

Krysti Turznik, CH
Certified Hypnotist

Volume 1, Issue 1

Fall 2004

Powerful-Mind

Can You Think Yourself Thin?



If you have ever found yourself saying, "I can't lose weight" or "I'll never be thin," then you may be making that statement your reality.

Your beliefs are reinforced every time they are repeated, so once you change your inner dialogue, you will change your reality. Through the use of hypnosis, you'll learn many things about yourself... and once you gain this awareness, you empower yourself.

You will understand your reasons for your self-sabotage (the reasons your subconscious mind needs to be over-weight), and the positive reasons it has been keeping you this way.

If you have been overweight for some time, your subconscious mind may have a body image, shape, or weight that

it's holding on to. You can change this into a new body image that's acceptable to you, and the weight will be easier to keep off.

As you modify your body image, you'll also be creating a new set point for your body that will keep you healthier and in better shape.

You will learn if your appetite and cravings truly represent hunger, or if they have an emotional content and serve a deeper purpose.



Finally, when you identify the cause for not wanting to exercise, you will free up the energy to become passionate about taking good care of your body.

The inner work you do with hypnosis will have a tremendous impact upon your life. You will begin to see life differently, and make healthier and more beneficial decisions.

So is it possible to think yourself thin? Absolutely!

The power of the human mind.

According to a research at Cambridge University, it doesn't matter in what order the letters in a word are, the only important thing is that the first and last letter be at the right place. The rest can be a total mess and you can still read it without problem. This is because the human mind does not read every letter by itself, but the word as a whole.

Stressed Out? Hypnosis Can Help

The natural process of hypnosis enables you to take an active role in shaping the outcomes of your life.

Simply by slowing down and focusing your attention inward, you return your mind and body to a more pleasant state of being... to a place where you are healthier and happier.

So give yourself the gift of time, take back control of your life, and return to your

inner state of harmony and balance. You'll be glad you did!

Hypnosis Can Help With...

Age Regression, Bed wetting, Cancer, Concentration, Dental procedures, Fears, Fertility difficulties, Guided imagery, High blood pressure, Childbirth, Implants/transplants, Insomnia, Learning/study skills, Medical procedures, Memory improvement, Motivation, Nail biting, Pain management, Past Life Regression, Pre- and Post-Surgery, Public speaking, Relaxation, Sales motivation, Scar reduction/wound management, Self-confidence, Stop smoking, Sport improvement, Stress reduction, Stuttering, Test anxiety, Tinnitus, Visualization, Weight management, Women's Empowerment, and much more...

Hypnosis Happenings (upcoming workshops)

* Stop Smoking

It is possible... you CAN Do It! Identify your triggers and conditioned responses to smoking. Learn why smoking is NOT addicting the way you think it is. Take back your health, your freedom, and your life... without cravings or weight gain.

* Learning Enhancement

Find your special learning place deep within your subconscious mind, & discover how to easily store and retrieve information at will. Learn to quickly and easily release test anxiety, increase your self-confidence and learning abilities, and easily recall needed information.

* Women's Empowerment

In our fast-paced world, women are juggling family, career, education, and the home. Hypnosis can help you manage it all.

* Weight Loss

Discover and release your unconscious need to be overweight... tweak your body's internal settings to easily shed your weight... learn how satisfying it is to live a healthier and happier life.

Special points of interest:

- Hypnotism has been an approved procedure of the American Medical Association (AMA) since 1958.
- All hypnosis is really self-hypnosis (the hypnotist is only your guide).
- Changes made using hypnosis are more permanent and lasting than those made with will power alone.

Krysti Turznik, CH
Certified Hypnotist
239-573-9195
www.powerful-mind.com