

The Secret To Being

Slim & Healthy

Diets can make you crave the food even much more. Perhaps, you feel deprived of not having what you like. You may even feel sorry for yourself. At some point, you cannot stand it anymore and convince yourself that just one meal it does not hurt. One meal leads to another and before long, you are eating badly again.

If you are giving up foods you enjoy, that is a sacrifice. Being slim should be a happy experience because it is your dream and desire.

You can't think "short term" punishment or deprivation to be slim permanently. This is the secret to being slim and healthy once and for all. You have to correct your thinking that leads to long-term changes in your behaviour.

"We cannot solve our problems with the same thinking we used when we created them", said Albert Einstein - and he is right. The same "wrong thinking" that brought you to where you are now can't be used to change your situation. You will keep getting the same bad results. Example: Diet - Lose Weight - Stop Dieting - Put Weight Back On - Diet Again. You will be stuck in this loop until you do something differently.

If you're trying to change the symptoms of your weight gain instead of the cause of your weight gain, it won't work.

This is BACKWARDS thinking!

You eat the wrong foods (or wrong amounts of food or at the wrong time) because of your thoughts, not because they're the only options available. Nobody ever forced you to eat those foods - you chose what you put into your mouth. If you depend on willpower, it might not

help as it might not be able to change your subconscious thinking, especially when you feel weak.

Let me explain the makings of the mind.

Your conscious mind is what you use to make day-to-day decisions like what you wear, which route you take to work. It focus on the Now.

Your subconscious mind is your motor of the mind and that keeps your body doing things automatically. Learning a new hobby or picking up a new game of sports is a good example of how your brain uses the

conscious and subconscious parts of your mind. When you first learnt the technique, everything you learnt was at a conscious level - you had to be reminded by your instructor / trainer on the correct steps.

You did all of this using your conscious mind until these new habits or behaviours become a natural way - a habit, and you will start doing them without thinking... subconsciously.

This is the way ALL of our habits are formed - it becomes a habit when you automatically start doing something "without thinking". Look at what happens when you go on a diet. You consciously choose the healthy option while you're concentrating on the diet, but as soon as you stop the diet, your subconscious mind automatically starts choosing your old habit of the unhealthy snacks or foods that your mind is used to.

For example, you'll automatically reach out for a chocolate bar or potato chips instead of healthy alternatives when you are hungry because you haven't programmed your subconscious mind to automatically choose the healthy option.

Hypnosis and Hypnotherapy are effective ways to work by re-programming your old unhealthy thought patterns and

habits around food with new healthy ones. They help you:

- Automatically choose the healthiest foods
- Automatically motivate you to eat less
- Automatically stop you eating for emotional reasons and
- Perhaps even the motivation to start your exercise programme

It does this by safely by relaxing you and letting your mind relax in an alert state. You are actually fully conscious and alert throughout and are always in complete control of yourself and your surroundings.

By being in this state of heightened awareness, your subconscious mind is readily more accepting of new and more beneficial ideas and suggestions. It puts your critical and conscious mind on "pause" while your subconscious mind gets to listen, absorb and accept new ideas about yourself, your eating habits and your body. Once you've programmed your subconscious mind to accept this new belief, you'll find yourself automatically do the right things without having to use willpower and without having to make an effort to motivate yourself! [ehb](#)

Big Tips:

Trying to achieve results similar to the perfect body or to peers is not always a good idea. Just visualizing a normal, healthy weight will go much farther in the drive for achieving success.

By putting on a smile and be determined to succeed.

Also, modeling one's self after a person who has experienced a similar condition and emerged as victor can help influence one's own behavior.

Eliminate any doubt on success. Being around positive influences, supportive friends and loved ones can help cause one's success.

Before you begin on any diet, make sure you already feel good about yourself. Sit down and write a list of the ten things you love most about yourself - whether it's the way you laugh, your generous nature or the way you always say 'Thank you' when you get off a bus. Also write down ten things other people adore about you - all the things your friends, family and colleagues might have mentioned. Keep these lists safe and bring them out if a 'What's the point?' day should strike.

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Hypnotherapy Is Reprogramming Your Subconscious Mind.

It's probably the fastest way of getting rid of your old, negative associations with food and replacing them with healthy positive ones. You can expect the following:

- ☑ Gets rid of emotional eating patterns of comfort eating
- ☑ Stops food cravings and binge eating
- ☑ Gets rid of negative thought patterns
- ☑ Motivates you to choose healthy food options
- ☑ Automatically motivates you to enjoy exercise

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