

LOSE WEIGHT NATURALLY!

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Clinical Hypnotherapy @ Moore Than A Healing

Guiding and Encouraging you to live lighter naturally

Do you feel like you are carrying too much weight?

Does life feel heavy? Is it getting harder to get up from a sitting or lying position?

Do you feel proud of your image reflecting back in the mirror?

Now is the perfect time to be honest and ask yourself – “Do I need to make permanent, lasting changes to embrace my future health and happiness?”

There are many different reasons why we may become overweight throughout life. The older we get the less we move our bodies with regular sport or exercise. We work long hours, feeling tired and not having enough time to eat properly. Social or work commitments (late meetings, travel). Times of grief, life changes, emotional upheavals, injuries or health changes.

Weight may also be held physically in the body but relate symbolically to carrying the weight of the past / past events, carrying the weight of expectation (set by others or self), carrying weight in protection, carrying weight to make oneself invisible.

Personalised Clinical Hypnotherapy sessions @ Moore Than A Healing safely guide you to rediscover the skills you possess to successfully change the way you view yourself and your relationship with food. Clinical Hypnotherapy awakens the strengths you have already accessed throughout your life and past experiences. Empowering and encouraging you to live lighter – free from carrying around unnecessary baggage and unrealistic expectations any longer. Assisting you to release old thought patterns, behaviours and beliefs. Clinical Hypnotherapy can help you establish new pathways of understanding and knowing your worth. Helping you to enjoy living lighter - physically, spiritually and emotionally.