

### **WEIGHT LOSS PROGRAM (Virtual Gastric Band)**

Achieve long term weight loss without dieting.  
Whether it's losing 3kg or 30kg, we'll help you  
become the shape and size you want to be.  
Our Internationally Accredited Program is proven  
to be 95% effective in clinical trials.  
Number of Sessions: 6+

### **SUGAR ADDICTION PROGRAM**

Excess sugar intake can lead to obesity, Type 2  
Diabetes and tooth decay.  
The habit of reaching for soft drinks, chocolate,  
sweets, cakes and biscuits can be hard to break.  
By rewiring your subconscious habits, our Program  
puts you back in control.  
Number of Sessions: 3+

### **QUIT SMOKING PROGRAM**

The facts speak for themselves. You are 10 times  
more likely to quit smoking for good using  
hypnotherapy.  
Expect to be a non smoker after completing the  
first session of our Program. (12 Month Guarantee)  
Number of Sessions: 2

### **CHRONIC FATIGUE & CHRONIC PAIN RELIEF PROGRAM**

Chronic Fatigue, Fibromyalgia and Chronic  
Musculoskeletal Pain are diseases of modern living.  
The **symptoms** of fatigue and pain are very real,  
however the **cause** is usually emotional, and is  
generally hidden beyond our conscious awareness.  
Our Program comprises Education and Hypnosis to  
help you regain your health, your self esteem, your  
friends and your life, all in a manageable timeframe.  
Number of Sessions: 6+

### **STRESS RELIEF & DEEP RELAXATION PROGRAM**

Our Program gently uncovers the true source of  
your stress, and helps you reconnect to a natural  
inner calm. We teach you self hypnosis so that  
you have the tools to continue your experience.  
Number of Sessions: 3+

All Programs include take home CD's personally recorded  
by our therapists, using advanced hypnotic techniques.