

## PINJARRA HYPNOSIS

### Choose Hypnotherapy as a Solution to Health Problems

**Lowering your risk of stroke, diabetes and heart attacks are the benefits of maintaining a healthy weight and choosing to eat a healthy range of food.**

“Many people struggle to follow a healthy eating plan, however hypnotherapy may be the solution for this issue”, says Colleen Newman, Clinical Hypnotherapist at Pinjarra Hypnosis.

It is possible to have a positive approach regarding food choices and how much you eat. “Hypnotherapy can help you feel more satisfied, as you consume the appropriate amount of food for your body size, and also enjoy drinking more water while becoming more active” states Colleen.

Clinical Hypnotherapist Colleen Newman, an approved practitioner of the Sheila Granger Virtual Gastric Band says “the VGB hypnosis program is a way of life you can actually live with, naturally.” So popular is the program that it is requested by name. Developed by Sheila Granger in the UK, it is the only gastric band hypnosis program that can claim a 95% success rate from clinical trials.

Colleen states, “hypnotherapy helps bridge the gap between a person’s knowledge of knowing what to do, to lose excess weight and assist them to commit and apply the principles of healthy weight loss”.

“Hypnotherapy can support a person adopt a healthier way of eating. Each hypnosis program is designed to meet the needs of the individual. The Virtual Gastric Band hypnosis program will be suitable for many people, whereas others may benefit from another hypnosis program where I can personalise a more specific program”.

“Many people struggle to control their sugar and carbohydrate intake”, Colleen continues. “Natural sugars and carbohydrates are important for energy, and while our body and brain require these, it doesn’t require processed foods, excess sugars or carbohydrates”. Colleen goes on to say that “hypnotherapy can help a person maintain a healthy eating plan to manage optimal blood sugar levels, blood pressure and cholesterol readings by changing the way we think about food”.

Colleen conducts a free confidential phone consultation before confirming an appointment. To book a free phone consultation you can call 0475 333 078, email your contact details to [Colleen@pinjarrahypnosis.com](mailto:Colleen@pinjarrahypnosis.com) or visit her website [www.pinjarrahypnosis.com](http://www.pinjarrahypnosis.com)

Pinjarra Hypnosis is located at Murray House, 14 James Street Pinjarra.