

Fitness, Health & Wellness

HYPNOSIS: Weight Loss



Have you thought about how you will look and feel if you don't curb your eating? Hypnosis can help

you control your eating habits and stop cravings. **You will be aware at all times and at no time will you be unconscious.** This weight loss seminar can pay for itself in one week!

#51146C

Thu Feb 7

5:30-9 pm

Tilden Com Ctr, #108

\$65-topic/\$115 both

Testimonial

"About nine years ago I attended a smoking cessation class. While on the floor I thought that what was being said wasn't getting in because I couldn't get comfortable. I thought, 'Oh well, there goes the price of a carton of cigarettes.' When I left, I didn't light one up and I haven't had the need or desire to smoke since. I smoked 2+ packs a day and cigars and I had no withdrawals or problems throughout the last nine years." —Keith L., Big Lake, MN

HYPNOSIS: Stop Smoking/ Stop Chewing Tobacco



Are you ready to quit smoking for YOU, not because others are

pressuring you? **Stop immediately without withdrawal, cravings or weight gain.**

#51146D

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All behavioral changes must occur at an unconscious level to be lasting. The experience is relaxing and you are fully aware and in control at all times. Begin with an intro for all then separate sessions for weight loss followed by stop smoking/chewing hypnosis. **Receive a FREE reinforcement CD and lifetime guarantee to attend any future seminar FREE.** Wear comfortable clothes, bring a pillow and blanket (or sleeping bag). Conducted by DR. MARY FISCHER who holds a doctoral degree in clinical hypnotherapy with over five certifications in hypnotherapy.

See www.hypnosisclinic.net

Sign up for both sections at the same time for the same person and pay just \$115 total ...

That's a \$15 savings!