**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+

**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

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

**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+

**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+

**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+