

WEIGHT LOSS *without dieting!*

With the best modern technology plus a re-training programme for your mind, you could lose weight without dieting.

Sound too good to be true? It's now very possible, according to qualified hypnotherapist and psychotherapist Valerie Austin-Hall, who says the success rate is remarkable.

Valerie, who practises in Upper Harley Street, says she has been successfully treating clients for weight control using psychovisual therapy incorporating video tapes which have specific subliminal suggestions. These are combined with post-therapy suggestions that enable clients to watch the video at home in a relaxed state. The tapes reinforce the desire to control the weight while the clinic sessions retrain the mind to desire healthy foods.

The treatment involves hypnosis to find out how the behaviour started, transforming and changing the automatic reactions that the subconscious carries out — so the automatic reaction is to "want" good and healthy food without reasoning why.

Valerie believes weight problems are always connected with a trauma. The average number of sessions a client needs ranges from three to five depending on the individual.

"When considering the cost of most diets it's not a lot to pay for peace of mind."

All these conditions and many more can be treated without a video but it can add on extra sessions.

Valerie also uses the specially designed tapes and therapy for stress control, self-confidence, excess social drinking and relaxation. "I have a one-hour stop smoking programme and the percentage success rate is well in the 90s. I am so



Slim Elegance

confident of the result the client can come back for a free session if the smoking hasn't stopped. This is unusual and only happens if the smoking was connected with a trauma and it may be necessary to finish the therapy by finding out what the trauma was and persuading the

subconscious to find a more beneficial way of satisfying the purpose instead of smoking.

Don't Be A YULE FOOL

Seasonal over-indulgence of food and booze can turn Christmas into a time of no-will rather than goodwill.

If you're a heavy social drinker, are you looking forward to or dreading the next few weeks' festivities? From now, to Christmas and into New Year the extended lunch hour sessions, the office parties, departmental dinners and the drinks with family and friends can become a potential nightmare, instead of the fun it's meant to be. The self-destructive incapacity to know when to say NO makes all the difference between enjoyment and self-inflicted disaster. Going too far and making a hideous fool of oneself happens to all of us at one time or other, but more commonly at this time of the year. And combined with seasonal over-eating, it's no wonder that Christmas can seem a time of no-will more than goodwill.

By learning how to control oneself this can still be a very enjoyable time, without all the squabbles and ill

feeling that can occur. After the festive season thousands of people make conscious decisions to lose weight for their next summer holiday and wonder how long they can keep to their New Year's resolution. This time, of giving up smoking and cutting down on alcohol. Not unnaturally, this can also be a very stressful time.

"But why wait until the New Year? Prevention is better than cure," says Charles, who together with his colleague Valerie uses advanced techniques in their hypnotherapy practices at Upper Harley Street and Kew Bridge. "By using good quality hypnosis combined with advanced dynamic therapy techniques hypnotherapy reveals the deep rooted cause of the problem enabling the desired change to take effect. In just a few sessions the social drinker then becomes someone who enjoys



TAKING THE MICKEY: Barry Rourke deprives the Christmas pud of its traditional dressing

a drink and remains sociable, and is able to say no. Usually the cause of the excess drinking turns out to be something entirely different to what the client expected on a conscious level and the only way to find the cause is by using hypnosis. The same procedure applies for other problems: weight, panic attacks,

stress, lack of confidence and phobias. Smoking however can be dealt with in one session because it is rarely trauma related," Charles says.