



## Hypnosis Slimming Coach

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## EAT WELL, MOVE MORE BODY MANAGEMENT PROGRAMME

Welcome to your Body Management Programme. This programme will help you achieve the size and health level, you are aiming for. I will do my very best to help you with this programme and help you to do your very best to help yourself. Your Body Management Programme will follow some specific actions you create, and some general actions, repeated trials have proven to aid your goal to transform your shape.

Firstly, really think about the way you currently eat, and your level of exercise, if you are not happy with your shape, it usually has something to do with your current, or long term eating pattern ( how you approach eating) and exercise level.

This is a life changing and body transforming programme and with your own focus and effort, along with successful hypnotherapy techniques, you will progress towards your goal.

To start your programme you will need to be aware of your body measurements and activity level. Have an awareness of your current eating habits and exercise pattern and an understanding of any food specific cravings you may experience regularly.

You will then be offered a 4 part hypnotherapy programme to support you in your goal. The sessions can be every week or be booked as and when you require and will be tailored to your specific needs where possible. You will also be provided with measurement tables, and a supportive recording for you to listen to daily. I may offer additional recordings if appropriate to your situation.

## **Your Complete Programme Actions.**

**Action 1** – Participate in at least 4 hypnotherapy sessions. I will discuss your needs on a regular basis and adapt your sessions to suit your own individual needs where appropriate.

### **Action 2– Listen to your support recording daily for at least 3 weeks**

It is important to support your programme with the recording I produce for you. This will help amend the neural pathways in your brain, relating to your associations and attitudes towards food. Please listen to your recording, using headphones, at least once a day, in a safe and comfortable environment. Do not operate machinery or drive whilst listening.

### **Action 3 - Focus on what and how you eat. Do nothing else whilst eating.**

Every time you eat, be aware of how your food tastes and feels, and only continue eating if you fully enjoy every single mouthful. When this sensation stops, stop eating and either dispose of any remaining food or wrap and store it carefully and save for a later time, if appropriate.

### **Action 4 – Only eat when you recognise you are physically hungry.**

Do not follow your existing habitual eating regime. Open your mind to help you take up your new eating plan and remember to eat before your hunger signals become too strong, and stop as soon as you recognise you have had enough.

NB. Sleep is vital to a great health regime and has an important impact on eating patterns. If you have trouble sleeping I can also provide a sleep support recording.

Create a summary of your new eating plan here after your discussion with me

### **Action 5 – Safely increase your exercise levels ( please consult with your GP if needed)**

Follow your own safe increased exercise plan daily, and keep a record of your activity level and the impact you feel.

**PROGRESS CHART - measure at the same time every week.**

Week 1	
Chest	cm
Waist	cm
Hips	cm
Total	cm

Week 2	
Chest	cm
Waist	cm
Hips	cm
Total	cm

Week 3	
Chest	cm
Waist	cm
Hips	cm
Total	cm

Week 4	
Chest	cm
Waist	cm
Hips	cm
Total	cm

Remember, you are able to take control of the way you eat. Eat consciously, and take note of your physical hunger signals only, and not emotionally driven food cravings. Drink safe amounts of cool water and give your body the healthy nutrients it needs, to function in the best way possible. The most amazing thing you could do for your body is to fine tune it and maintain it. It's your body, and needs your support and care, to make sure you can live the best and healthiest way possible. Remember to exercise every day.

**4 week review..** What's going well? What, if anything, needs to change/ improve? Assess your next 4 weeks' plan, make amendments if you need to.

**PROGRESS CHART - continue to measure at the same time every week.**

Week 5	
Chest	cm
Waist	cm
Hips	cm
Total	cm

Week 6	
Chest	cm
Waist	cm
Hips	cm
Total	cm

Week 7	
Chest	cm
Waist	cm
Hips	cm
Total	cm

Week 8	
Chest	cm
Waist	cm
Hips	cm
Total	cm

Remember to eat consciously, and to continue to take note of your physical hunger signals only, and not emotionally driven food cravings. Drink safe amounts of cool water and give your body the healthy nutrients it needs, to function in the best way possible. Exercise your body.

Remember, it's your body, and needs your support and care, to make sure you can live the best and healthiest way possible, for the rest of your life. Be amazing. Remember, your future is in your hands.

**Second 4 week review.** What's going well? What, if anything, needs to change/ improve? Amend your next 4 weeks' plan if needed.

## PROGRESS CHART - measure at the same time every week.

Week 9	
Chest	cm
Waist	cm
Hips	cm
Total	cm

Week 10	
Chest	cm
Waist	cm
Hips	cm
Total	cm

Week 11	
Chest	cm
Waist	cm
Hips	cm
Total	cm

Week 12	
Chest	cm
Waist	cm
Hips	cm
Total	cm

Remember, you are able to take control of the way you eat. Eat consciously, and take note of your physical hunger signals only, and not emotionally driven food cravings. Drink safe amounts of cool water and give your body the healthy nutrients it needs, to function in the best way possible. The most amazing thing you could do for your body is to fine tune it and maintain it. It's your body, and needs your support and care, to make sure you can live the best and healthiest way possible. Remember, your future is in your hands.

**12 week review.** What's going well? What, if anything, needs to change/ improve? Next steps, continue size reduction, or maintain?.

## 12 week summary

What will you continue to do to reach and maintain your healthy size and shape?

What have you put in place to make sure you maintain your healthy lifestyle?

How will you make sure you continue to look after yourself the best way possible?

Assess if you need any further support from hypnotherapy or life coaching.

### Additional support information

Hypnosis cannot make you do anything you are subliminally resisting. You can change your shape and size and improve the way you live your life for the rest of your life, as long as you honestly follow this hypnotic body management programme.

You can choose to explore the emotional aspect of your current eating regime to help you gain a better understanding of emotionally based eating, when and why you do this and what you can do differently in the future to deal with the emotional 'comfort' this type of eating provides you with.

For those who fall into the physical level and emotional criteria for this: the Gastric Band can be added as an additional session, this will only be included in your programme with the correct healthy approach. Following the Hospital Group Advice, you will show that you can look after your body in a healthy way, have reduced your size safely over a number of weeks, and are aware of the impact that following the Gastric Band restrictive diet, which is needed once your hypno gastric band is fitted, will have on your way of living, have a BMI of over 30 and are emotionally prepared to live and work on the gastric band diet.

There is an additional cost of £75 for this session.

You may also need a Gluten free regime, or consider low GI foods, researching other reasons why your size is proving difficult to reduce, such as Adrenal fatigue, depression/anxiety, lack of sleep, other types of food intolerance, etc

I am not a medical expert, nor can I give nutrition advice, however, I can share things that others have found helpful. It is entirely your choice should you research any of these or other areas to help improve your lifestyle.

It is also important to appreciate that one 'bad' day or moment, will not make this programme fail. If you safely increase your physical exercise level and reduce the number of calories ingested, or use up any surplus calories stored, you will reduce your size. To keep your size reduced and have a healthier lifestyle for the rest of your life, it is important to adopt a healthier emotional and physical approach.

And finally,

Congratulations for the changes you have made in your life and well done for reaching or working well towards your desired shape and size.

Once you have achieved your desired shape and size, it is important that, to maintain this, you will need to continue to follow a healthier dietary approach to eating. You cannot go back to your previous ways of eating and living.

Recognise when you are seeking comfort from emotional eating, take control of how you look after your body, and make sure you only eat when you are physically hungry.

Maintain a healthy and regular approach to exercise.

Sleep well as often as you can. Sleep deprivation is a large factor if the body is not managing itself well, as well as weakening emotional resolve.

Remember, rewards do not have to be food or sweet based. Find alternate ways to reward yourself and continue to make these the habit you have and not the harmful ones of the past.

Contact me if you need a 'top up' – don't wait till it's too late, what ever the reason you feel you are slipping into old non productive ways, get support as soon as you can.

