaging substances.