

# *Discover how* I Lost 58 pounds and Got My Life Back

## Here's how hypnosis solved my weight problem...

Hi, My name is Candace Richter. I live with my husband. I lost 58 pounds total with hypnotism. 40 pounds in five short months. I went from a bulky size 16 to a size 4 and it feels great.

### MY CHOICE

I was unhappy when I had weight on. Just look at my before picture and you get some idea of the suffering. Even my big clothes were too tight. Wow, did I feel sorry for myself. Maybe you're there too. If you are overweight my hope is to inspire you to get the help you need. Look at me now. It really is possible. I really used to think it was hopeless.

### FINALLY, THE FRUSTRATION ENDED

Hypnosis ended my struggle with weight. I had been to gym programs. I tried dieting. I even ordered videos. Nothing lasted. Now I am in a size 4 and this program is completely the reason why. My search stopped here.

I saw the ad for hypnosis and called to make the appointment for the free screening. I figured what have I got to lose. I actually was so excited to get the help that I walked up to one of the hypnotists on the street before my appointment. I asked about the program. He visited with me and told me everything would be covered at the screening.

I knew it was the right place immediately when I got there. They showed me other people like me who had succeeded on the program. It was fun and I learned a lot. They taught me that all hypnosis is really self hypnosis. Motivation is possible. I understood how this would work for me.

### BETTER LIFE THE FIRST WEEK

I saw results right away. First I was more calm and in control of my eating choices. I stopped watching the scale and started choosing the activities that could really help me. I quit feeling sorry for myself. You could say the program simply adjusted my attitude and motivation. I always knew what to do but I needed help to consistently make the choices. This program gave me just that kind of help.

We have kids so our grocery bill is up there. I saved hundreds of dollars on junk food alone. It's nice to know that you're not wasting money eating junk that is bad for your health. Of course the kids still raid the kitchen.

### THE COUNTRY IS DISCOVERING HYPNOSIS

Lately, I have read articles in Newsweek® and Fitness® with information on the effectiveness of hypnosis. You may have even seen supportive information on network TV. Since I have used this method it's amazing how many sources I see that know about the effectiveness of hypnosis.

If only I had called the first time I thought about it I would have been thin a year sooner.



**Candace after  
weight loss**



**Before weight loss**

Why suffer when you can get the support you need?

Call for your free hypnosis screening today!

Tell them Candace sent you.

***"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**

## 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. 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*

*Individual results vary.*

*Endorsements produced by clinics using McFall method of hypnosis training*

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**651-287-0953**

