

HypnoticRemedy 



**Your guide to healthy eating**

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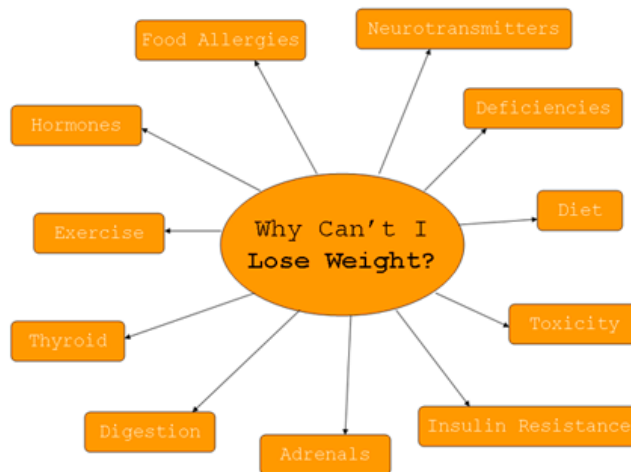
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### Causes of weight gain:

There are many factors that can lead to weight gain. To name a few, eating excessively, eating for comfort, emotional eating, weight gained through pregnancy, hyperthyroidism, boredom, medical related problems and so on. But you can take control no matter what your reason. Have a well-balanced and controlled diet and you can be healthy.

### Food Consumption Factors



## **Fad Diets**

Say no to FAD diets! You could potentially put the weight back on once you have lost it!

Lots of people have lost weight successfully through fad diets, but figures show that an astonishing 65% have all managed to put the weight back on within a short space of time. We all know that there are hundreds of diets that are broadcasted in the media ranging from the Atkins diet, the onion soup diet, the three day diet, the cabbage soup diet...the list is endless. However, with these diets the weight always creeps back on over a period of time. The problems with these diets are that you never deal with the root cause of the weight gain and most importantly you are deprived of food that you will crave. You will not have a nutritional balanced diet, which is harmful for your health.

Who wants to eat cabbage or onion soup day in day out? I know I wouldn't. I enjoy my food. I also know that small portions of everything are ok. It's when you exceed the amount that it makes us pile the weight on!

In order to lose weight you need to change your eating habits and lifestyle. It's all in the mind and you too can have self-control.

Diets don't work! I have tried them in the past and have become bored and hungry leading me to eat more! The best way to lose weight and maintain it is to have a good, nutritional, balanced diet. Everything in moderation is good for you.



### What you can do to help yourself:

- Don't skip breakfast. It is the most important meal of the day. Some people think that skipping breakfast will help them to lose weight, but you will miss out on nutrients and will eat more throughout the day. Try to have porridge or oats; they keep you full for longer.
- Eat regularly throughout the day and don't skip meals as your body will go into starvation mode if you do not eat enough. You will lose the wrong type of fat which is harmful to your health.
- Exercise if you are able to. If you don't go to the gym, start hitting the gym. If you cannot for whatever reason take a brisk 30 minute walk if you can. It won't cost you anything. Leave your car at home. I try to take a 45 minute walk home daily from work. Find something that you like doing.
- Control your portions. Eat half of what is usually on your plate.
- Don't snack on unhealthy things. If you become hungry in between meals have some fruit or veg which is low in calories and fat.
- Try to eat foods that keep you fuller for longer. Brown rice, pasta, lentils, beans and peas are good for you. I eat oats for breakfast and they keep me going for about 4 hours.
- Drink plenty of water. Often thirst is confused for hunger.
- Chew your food properly. This will help with digestion.



## Gain self-control

- Be positive. Don't put yourself down. If you eat a few extra biscuits or have an extra slice of pizza don't feel bad. Just acknowledge it and let it go and work on yourself next time.
- Know what you are putting in your mouth. Often the appearance of food can tell you a lot. If it looks unhealthy you know it contains a lot of fat and calories. Use your common sense. Look at the nutritional value of what you are eating if you can.
- Be prepared for tempting situations. If you are going out be prepared on how you would like to handle situations with food.
- Don't stock junk food. This will help you to avoid temptation. If something isn't there you won't eat it.
- Be aware of what you are eating. Don't zone out. Once you have had enough and feel comfortably full stop eating.



## **How hypnotherapy can help you to reframe your mind**

Hypnotherapy can help you to deal with what causes you to overeat and give you control over your choices with food and drink.

When I am contacted in my practice I am asked questions like “what can hypnosis do to create long-lasting weight loss?”; “how do I lose weight once and for all?”; “how successful are the results?” “Will I lose weight?” I usually explain to my clients that the success of their hypnotherapy session depends on them and how motivated they are to make changes to their lifestyle. I am there to facilitate the changes by tapping into the subconscious mind, but it is up to the client to do all the hard work and to make the changes become a reality.

Remember the power is within you and in your mind. Gain control over food and don't let it control you.

## **So what is hypnosis?**

Hypnosis is an altered state of awareness and a form of deep relaxation, where you will be aware of the suggestions I am giving to you. I will use very positive language to help you to achieve the ideal weight for you, usually using visualisation for you to see yourself looking slimmer, feeling fitter and healthier.

It can also help to re-programme behaviour, remove negative thoughts or emotions and it can change your eating habits. It is in this relaxed state that you can take very positive suggestions to help you to make healthier choices and feel more motivated to achieving your ideal weight.



## **About me:**

I have always been interested in hypnotherapy. I studied with the Northern College of Therapeutic Hypnosis and studied for my Virtual Gastric Band Diploma and my Nutritional Weight Management Diploma through the Cressingham College of Hypnotherapy. I also have certificates in Counselling and a Bachelor of Arts on Sociology.

I am really passionate about hypnotherapy and love seeing results when a client's behaviour is re-programmed. I myself have had hypnotherapy to deal with various stumbling blocks in my life as I have experienced many challenges. I have over 10 years of experience working in mental health services, learning disabilities, education, homelessness, abuse and domestic violence. My background in these areas adds to my immense knowledge, skill and understanding regarding the complexity of human behaviour, but more importantly our inner ability to make the necessary changes.

I myself became over weight many years ago. I had always been slim and petite at 5ft. I put on just under 2 stones many years ago after the loss of my father. I was eating cakes about 4 times a week and other junk food and the by the time I knew it the weight crept on. It was only when a friend said to me that I look 'fat' that I decided I had to do something about it. If I had carried on I am sure I would have become bigger.

## **How I lost the weight**

Firstly I joined a gym. I started going for a workout about 3-4 times a week. I cut out all the junk food I was eating. I would have smaller portions and eat more fruit and veg throughout the day. I treated myself about once or twice a week with something nice. This doesn't mean to say I was on a diet. I just watched what I ate and controlled my food intake, I had smaller portions of everything and cut all the junk food out. I have now lost the weight and can say I am happy and comfortable.

### **Before**



### **After**





## Success stories

"I am so impressed with the work that Manjit has done with me on weight loss. I found the hypnosis very calming and relaxing. I have lost a total of 10lb in 5 weeks. I have a healthier diet now, and no desire to eat as many sweets and sugary foods. I would recommend hypnosis as I found it both enjoyable and easy to maintain compared to weight watchers and counting calories etc."  
Lorraine

"Hi Manjit, Well so far I have lost 9 pounds so I am really pleased with that and will hopefully continue. I feel quite positive since I left you. I am not revolted by the demon crisps, chocolate, etc but I no longer have that desperate need for them....I have probably had only a couple of packets of crisps since I last met with you and the craving is no longer there and felt quite in control, they seem to be just like other foods now. I feel much more focussed and out of that cycle of bingeing. I am following a calorie controlled diet and doing it myself rather than going to a particular club. So hopefully you were the best thing I ever spent £100 on xx." Julie

"Hi Manjit, Thanks for getting in touch. I've lost just over 2 stone in total. This is fantastic. I am really happy not eating my problem foods that you hypnotised me against. Pound for pound it has been far more successful than any other weight loss attempt I have made." Janine.

"Hi Manjit! Hope you're well. Just wanted to drop you a line and say everything's going great, touch wood, works perfectly, I've dropped the last stubborn kilo, and back to my «happy weight» no sweets, junk food or anything! Very pleased. I didn't even have any cake on my birthday, which shocked my husband. so thanks a lot again!" Yana

"I had the gastric band treatment via hypnotherapy before, after the birth of my child & it didn't work. Manjit was recommended to me & thought I would try it again. This treatment was completely different, I felt the effects straight away. It's only been 2 weeks, I feel full all the time, I'm not snacking & I'm sticking to 3 small meals a day. I have just weighed myself and I have lost half a stone already. Thanks Manjit." Anu



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