| Why Should I Do Hypnosis to help lose weight?  Ask yourself, how did you end up in the place you are today with issues losing weight? How many times in the past have you tried to lose only to gain it all back plus some? One of the many faceted reasons is because we live in a world where processed foods are the norm and quick. With more Americans working today than 50 years ago, that means the needs of American’s had to change to support that. Coming home in the evening to cook after a long stressful day was hard.  So big business created foods, foods that tasted good, but were terrible for us. The market was inundated and fast food chains cropped up everywhere to support the need. Fast forward to today. Our metabolic process does not work as it should for many of us because we have not eaten the pure foods our bodies need to thrive. As a result for some, gaining weight has become easy and losing it has become that unicorn we keep chasing, keep believing in, but never appears.  That brings me to my next point, how hypnosis can help. It doesn’t make sense, right? Because its about what you eat and exercise or lack thereof. But what many discount is that because we are living in a world where the worst foods for us are easy access, it is a huge challenge and we are almost set up for failure as a result of this. How can one have that kind of self- control as to not be tempted? Especially when that food tastes so good?  I get it. We are conditioned based on our environment what our eating habits will dictate. Are you someone who feels you have to clean your plate? That leaving food is a waste? So when your kids leave food you take care of those last morsels after eating your own full plated meal.    What makes hypnosis effective for losing weight is because it’s a reconditioning process of the mind. This process happens on a sub and unconscious level and gives you that support to be able to walk away from the foods that do not serve you. Below are just a few of the statistics that support the benefits of hypnosis to lose weight.    **Hypnosis Over 30 Times as Effective for Weight Loss**  Investigated the effects of hypnosis in weight loss for 60 females, at least 20% overweight. Treatment included group hypnosis with metaphors for ego-strengthening, decision making and motivation, ideomotor exploration in individual hypnosis, and group hypnosis with maintenance suggestions. Hypnosis was more effective than a control group: an average of 17 lbs lost by the hypnosis group vs. an average of 0.5 lbs lost by the control group, on follow-up.  Cochrane, Gordon; Friesen, J. (1986). Hypnotherapy in weight loss treatment. Journal of Consulting and Clinical Psychology, 54, 489-492.  **Two Years Later: Hypnosis Subjects Continued To Lose Significant Weight**  109 people completed a behavioral treatment for weight management either with or without the addition of hypnosis. At the end of the 9-week program, both interventions resulted in significant weight reduction. At 8-month and 2-year follow-ups, the hypnosis subjects were found to have continued to lose significant weight, while those in the behavioral-treatment-only group showed little further change.  Journal of Consulting and Clinical Psychology (1985)  **Hypnosis Subjects Lost More Weight Than 90% of Others and Kept it Off**  Researchers analyzed 18 studies comparing a cognitive behavioral therapy such as relaxation training, guided imagery, self-monitoring, or goal setting with the same therapy supplemented by hypnosis.  Those who received the hypnosis lost more weight than 90 percent of those not receiving hypnosis and maintained the weight loss two years after treatment ended.  University of Connecticut, Storrs Allison DB, Faith MS. Hypnosis as an adjunct to cognitive-behavioral psychotherapy for obesity: a meta-analytic reappraisal. J Consult Clin Psychol. 1996;64(3):513-516.  **Hypnosis Showed Significantly Lower Post-Treatment Weights**  Two studies compared overweight smoking and non-smoking adult women in an hypnosis-based, weight-loss program. Both achieved significant weight losses and decreases in Body Mass Index. Follow-up study replicated significant weight losses and declines in Body Mass Index. The overt aversion and hypnosis program yielded significantly lower post-treatment weights and a greater average number of pounds lost.  Weight loss for women: studies of smokers and nonsmokers using hypnosis and multi-component treatments with and without overt aversion. Johnson DL, Psychology Reprints. 1997 Jun;80(3 Pt 1):931-3. |
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All statistics taken from website: https://www.positivechanges.com/article/hypnosis-statistics-for-weight-loss