

TRIM-LIFE

4 Week Weight Release Program



Release Weight Using Clinical Hypnosis and Develop a New Relationship with Food

TRIM-LIFE will empower you to manage your weight by addressing body, mind and spirit. You will learn mindfulness, relaxation and techniques, along with powerful hypnotic tools. These will help you:

- Reduce Stress Eating
- Stop Yo-Yo Dieting
- Manage Food Addictions

You will learn tools to:

- Understand and change the programming of your subconscious mind that has made weight loss a challenge for you.
- Learn to hear and be guided by your body's inner voice about when to eat and when you are satisfied to stop.
- Identify what you are really "hungry" for & learn how to manifest that in your life.
- Re-regulate your metabolic rate to release unnecessary weight.
- Shrink your stomach to it's natural size through hypnosis so that you are satisfied with less food intake.
- Identify and resolve the underlying emotional patterns that activate cravings and unhealthy eating behaviors
- Eliminate cravings for foods that do not serve the health of your body.
- Halt the cycle of binge eating triggered by restricting foods & fear of deprivation.
- Diminish binge-eating triggers by pairing them with unpleasant associations in your subconscious using hypnosis.

The program consists of four weekly 2 1/2 hour sessions.

Where:	1480 Royal Palm Beach Blvd Ste. C Royal Palm Beach, FL 33411
When:	Ongoing groups
Investment:	\$399 plus \$40 for materials which includes book, CD and workbook. (Less than \$100 for each 2 1/2 hour session)

For more information, contact Cathe Reiss at (561) 301-8232 or cathereiss@gmail.com