

Discover How Couple Loses 147 lbs. of Painful Fat

Read our story ...

My name is Tony Bender. I'm a writer and publisher. My wife, Julie, and I own two weekly newspapers. We have two active children, Dylan, 5 and India, 1.

You may have seen my picture or Julie's in previous ads. If you had asked us six months ago if we would have considered doing these ads, we would have said, "No way!" but after losing 82 pounds and after Julie lost 65, we were so grateful for the way our lives have been transformed, we wanted to share our story in the hopes that others might experience what we have. We are not compensated for this endorsement, and we wouldn't have lent our names to this promotion if we really didn't believe in it.

I had pretty much decided to live with my weight problem. I had dieted and I had tried other programs, but I always gained the weight back – plus another 30–40 pounds. Julie's weight problem was minor before, but after kids and after being influenced by my poor eating habits, she had packed on the pounds, too. Finally, she had had enough. An acquaintance had lost weight – she looked great and was incredibly vibrant and that influenced Julie to call for help. I came along of my own free will – because she made me! I have since thanked her hundreds of times.

The program really changed our perspective and taught us simple, positive approaches to modifying our lifestyle. It really helped that both of us were on the same program. We were both able to eat and exercise smarter, and we continue to motivate each other. At first I wondered how I would find the time to exercise. We have full schedules – plus young kids. But we both found that eating smarter and moderate exercise gave us hours more each day and plenty of energy! The other night, all of us were running through the house playing tag. That wouldn't have happened six months ago. It's really had a positive effect on the whole family. No more tired crabby parents! (Well, it happens, but a whole lot less!)

The health benefits have been amazing. No more Tums. And a whole lot less snoring. We both sleep better, and I find I need 3-4 fewer hours sleep than I used to. This winter, we've breezed through the usual colds and flu. My blood pressure is down. So is my cholesterol count. Julie brought home a pair of size 6 shorts last week and they fit! I went from a size 50 waist to a 36 and am working to trim a few more inches and pounds. I'll be doing it the same way the first 82 came off – sensibly, working within my lifestyle. I've made changes I can live with!

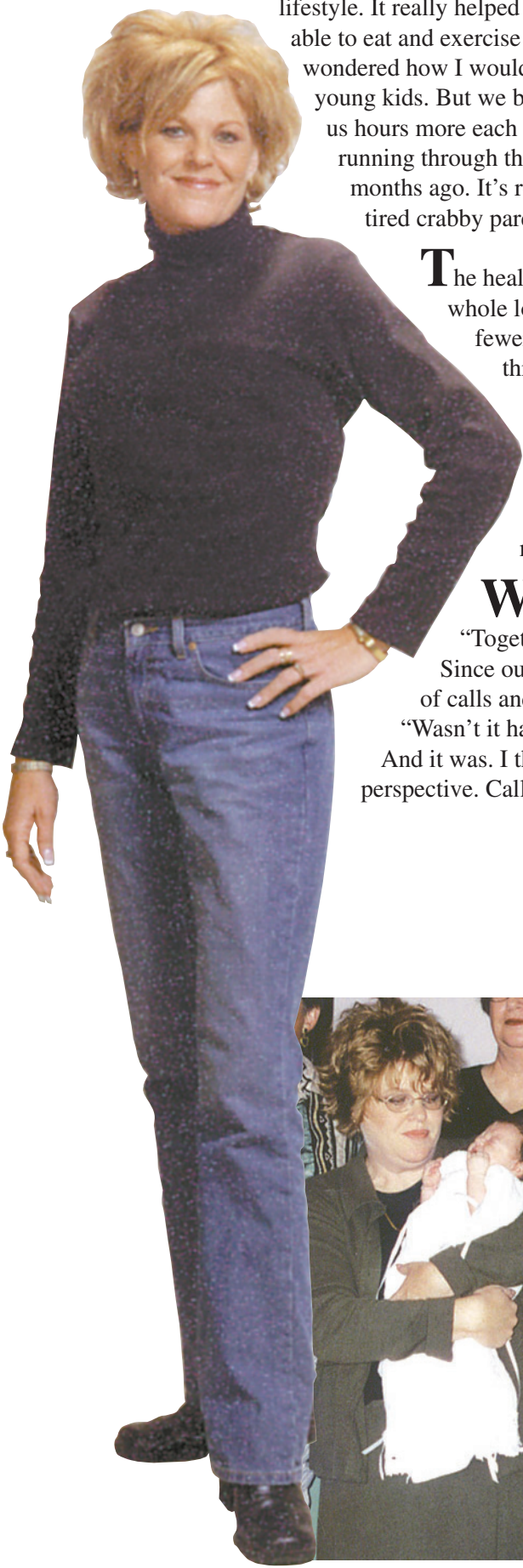
When we stepped on the scale a few weeks ago, we were thrilled with our progress. "Together, we've lost a whole person," Julie said. Since our ads came out, we've both received dozens of calls and been asked about the program on the street. "Wasn't it hard? They ask. "No," I answer. "It was easy." And it was. I think it was just a matter of getting the right perspective. Call now for a free hypnosis screening.



**Tony Bender
BEFORE 82 pound
weight loss
with hypnosis**



**Tony Bender is the author of two books,
"The Great and Mighty Da-Da" and
"Loons in the Kitchen."**



**Julie Bender
BEFORE 65 pound
weight loss
with hypnosis**



MORE RESULTS....

Works As Advertised!

I'm early in the program, but I feel very good about what I have experienced so far. I'm not constantly hungry, and my energy level is much greater. I feel confident that I will reach my goals. I'm much more relaxed and able to deal with every day stresses confidently and easily. This program is working as advertised.

Mark Benesh, *Financial Services Rep.*

Recommended!

I have been using hypnosis for about 7 weeks now and I find that I am more relaxed, have more energy and look forward to doing things. I enjoy walking outdoors and how my clothes are getting looser. I am seeing results and highly recommend hypnosis to anyone.

G. Leingang, *Administrative*

Changed Life!

My life has changed so much for the best, my clothes fit better, and no more soda pop. I have quit taking my pills that I was on for depression. I am much more happy. Coffee breaks for me have gone from pop and candy to visiting and water. I would have never gone on a weight loss program on my own. I could tell I needed help and got some.

Carla Resner, *Secretary*

Fun!

I have had a lot of fun with this program. I learned the correct way to eat and exercise. I walk every night and look forward to it each and every night. I have learned to drink more water than I used to. By doing this program I sleep more soundly at night. I would recommend this program to others.

Sharon Schwartzbauer, *Dispatcher*

Dramatic Change!

Before coming to this program I was the type of person to go to work, come home and do nothing. Since starting this program, my life has changed dramatically. The exercise and the 16 pound weight loss in 6 weeks has given me a new look on life, more energy and for once in my life exercise has become fun that my children even want to exercise with me.

Kathy Smith, *Security*

Down A Size!

This program has helped me change my attitude toward eating. I do not crave sweets like I used to and I hardly drink any pop. For at least fifteen years I drank a can of pop for breakfast, and I was able to kick that habit. It is so nice to go shopping and have clothes fit nicely and having to go down a size instead of up. The hypnosis has helped to relax me and relieve my stress level.

Jackie Bischof, *Title Co. Management*

Wow!

Wow! Week one and I feel great. My family said I look 20 pounds thinner. I was so surprised how easy it was to give up diet coke and drink lots of water. I automatically made good choices, felt satisfied with good foods, and best of all things, was when I started to exercise, "I used to hate it." Look out world here I come!

Lora Hochhalter, *Stylist*

Incentive!

This program has really given me the incentive to exercise and watch what I eat. I feel much more energetic to do things instead of putting them off. I no longer have the urge to overeat or eat sweets. I have tried other programs but always fell back to my old ways. The program gives me the willpower to do it on my own.

Ervin Vetter, *Retired*

Individual results vary.

Endorsements produced by clinics using McFall method of hypnosis training

"We believe that we offer the best service available, the lowest possible cost, with the least amount of hassle. Here's why..."

PROFESSIONAL FACILITIES

Professional Hypnotist with in-depth experience in hypnosis provides individual sessions for custom programs in our office.

STAY WITH IT GUARANTEE

Regardless of how many sessions you may need to attain your desired results and goals, we stay with the problem until you are happy. We offer a Written Service Guarantee.

FREE HYPNOTIC SCREENING

We give a 30-40 minute screening. It's fun and informative. We will give you an honest and in depth explanation of hypnosis and evaluate your situation. If we do not feel hypnosis will benefit you, we will tell you so. Call now and make an appointment for your screening.

WEIGHT LOSS • SMOKING • SELF CONFIDENCE

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