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## Wind up that yo-yo for good!

Everything was going so well. You went on a crash diet and lost all the pounds you'd put on. You felt a million dollars – until you put it all back on again. So you went on another diet, denying yourself all the foods you love and feeling more deprived and resentful by the minute....

Sound familiar? Many people find themselves in this situation, enduring weight fluctuations as they try one diet after another, in a series of failed attempts to lose weight. Yo-yo dieting is dangerous and never works, as you only end up confusing your metabolism, resulting in the body holding onto fat.

For anyone who struggles to lose weight and keep it off, hypnodiets could be the answer.

The hypnodiets weight-loss programme is a course of six sessions, specifically tailored to the individual. Most importantly, there's **no diet plan, food weighing or calorie-counting involved!**

A hypnodiets consultant analyses your current relationship with food and helps you to focus on your long-term goals - how you **want** to look and what you need to change about your eating habits in order to achieve it. Your consultant will help you to visualise, not only what you'll look like when you lose weight, but what the outcome of your weight loss could be. For example, you'd have more energy to play in the park with your kids, take up sports or look fantastic in a size 10 swimsuit. Alongside this advice, your consultant uses the latest hypnosis techniques, personalised to your own goals, and will give your subconscious the boost it needs to make weight-loss easier.

Hypnodiets is not a crash diet or a quick fix. Think of it as an 'enabler', encouraging you to make gradual lifestyle changes that will lead to permanent weight-loss and increased self-esteem and confidence.

Leigh Adley, of *Set Your Mind Free Hypnotherapy*, says: "Hypnodiets is very different from the usual weight-loss methods - it's about exploring your emotional relationship with food. Everything is about you as an individual. With our unique programme, you will develop a new relationship with food, discovering how to lose weight **naturally** and keep it off **permanently**."

*Set Your Mind Free Hypnotherapy* is based in Great Holm and is the only hypnodiets consultancy in Milton Keynes. For more information visit [www.setyourmindfree.co.uk](http://www.setyourmindfree.co.uk) or for a **free consultation** contact:

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