

HOW HYPNOSIS HELPS

Hypnosis helps you to:

- Increase your motivation
- Eat more slowly
- Control your appetite
- Only eat when you feel hungry
- Stop eating when 70% full
- Control cravings naturally
- Reduce portion size appropriately
- Change to a healthier lifestyle
- Experience your ideal weight
- Heal the reasons behind any negative eating patterns and behaviours

MONITORED PROGRESS

We monitor your progress with weekly action sheets to help you stay on track!

NO JOINING FEES

We only charge you for your hypnotherapy sessions, there are no joining fees, no extra costs for pills or herbs, and no monthly membership payments!

YOU'RE ON YOUR OWN!

We aim to help you to help yourself. We don't want you to have to keep coming back, paying out again and again! We aim for permanent change; helping you to empower yourself. You move on to enjoy your life, more confident, slimmer & more in control.



Karen (Karrie) Eardley
BSc MHt NWS

Certified Hypnotherapist
Master of Clinical Hypnotherapy
Nutrition & Wellness Specialist
Transpersonal Counselling

Member of:
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**Services Available in
Barrie, & Muskoka**

Rates

\$90 / h inc taxes

First Session 1.5 hours

Follow Up Sessions 1 hour

10% Discount with 5 sessions

Become Slimmer Naturally

**Using Hypnosis to Create Healthy,
Permanent Lifestyle Change**



SOLUTIONS IN MIND



MY EXPERIENCE

I am Karen Eardley, and I reduced my weight by over 50 lbs and my clothes size from a size 22 to a size 10 in ten months.

I used local store bought foods, and I did not use any drugs or herbs to achieve my weight loss. I changed the way I ate and worked to ensure that the weight loss is permanent by doing root cause healing.

I look better than I have ever looked before, and my energy levels are awesome. I cannot envisage myself going back to my old eating patterns. I truly love my new way of eating and how I feel about myself. I am more myself than I have ever felt before, more content, more relaxed.


I am here to share my discoveries with you, and to help you on your path of empowerment.

STORE FOODS

Using normal grocery store foods, exercise you enjoy and hypnosis, you can foster behaviour change that leads to a healthy and balanced way of life and experience a natural slimness. In becoming that slimmer you that is inside...

PERMANENT CHANGE

By healing any past traumas and continuing to live within your new healthy lifestyle, you can be assured you remain slim.



WHAT IS HYPNOSIS

Hypnosis is a natural state of mind, which happens several times throughout the day to everyone. Highway trance is a very common experience of hypnosis, we just don't think of it that way.

Hypnosis is a heightened state of focus and awareness where you gain access to internal resources and abilities normally outside the range of conscious control.

SPECIALIST TRAINING

As a certified Nutrition & Wellness Specialist, I offer you a balanced, healthy way of living that you enjoy. We introduce change incrementally, to work with your lifestyle.

HYPNOSIS MAKES CHANGE

Hypnosis can help you to release cravings, satisfy your appetite, and encourage healthier choices. We use:

- Positive Phrases to instill your new behavior patterns.
- Benefits are reinforced
- Experience yourself in the future, lighter
- Root Causes are explored to see if there are any psychological reasons why your body is resisting losing weight.
- Post Hypnotic Triggers are created to release healthy suggestions.
- Healing of any root causes creates conditions for permanent change.

LIFESTYLE CHANGE

We encourage a healthy lifestyle, not a low fat diet, or high protein diet, but a *low sugar* way of life! The modern North American diet is awash with refined sugars, leading to weight gain, Type II diabetes and other health issues.

Did you know that the sugar in beer converts to fats in your body faster than pure white sugar? Just by cutting out beer, you may achieve a significant reduction in body weight!



BODY MASS INDEX

The Canadian Guidelines for Body Weight Classification in Adults uses the Body Mass Index (BMI) as one of the methods of assessing health risk. The other is waist circumference. Those with waists over 40" in men and 35" in women are considered in excess of abdominal fat.

$$\text{BMI} = \text{weight (kg)} / [\text{height (m)}]^2$$

It is recommended that your BMI is less than 25 for minimized health risk. BMI's over 30 have a high risk of health problems possibly including Type 2 Diabetes, Hypertension, Coronary Heart Disease, Gallbladder Disease, Obstructive Sleep Apnea and certain Cancers.

Visit www.muskokahypnotherapy.ca for more information and find out how to calculate your body mass index using pounds and inches.



**THE KEY TO
YOUR CHANGE
IS INSIDE YOU.**

