

The Secret How: MOM LOSES 35 POUNDS AND 4 SIZES!

My name is Laura. I live with my husband and three children. I lost 35 pounds with hypnosis, and my life has changed so much that I wanted to share my story. I could never accomplish it on my own, but hypnosis did it.

MY STORY..

BROKEN-HEARTED

My 18-year-old son's friends told him that I was fat. I was floored! It broke my heart to think that's what people thought of me. I felt like a fat lard—a lazy slug. My son is one of the main reasons I started the weight-loss program. For months he was telling me I needed to lose weight, but I always felt I couldn't. So, when I went to hypnosis, I thought, "This is great!"

I RELIEVED MY STRESS WITH FOOD

Instead of dealing with my feelings I would always just try to cover them up with eating. I would just constantly eat if I felt stressed out about something, or if I just felt bored. I didn't eat because I was hungry. I ate because I was stressed out. I ate because I was in pain, like if I got a stomach ache.

OUT-OF-CONTROL CRAVINGS

I don't know how many times I tried. I would say, "Ok, today I'm going to start eating right," and I knew that I could do it. I just couldn't get my mind to do it...I just couldn't break that habit. So I'd start eating again, and the more I told myself I would eat right, the worse I craved that candy bar or that cookie. I was just so out of control!

FUN LOSING WEIGHT

Losing the weight was a blast...was a lot of fun! It was great to feel the energy. I was proud of myself. I didn't need coffee to wake me up in the morning because I had my exercise.

I'M TURNING HEADS

It's amazing! I can't go to a family function without somebody saying, "Doesn't she look great? Look at her!" And I have to turn around so everybody can see the whole me. It's really exciting. People stop me in the hallway at work and say, "What did you do? I have to know your secret!"

IMPROVED HEALTH

I haven't had a cold this year, and I'm amazed. I seldom have discomfort from my acid reflux anymore! My complexion is better. And I can breathe while tying my shoes again. It's just wonderful.



Laura before

I RESPECT MYSELF NOW

When I was overweight, I couldn't look good. I would throw my hair in a pony tail. My eyebrows were like bushes. I didn't moisturize. I didn't do any of that stuff. My new appearance makes me feel great! Since I've lost the weight, I moisturize every morning, get my eyebrows waxed once a month, and have my hair trimmed regularly, because I care about what I look like now, and because I know I can look good.

PEOPLE TREAT ME BETTER

I can see people reacting to me differently. It helps me to feel better about myself and gives me confidence.

I'M A BETTER MOM

I was constantly screaming. Now I find that when things happen, I assess the situation, I take a deep breath, and I can calmly say, "Now was that the right way to handle that? Do you think you should have done that?"

EVEN MY SON IS IMPRESSED

After I lost my weight, my son was hesitant to give me compliments like everyone else did. One day, he pointed out that I wear the same pant size as his girlfriend. Always on the defensive, I said, "but I'm 20 years older than her." He replied without hesitation, "That's what I mean, Mom, it's impressive!" It's the greatest feeling in the world hearing someone who you know really means it tell you that you look good.

I LOVE EXERCISE NOW

When I was overweight, I'd come home and I'd plop on the couch and watch TV and not do anything. Now I think about being active, staying healthy. So now I'm the one who's calling people and saying "Hey, let's go exercise."

OTHER MARVELS

I don't know if I can say one thing is the most important thing, but I think every little factor is what makes it so wonderful. It's not just that I lost weight...it's not just that I feel good...it's not just that I'm a better mom, that I'm better organized: It's the fact that this new person that I've become is ten times better than the old me. I want to be this new person for the rest of my life. Losing weight was the best thing that happened to me!

HAPPY HUSBAND

I'm madly in love with my husband. He's my best friend. I really like to see him happy, and my losing the weight has made him happier. I mean, not that he didn't love me for who I was before, because he did. But for him to fit his arms around his wife better and know that she's smaller is satisfying to him as well, and that means a lot to me.

BACK IN CONTROL

I'm back in control now, and it's wonderful. I control stress now. The old me is gone.

HYPNOSIS DID IT

It's the hypnosis, I couldn't have done it on my own, I didn't have the strength, I needed something to help me, and that's what did it.

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