



Weight Loss & Management Groups Using Hypnosis

*Successful behavior
modification
starts on the inside*



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WELLNESS GROUP, LLC

*Wellness programs for the
enlightened business.*

Why Hypnosis Works When Other Programs Fail

Have you ever tried to change an unhealthy habit and failed because you couldn't stick with it?

Often it's your subconscious mind, not your lack of willpower, that is keeping you from succeeding. Your subconscious mind influences what you think and feel. Hypnosis can be helpful in overcoming undesirable habitual behaviors such as smoking and overeating. It also has a proven track record of reducing or eliminating common fears and phobias (such as public speaking and fear of flying). Hypnosis is also being used in a medical environment to help patients suffering from disease and chronic pain.

Hypnosis is a good option for employees who:

- 🎯 Are looking for a permanent solution for weight management
- 🎯 Have tried diet and exercise programs with some success but ultimately gained the weight back
- 🎯 Need assistance keeping motivated to increase will power and make long-term lifestyle changes
- 🎯 Are looking to eliminate emotional eating habits such as eating when bored or stressed

Frequently Asked Questions About Hypnosis

What is hypnosis?

Hypnosis is a naturally occurring state of mind in which we communicate suggestions to our subconscious mind. Our subconscious mind is the part of our mind that influences what we think, how we feel and the choices we make. This is also the part of our mind that controls our habits.

The hypnotic process enhances:

- 🌀 The ability to imagine
- 🌀 The ability to remember
- 🌀 The ability to accept suggestions

Hypnosis is effective, because it deals directly with the part of the mind that keeps the habit intact.

What are the benefits of hypnosis?

- 🌀 Enables deep relaxation, which reduces stress
- 🌀 Eliminates negative thinking
- 🌀 Increases energy levels
- 🌀 Boosts the immune system and helps us to heal more efficiently
- 🌀 Strengthens useful habits or behaviors



Will I lose control in the process?

The idea that anyone “loses control” during hypnosis is a fallacy. All hypnosis is SELF-hypnosis. Hypnotists are trained to move their clients toward their desired outcomes using hypnotic induction techniques but the process is up to the individual.

What can I expect?

A hypnotic trance is similar to a daydream or a focused state that results from being engrossed in an engaging event, like reading a good book. Since hypnosis is a natural state of mind, individuals are often surprised that they hear every word. Unless one enters a deep state, he or she may not feel any different than when they are relaxed.

Everyone is different. Some people who have experienced a hypnotic trance say they felt “mellow” or “light” or even euphoric.

Will hypnosis work for me?

There is no magic to achieving success with self-hypnosis. Anyone who can follow directions can reach a hypnotic state and work with their subconscious mind. Much of the work is learning to let go and just allow.

Weight Loss & Management Group Options

Diets work on the body, not the mind. Understanding and modifying one's personal relationship with food as well as boosting will power is the key to long-term successful weight loss and management.

Group Session – Up to 10 people per group

On site weight loss/management groups are a convenient option for employees and organizations. The group hypnosis approach has proven to be an effective, supportive and motivating forum for making lifestyle changes.

Our hypnosis program acts like an antivirus on your subconscious mind. It works to empty and clear the vessel of mind and refill it with good suggestions that support healthy lifestyle choices, habits and weight loss goals.

Session details

- Ten weekly group session. Pricing contingent on size of group but can be as low as \$40 per session for companies with multiple groups.

In some instances, half and full day seminar can be offered as introduction or initial group session alternative.

Unity Wellness Group offers effective wellness programs that optimize the health of your employees, increase productivity and lower your overall healthcare costs.

Unity's Programs:

- Stress reduction programs
- Smoking cessation using hypnosis
- Nutrition workshops
- Weight management using hypnosis
- Wellness talks
- Ergonomic education
- Customized yoga and meditation programs
- Mindfully-Based Stress Reduction Courses
- Work productivity programs

Contact us today at **708-469-7256**
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