

Weight Loss Self Hypnosis: Does It Work?

Lose weight without feeling hungry? Lose the desire to over eat? Stop eating when you're full? Sounds like an impossibility. However there are those who swear it can be done through self hypnosis. But the question still remains about weight loss self hypnosis: does it work? Your brain determines how much you eat, how often, and what you eat. If you haven't eaten anything in awhile, your blood sugar drops signaling your brain to tell you you're hungry it's time to eat. If that's the only time you felt like eating you wouldn't have a weight problem. Unfortunately sometimes the brain tells you to comfort yourself with food, to eat to reduce stress, or relieve boredom. Hypnosis works by telling your brain that's not necessary. Your state of consciousness is altered through hypnosis. Your brain is more responsive to suggestions in that altered state. Contrary to what many people think you can not be told to do something under hypnosis you have strong beliefs against, feel is immoral, or unethical. A suggestion that you don't really want to eat fattening foods, certain foods, or to reduce the amount of food you eat or to stop eating between meals can be effective in changing your behavior. If that behavior can be maintained for a few weeks it may become a permanent change. However, there are still doubts about the efficacy of hypnosis, and the extent to which it works. Although hypnosis is not a miraculous cure, it can be helpful combined with a weight loss program involving a low fat diet and exercise. If you want to eat lots of fresh veggies and fruits and stay away from fatty foods, your diet will be more successful. Hypnosis is considered to be fairly safe and inexpensive. It is an approach that can be helpful in a well integrated weight loss program. Your first step is to find a qualified hypnotherapist who can teach you how to self hypnosisize yourself. It may take a few sessions until you get the knack of it. It's important that you like and trust the hypnotherapist, otherwise you may be resistant to any suggestions he or she makes. The therapist will give you a series of steps that you use to put yourself in state more receptive to suggestions. He or she will give you the suggestions so they strengthen the ones made during the original sessions. The suggestions may be that you no longer have the desire to eat past the feeling of fullness. Or that you haven't the need to snack between meals or after dinner. If a certain food is causing problems, the suggestion can be made that you no longer want that food but would prefer a low calorie, healthier substitute. Most people say that they were aware of their surroundings, their emotions and exactly what was happening during the hypnosis sessions. They came out of the sessions relaxed and refreshed. Can self-hypnosis help you lose weight? There's no definitive proof that hypnosis alone will cause weight loss, but it could help you stick to a weight loss and exercise program.

About the Author

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