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**Hypnosis for Effortless Weight Loss**

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**Better Eating Habits**

This script puts the client into a relaxed-altered state of consciousness and then uses a series of indirect and direct suggestion for getting and keeping better eating habits. Each of the better eating strategies is based on scientifically proven evidence.

**Pre-Induction section**

Now relax and get ready to enjoy this effective way to lose weight... allow yourself to become more comfortable and calm... you have all already had a long, busy day.

***All you have to do is listen... everything will happen for you... easily, effortlessly... you don’t have to do anything except relax... All hypnosis is self-hypnosis. I am just your guide … to help you... to relax deeply... to have access to the most powerful part of your mind... To your subconscious mind... the part of your mind that regulates your thoughts, emotions, behavior and body****.*

***3-part breath; vagus nerve-light switch***

... And as you breathe in... imagine a feeling of confidence, well-being and peacefulness within you... Imagine what it would be like if your body... was floating on a fluffy cloud... And you are floating effortlessly... calmly drifting away now... And as you feel yourself... going deeper and deeper... ***notice if your mind wanders as that is its nature***….***allow any thoughts you have to gently let go w/o judgment and bring your attention back to your breath.***...***and this peaceful state of floating***. You’re feeling the stillness and absolute peace and tranquillity... like never before... and relaxing deeper and deeper... ***it is here that your subconscious becomes more accessible.***

**Elevator Decline**

You are feeling comfortably relaxed... without a care in the world... and allowing yourself access to healing energy... and the whole of your body... is being flooded with wonderful healing energy... ***quantum physics research is clear that we are mostly energy, light, and vibration.***

**Warm light-progressive relaxation**

Feel a healing… loving energy... flowing through your body… from your head...

Your body, mind and spirit... are in perfect harmony now... Your whole body is relaxing now... deeply relaxed... and in tune with the abundance of health and wealth from the Universe... a universe filled with love and forgiveness...

And when you are in this state… your mind can reveal its hidden power… Release Tension as you become more deeply relaxed... with each gentle breath... deep within your body... your whole being... is being filled with confidence, health, happiness.. and become aware of any tensions in your body... And as you breathe out... feel all that tension... all that stress... leaving your body... just breathe it out... let that stress drift away... And as you leave the stresses of the day behind... you are present in the Now... and Now is all that matters... right Now... as you relax deeper and deeper... It’s a wonderful feeling... being in the Present... in an unbounded state of absolute bliss and peace...

***Imagine how you wish to look and feel***

You are now seeing yourself in a more harmonious, liberated, happy and confident way.

Liberate yourself from patterns of thinking feeling and behaving that have convinced you that meaningful change is not possible.

Your subconscious – your spirit exists both inside and outside your thoughts, feelings and your body. Consider the following:

You have thoughts…and you are not your thoughts

You have feelings…and you are not your feelings

You have a body…and yet you are so much more than your body.

It is the energy, light and vibration from which your thoughts, feelings, and body emerge. If we are not mindful, we can easily be convinced that our bodies, our material nature, are all that is.

The narratives most familiar to you are like prison walls.

You can set yourself free when you are ready and because you are here…you are ready.

**When you find yourself struggling and ambivalent about your diet, your weight and a food choice– contemplate- the difference between experiencing short-term pleasure (perhaps that which brought you here in the first place) and that which brings long-term happiness (what you desire to be).**

**The difference between pleasure which sugar, processed foods, poor quality carbs can provide, will come and go in a matter of minutes…..will that bring you happiness.**

**Happiness is not the same as pleasure and that is an important distinction. Non-processed “whole” foods, packaged in their original forms, as mother nature intended, can bring both pleasure and happiness.**

**So the next time you are tempted with food you know is not goof for you, ask yourself.**

**“Will this bring me happiness long-term or will it bring me pleasure short-term, highjacking my happiness down the road?**

*As you choose food more wisely... you find you are losing interest in junk food like white flour, sugar, sweets, desserts... and convenience foods...*

*junk foods do not interest you any more... they are an echo of the past... And you will avoid soda and other sweet drinks because you know the sugar and corn syrup stops your body from knowing when you are full.* **The shear thought of sugar, flour, and processed junk foods will elicit a strong and clear image of you, at your current weight standing in front of a full-length mirror, telling it like it is!**

*When your food choices are aligned with what your needs are you will start to transform your biology... Everything will begin to change. Your confidence and satisfaction will grow and accelerate. The future will now appear brighter…a choice over which you have greater influence. The more you move to natural unprocessed foods... the more you lose weight effortlessly... that’s right, effortlessly...*

*What you desire is not to eat to lose weight, but to eat to be healthy and well; losing weight will be a natural and effortless byproduct of that alignment.*

*As you float with greater buoyancy – peacefully relaxed, I offer these suggestions that will be planted deep within your subconscious…informing and guiding the conscious choices you make each and every day in your new relationship with food. Remember, eat to be healthy, the weight will begin to take care of itself.*

*As you sit relaxed and in this moment, I offer the following suggestions:*

Recommendation section:

1. ***Minimize processed foods: sugar, grain-based flour, and vegetable oils have contributed to the reasons you are here this evening. When you contemplate them, picture yourself as you are today-in front of that full-length mirror-telling it like it is… and then picture yourself as you wish to be.***
2. ***Healthy fats…are not bad for you***
3. ***Lower your intake of carbs and increase your intake of healthy fats.***
4. ***Moderate amounts of protein with meals …good sources include vegetables, eggs, fish, grass-fed meats, pasture-raised poultry, beans, and legumes***
5. ***Two-Three cups of greens-colorful vegetables/day***
6. ***Control your environment***
7. ***Remember the difference between pleasure and happiness***
8. ***Self love and self-compassion***
9. ***Avoid extreme hunger***
10. ***Smaller portions with enjoyment and satisfaction…being full w/o being stuffed***
11. ***Time restricted feeding e.g. 10 hrs/day***
12. ***Be creative: anticipate the challenges and the strategies to respond***

*You will introduce these food principles into your daily lifestyle.. which will lead... to Effortless Weight loss...and better health, productivity and happiness.*

*This is how you were designed to live as the generations before you did, in harmony with nature and all that comes from nature.*

*... When you chew more slowly and honor the origins of your food, you’ll be amazed how good your food tastes...* **whole-unprocessed foods... speeds up your metabolism... and improves function... eating fewer carbs and much more healthy fat helps to burn fat... and gives you more energy... a wonderful natural byproduct..***.*

**Food is medicine-it is information***. You will find, with each passing day, that you will be more aware of the quality of information you are eating-in relationship with- and how different you feel as a consequence.*

**Better Eating Habits**

When you are eating…observe yourself.

Eat slowly and mindfully... take a few deep breaths and become more conscious of the food you are eating ... its taste... its texture... its feel... knowing that “You are what you eat”... focus on the first three bites, really paying attention to what you are experiencing. Try to eat with others, returning meals to their social context... conversation slows down your eating...

Add spices like curcumin, basil, rosemary, sage, to enhance flavor and drink water or tea with your meals.

As your weight diminishes and your clothes feel more loose... you’ll notice how more nimble and younger you feel. You’ll notice how much healthier, energetic and alive you feel... Every day will bring new possibility. You will have more energy to exercise and you will love the feeling of being fit and more mobile.

You will notice you are more relaxed in your everyday life... Your Self confidence, Self Esteem and wellbeing will increase day by day... in every way... as you become transformed the choices you make will honor you... **You will shift from thinking about the foods you love to thinking about the foods that love you!**

You are unique and wonderful... there is nobody else in this world like you... We become what we think about...let go of the tired old narratives.

Continue to imagine, visualize your life transformation... and make them your Reality... Change your thoughts and you change your Reality... and your Destiny.

Now it’s time... to think about coming back to the present... getting ready to gently stretch and open your eyes... and feel love and kindness... for yourself. And when you do, you’ll feel a more relaxed, peaceful and calm person... This blissful relaxed feeling will continue with you throughout the evening and night and the days to come...

When you wake up each day... You will feel refreshed... and full of energy... ready for a new life and fresh beginnings...

***Each day, in every way, you will feel better; your clothes will fit more loosely; you will have more energy;youI will be mindful of the difference between pleasure and happiness; you will have more joy; you will think more clearly and be more creative***;

***Each day, in every way, your determination will grow and your desire to choose healthy options will strengthen; Each day your desire to choose healthier foods will strengthen and your desire to choose unhealthy options will become so weak as to fade away as remnants of the person you used to be. Your cravings will diminish and eventually disappear as you rewire your brain and bring balance the hormones that have high-jacked your metabolism.***

Before you open your eyes, notice how at peace you are and how confident you feel. Return to the image of your future self and remember to bring this up whenever you feel

overwhelmed or tempted. The more you recreate this image and this state of altered consciousness, you will notice how much more ease you bring to the effort.

If any doubts emerge, remind yourself: take a slow deep breath, close your eyes, picture your future self and silently repeat:

*“I can do it”*

*“I must do it”*

*“I will do it”*

*“Now is the time…repeat*

Count backward from 5 and return to this space.