



The Parts of Our Mind

Our minds have two important parts, each with distinct functions. The conscious part that we use to perceive the world around us and to make decisions such as “wanting to overcome our fear”, makes up the smaller part of our mind.



The subconscious part on the other hand, stores our memory, habits, beliefs, behaviours, personality and self-image. It makes up the greater part of our mind and controls our automatic bodily functions such as breathing and digestion (notice you don't have to consciously think about doing these things). Imagine that the human mind is like an iceberg, the conscious part, the portion that is visible above the water and the subconscious mind is the large ice mass that remains below the water's surface.

Weight Control Management

Society's attitudes about weight can often result in the person having difficulty managing weight, developing an extremely poor or negative self-image. For a person who has difficulty losing weight, health issues including:

- Increased high blood pressure,
- Diabetes
- Heart disease
- High total cholesterol or high levels of triglycerides
- Sleep apnea and respiratory problems

may further lead to anxiety and stress. Being overweight or obese increases the risk of many of these health conditions occurring, particularly if there is a family history of these complaints.

Many people have developed beliefs around food as a reward. Perhaps as a child you received lollies or chocolate as a reward for picking up your toys, or that food was used to simply keep you occupied. Some people eat to lessen the emotional sensations of an unpleasant experience while others simply eat because they are bored, under stress, anxious or unhappy. Food has become a source of comfort for them.

How Hypnosis Can Help

Hypnosis can be used to assist you to re-program your subconscious attitudes towards food and place less importance on food in relation to your emotions and feelings of well being. You can also be assisted to incorporate new patterns of behavior in regard to times, places and reasons for eating.

Hypnosis can be used successfully to increase the appeal of healthy foods while suggestions may be given to eliminate junk food or unhealthy foods and to maintain the health of the body.

Hypnotic suggestions may include:

- That you only eat nutritious foods
- That you will only eat small meals
- That you only eat at mealtimes
- That you will eat less and enjoy it more
- That you will feel completely satisfied after a small meal

The benefits of hypnosis for weight reduction can include a lowering blood pressure, producing a more positive body image, increasing self esteem and most importantly control over appetite and foods.