



*You eat even when you're not hungry...
Try Hypnotherapy*

"Most people are aware that weight loss can be achieved through a combination of eating more healthily, eating less and being more physically active in our day to day lives," says Sandra Trebinski D Hyp, MBSCH from the Hypnotherapy Centre (01753 853 124, thehypnotherapycentre.co.uk). "They even know the changes they need to make to achieve their goal, but experience real difficulty in making those changes stick. This is because the root cause of the problem, the actual reason for overeating, is not taken into account. So often we eat, not because we are hungry, but to relieve boredom, through habit, or without even thinking about it!"

She adds: "Habits are stored in the unconscious part of the mind and the advantage of hypnotherapy is that it enables communication with the unconscious mind to make the necessary behavioural and emotional changes. Hypnosis also provides deep-rooted motivation for reaching your desired body image. In turn, this motivation makes it easier to stick with your behavioural changes until they become a natural part of your life."

Amazing Weight Loss Therapies

Having problems shifting those extra pounds? These fantastic techniques will get you back into shape in no time!

Uncovered!



You find it difficult to maintain a healthy weight. . .

Try Ayurveda

According to ayurveda, being overweight is a sign that your vata, pitta and kapha systems are out of balance. The reason for this is not through eating too much, but from having a poor digestive fire (known as agni).

"Agni can be compared to a burning fire," says Gupi Wanier, author of *Ayurveda, the Right Way to Live* (£14.99, Carlton Books Ltd). "If the flame is very low, it will take a long time to cook the food. In the same way, if the fire is too strong, it will burn the food. Our digestive fire should be balanced so that we can digest meals efficiently and smoothly."

So according to the principles of Ayurveda, in order to get your body back in good working order, and therefore enable you to maintain your perfect weight, you need to take steps to increase your flow of agni.

- Eat a small piece of fresh ginger before a meal to activate the saliva glands and stimulate agni before you eat.
- Try to increase your intake of leafy green veg. These ultra-nutritious foods help to balance the pitta and kapha, and are packed full of important vitamins, minerals and anti-oxidants for good health.

- Diets in the West are often made up of sweet and sour tastes, which can often lead to too much heat in the body. Balance this by including a small selection of bitter and astringent tastes, such as melon, rhubarb, apples, sprouts and tofu, in your diet to cleanse and purify the blood.

You can't stop comfort eating. . .

Try the Emotional Freedom Technique (EFT)

"Successful weight loss and maintaining a healthy weight involves more than just watching what you are eating," says holistic psychologist and therapist Nicola Phoenix (07949 396 820, phoenixivas.com). "It involves addressing why you have an issue with food. There could be a possibility that food has become a stimulus to cover up an emotional problem, such as fear or guilt, which could lead to comfort eating. EFT involves the psychological exploration of issues to highlight specific areas and negative thought patterns, thus limiting beliefs you may have towards yourself or food. The treatment is able to get to the core of the problem and resolve any underlying issues."

The cause of all negative, emotional reactions is a disturbance in the body's energy system; therefore by releasing the disturbance, you are releasing the emotional reactions. By gently tapping on specific meridians (energy points), while tuning into the issue or situation causing the emotional disturbances, the body's energy system is balanced and emotions released.

"The true power of this technique is that your practitioner can teach these techniques to you," Nicola adds. "Tapping specific points on the body can reduce any anxiety or stress that occurs throughout the day. Maintaining successful weight loss involves releasing the negative emotions, so that you don't feel the need to use food as a substitute for emotional pain in the future."

You can't get motivated. . .

Try Yoga

Lets face it, the idea of spending your evening sweating your socks off at the gym isn't the most tempting of options to get you motivated into losing weight. But don't forget, this isn't the only way to exercise - yoga is a brilliant way to help you get fit and stay fit.

Although most varieties help tone and build flexibility within the body, the only one that significantly burns calories is ashtanga. If you're overweight, but fit, this variety, also referred to as power yoga, is a great alternative cardiovascular workout that builds fitness and helps you lose weight.

However, if you fear you're not as fit as you could be, it's best to begin with a less vigorous form such as sivanada, which will not only enable gradual weight loss, but will also build up your strength and stamina in order to move onto the more aerobic forms.



SUCCESSFUL WEIGHT LOSS AND MAINTAINING

A HEALTHY WEIGHT INVOLVES MORE THAN

JUST WATCHING WHAT YOU ARE EATING