

What is Included In The Program?

We record each of your hypnosis sessions and you get the only copy of that recording on an audio CD. We instruct you to listen to that recording at least once a day every day until your next hypnosis session. You also get a copy of our "ON THE GO" CD. Listening to this recording at every opportunity (while you drive, work or play) reinforces the rest of your program. And you will also receive a specially formulated inhaler to use should you get any cravings.

How Much Does Will My Program Cost?

Everyone is different, therefore; we do not do group hypnosis session. Every hypnosis session is personal and private. The cost for your first personal hypnosis session is **\$95.00***. This also includes the orientation and nutrition counseling. All additional hypnosis sessions are **\$60.00*** each.



Group Discounts

Many times a husband and wife or a group of friends will decide to do the program together. This is an excellent idea and we encourage it by offering a discount to those couples or groups. If two or more people come in together, the cost for the first session drops to **\$80.00*** each. This is possible because we can do the Orientation along with the Questions and Answer session in a group. This saves a great deal of time. **All hypnotherapy sessions, however; are still personal and private.**

***All prices re subject to change without notice.**



Now, Get Started!

Call right now for your appointment.

405-397-6690

**You Can Stop Smoking
and Lose Weight in the Same Program
Provided you really want it!**



**Hypnosis
Works**



Our success rate is high because we allow our clients to self-select their programs, depending on their level of readiness.

If You're Ready —Call Today

405-397-6690

Hypnosis Works

Hypnosis is one of the most effective means of quitting smoking- and it's permanent! Hypnosis is also very effective in facilitating weight-loss/lifestyle change programs.

The goal of this program is, through hypnosis to get rid of habits you don't want, and replace them with positive, confident feelings of achievement.

Through hypnotherapy your operating computer (your subconscious mind) becomes reprogrammed for a new, (and seemingly natural) lifestyle of healthy eating and appropriate exercise. Exercising for personal improvement will become your new habit. Instead of fighting with yourself to over come strong cravings, you create the desired subconscious response without struggle.

By working with your inner mind hypnosis helps eliminate the internal battle that many people experience when giving up smoking or other unhealthy habits.

What makes hypnosis a better choice than willpower or medication?

First of all willpower just doesn't work. Medications don't

help you to “change” your mind on a permanent basis and they do virtually nothing to help with weight control, stress reduction or to improvement of the quality of your life on the long term.

On the other hand hypnosis is a perfect tool to address all of these issues.

Eliminate the Negative and Accentuate the Positive

Hypnotherapy for smoking cessation eliminates the desire for cigarettes. It disconnects the so-called “triggers” that produce mental and physical urges that smokers call their habit. In this program I add positive suggestions that build your self-esteem and reduce your stress.



Self improvement in the form of weight loss is a desire shared by many people. However the changing of eating and exercise habits in order to lose the weight often seems to be an overwhelming task.

With hypnosis you gain the self-control you need to stick to a new healthier way of eating.

Exercising for personal improvement will become your new habit. Instead of fighting with yourself to overcome strong cravings, you create the desired subconscious response without struggle.

What Is Hypnosis?

The British and the American Medical Association have both accepted hypnosis as a valuable and effective tool. These prestigious organizations tentatively defined hypnosis, as “a temporary condition of altered attention in the subject that may be induced by another person”.

On the other hand, Hypnosis is defined by the International Medical and Dental Hypnotherapy Association in this manner.

“Hypnosis is an education and communication process to a person's mind that allows the conscious and subconscious mind to believe the same message. During Hypnosis, the body and



are and where you need to be to begin your healthy weight loss. If you have Type 2 or adult onset Diabetes in your family medical history reducing the carbohydrates in your diet will save your health and maybe your life.

Dr. Rhodes and I have embraced the low carb lifestyle since July of 2001. We are healthier than we have ever been and we have both lost pounds and inches. We intend to remain low carb eaters for the rest of our long, long healthy lives.

We will be your support group and your cheerleaders as you embark on this life changing decision.

We hope to see you soon.

Suzette Northcutt Rhodes



How Many Session Will It Take?

Becoming a non smoker is the first order of business, so that is the focus of the first hypnosis session. Some people leave their first session and never smoke again. With others a bit more time is required. Therefore, while we do begin the weight loss work in the first session, in most cases it becomes the primary focus in the second session.



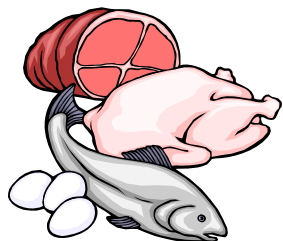
Everyone responds differently, but generally speaking, at least two and sometimes three additional hypnosis sessions are required.

Most people become non-smokers somewhere within the first three weeks. However, in the unlikely event, you are still smoking, three weeks after your first hypnosis session, we will do a special session, devoted to that situation only. There will be no charge for this.

How Long Are The Sessions?

Due to the time required for the orientation please allow two hours for the first session. All additional hypnosis sessions require about an hour.

metabolized to sugar) into your cells. Over the years high carbohydrate nutrition causes your pancreas, which produces the insulin, to become hyper sensitive to the carbohydrates in our



diets. As meals high in carbohydrates continue, the pancreas over produces insulin. The unusually large amount of insulin takes too much sugar out of the blood stream leaving you with low blood sugar. Because the sugar has been taken out of the blood stream too rapidly the cells cannot burn the energy fast enough so the sugar is stored as fat. Hence, weight gain and low blood sugar, known to many as hypoglycemia.

In general, on a low-carb diet it is not necessary to count calories. Eat all you want, as often as you want, in order to prevent hunger. Don't stuff yourself; just eat until you're no longer hungry, not "full just not hungry. Because you are consuming fats and oils, you will not be as hungry, protein and fats are very satisfying. Eating a high level of fat actually causes you to loose weight.

Consuming healthy fats is necessary for a healthy diet. You should limit consumption of trans-fats found in snack foods, margarine and shortening. Good fats are found in olive oil, canola oil, nuts, and real butter.

If you are not familiar with low carbohydrate-high protein eating plans there is an abundant amount of information on the Internet. Go to your favorite search engine and search for "low carb diet" or try these web sites. You will find all you need to know about healthy eating.

www.lowcarbuxury.com,
www.wilstar.com/lowcarb/



Prior to coming in for your first appointment and beginning your new lifestyle you should keep a food diary for a few day. E-mail me at rhodes@brightok.net and I will send you a packet that will have everything you need to record your carbohydrate intake. Bring your food diary with you when you come to our office. This will show in black and white where you

conscious mind are in a relaxed neutral state, while the subconscious remains awake and receptive to suggestion."

Scientists and researchers in the field recognize that the trance state we call hypnosis has special qualities. When the subject is in the hypnotic state he/she is highly suggestible, open, receptive and responsive to new ideas. Negative subconscious programming can be changed to positive.

Hypnotherapy is emerging as an effective science for solving problems and improving the quality of life. It is a valuable adjunct in psychotherapy, psychiatry and medicine, and it is, without a doubt, the lowest risk procedure available.

However, few therapeutic procedures are less understood by the general public and more plagued by misconceptions and misunderstandings.

There is no surrender of mind or control and there is no magic or voodoo involved.

While In Hypnosis You Won't Do Or Say Anything Against Your Will!

Many people who have seen stage performances involving hypnosis or read certain novels or seen movies that include hypnosis ask this question. "Can someone in hypnosis be made to do something against their will?"

The answer is NO! A person cannot be hypnotized and forced to do or say anything that violates personal standards of behavior or integrity. In the old John Barrymore movie, *SVENGALI*, a bearded madman, in a very dramatic manner hypnotized women to do his bidding. This is called the *SVENGALI EFFECT* and is pure fiction. **It just couldn't happen!**



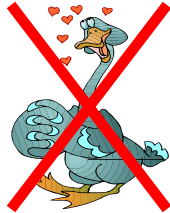
Even in more recent films and television programs, hypnotized persons are falsely depicted as being completely under the control of the hypnotist. Because of this many people balk at the notion of being hypnotized for fear of allowing someone to make them act foolish or do something that they

would later regret.

Contrary to what you might have seen in hypnosis stage shows, the hypnotherapist can not "jump in to your head" and make you do anything you don't really want to do. Even when deeply hypnotized, any individual, regardless of suggestibility type will refuse to do anything that is against his/her religious and or moral beliefs or anything of a harmful nature. There is a protective mechanism located deep in the primitive portion of everyone's subconscious that will always reject such suggestions.



I never direct my clients to do anything of an embarrassing or unpleasant nature. You won't be made to waddle like a duck or cluck like a chicken.



What Is It Like To Be hypnotized?

True hypnosis is a deeply relaxed state, but not a state of unconsciousness. Hypnosis is not sleep. In most cases the subject is fully aware and is able to respond on request. While in hypnosis you will hear everything being said, and can talk easily with the hypnotherapist. The hypnotic state is not a unique feeling. You pass through it at least twice each day - as you go to sleep and again as you wake up. As a matter of fact, you may have experienced a trance-like state many times. Have you ever been caught daydreaming and not noticing routine things happening around you? You were in a state similar to hypnosis. When reading a book or watching a movie ever found yourself not noticing the passage of long periods of time? You were in a hypnotic-like trance. After the first session you may not believe you were hypnotized because you have had the experience before.



Can Anyone Be Hypnotized?

The answer is a very strong "Yes". But not everyone can be hypnotized by the same method. There is no such thing as a good subject or a bad subject because everyone has a natural

You are at your present weight by purposeful eating. We never eat things that increase our weight and our waist size by accident. Although some of the purpose for our added pounds and inches may be the bad information, we are getting from doctors, dietitians and our own United States Department of Agriculture food pyramid.



I am personally appalled by the bad information on the USDA and the American Diabetes Association, the American Heart Association, and the American Dietetics Association web sites. The famous food pyramid developed by the USDA and encouraged by the AHA, and ADA is a calamity. It is simply the worst of the worst dietary information available today. It recommends six to eleven servings of grain products. Pastas, cereals and bread are nothing but sugar and a little fiber. You are cautioned by the establishment to limit meat, dairy, and especially eggs and fill up on grains, vegetables and fruits that are loaded with sugar.



This is very bad advice!

Most typical American diets consist of one to two or often three meals each day that are made up of about 90% carbohydrates. Examples: breakfast cereal made of grains and added sugar, toaster pastries, lunch sandwiches that are more bread than meat, potato chips or French fries and fruit or cup cake or another sweet type desert, pizza suppers with sugar sweetened soft drinks and bread sticks followed by a trip to the ice cream parlor. Fast food restaurants line every major thoroughfare in our nation and fast food translates to too many high carbohydrate meals. Even some vegetables should be severely restricted; they produce more sugar in your body than ice cream. One baked potato, a small bag of mini carrots, or a cup of corn metabolizes faster into sugar than one cup of ice cream or a piece of chocolate cake.



When you consume large amounts of carbohydrates you get a steady flow of insulin into your blood stream to carry the carbohydrates (that have been



your new lifestyle and way of thinking about food. Hypnosis has been used as a means of weight control for many, many years, but we have discovered that it is most effective when combined with a healthy, nutritional program. After reviewing the latest research we have discovered two important points.

First of all: the concept of weight loss and healthy living based on a low-fat diet has no scientific evidence to back it up. Even though it is the official policy of the federal government and pushed by many health professionals low-fat nutrition has proven to be totally ineffective in weight control and has no bearing on a healthy heart. There is a New York Times article you should read. You will find it on the Internet at, <http://www.diabetes-normalsugars.com/articles/fatlie.shtml>.

Secondly: The latest scientific research indicates what our own testing has proven to be true. **Low-carb nutrition is the best, most healthy, most satisfying, most effective and easiest of all of the nutrition plans currently being touted and the latest research proves it. One of NBC Dateline's on-going series has spot-lighted the effectiveness of hypnosis and the Atkins eating plan.**

Our weight loss program is developed for anyone who is willing to commit to seriously reducing his or her intake of carbohydrates. The recent history of low carb eating has been around since the 1970's when Dr. Atkins wrote his first book about a diet revolution. All things change either slowly by evolution that might take millions of years or by a revolution that makes dramatic changes in a short time.



Mental fitness training re-programs your mental computer and creates revolutionary thinking and quick change. What I am suggesting is revolutionary thinking that enhances a change in your food intake. You can find reference to low carbohydrate health in the 1800's.

Now that we have discussed how hypnotherapy and Mental Fitness Training will assist with your weight loss, I want to talk a

response to hypnosis. True, some people may need a little more work than others to enter a state of trance. And some people may require more hypnosis sessions than others.

In order to provide the most effective service, before the first session I have each client fill out an application that contains a number of questions. When answered these questions will tell me how to work with that client in the most efficient manner.



Your Program

After I review and evaluate your application I will develop a program for your specific suggestibility type, learning style, and special needs. This is not a band aid approach. But rather, it is a program that guides you into a complete and healthy lifestyle change. You can expect that it will require at least three or four or more hypnosis sessions to get you to where you want to be. We will probably space these hypnosis sessions about two weeks apart.



In most cases **in the first session** we will work on your self-confidence and self esteem. We will also work on your quitting smoking and we will also place some minor focus on your eating habits and lifestyle change.

I need your cooperation so I can help you to achieve your desire to be a non-smoker. That's why it's crucial that you are ready to quit.

You must want to quit smoking, but you don't have to be at the point where you HATE cigarettes. Most smokers don't get to that point without the help of hypnosis. You must, however; be at the point where the bad outweighs the good - you're tired of coughing, tired of your clothes smelling or perhaps you've just lost someone close to cigarettes. Whatever it is for you, somehow the scales must have tipped to the point where it just makes more sense to quit than to continue.

When your use of tobacco is a thing of the past we will move on to the lifestyle change that will take you to your desired weight and that accompanying body shape and size. This usually starts in your second hypnosis session.



NICOTINE: Most “cold turkey” programs fail because they don’t erase the **belief** that you are addicted to nicotine. The tremendous value of hypnosis is found in this respect. Though the power of hypnosis your subconscious mind will be programmed so that it no longer responds to the body’s signals for a cigarette.

Nicotine is not as addictive as the U.S. Surgeon General would have us believe. However, there are highly addictive substances in cigarette smoke and it may surprise you to discover what they are.

Nicotine and the many other chemicals in cigarette smoke do contribute to hardening of the arteries, an underlying cause of heart attacks, strokes, and senility. Your oxygen supply is diminished by cigarette smoke, but an important

fact not shared is how your blood sugar is affected by tobacco smoke.



There are only two substances that are required by the human brain. These are oxygen and sugar. Both are supplied to the brain by the person’s blood.



Smokers receive a very large percentage of their required blood sugar from the chemicals in cigarette smoke. Cigarettes are as much as 25% sugar. These sugars come in at high temperatures so they are highly chemical activity. They enter the blood stream through the lungs very quickly so that a smoker feels the effects of this “Sugar Boost” almost immediately. This makes the abundant glucose producing chemicals in cigarette smoke often more addictive than nicotine.

In their attack on tobacco the Federal Government doesn’t release this information. Sugar sounds so innocent. **Very few people would be disturbed by cigarette companies adding brown sugar to their products.** After all, food manufacturers do it all of the time.

On the other hand nicotine is a drug with a sinister sounding name, so the government focuses on this “evil” substance.

CRAVINGS: With this source of sugar supply removed, the now, ex-smoker may feel cravings or a sense of discomfort. These cravings are for sugar, but are often misinterpreted to be nicotine



withdrawal. After the first hypnosis session the missing blood sugar must be replaced in some safe, effective and non-fattening form. As you go through this program I urge you to keep high protein, low carbohydrate snacks handy. Then, when you feel a craving satisfy your need for sugar with non-fattening foods, such as beef jerky, cheese cubes, peanuts, walnuts or other high protein foods. These foods convert to glucose (blood sugar) and quell the discomfort. When you do this you can avoid most of the problems related to the cessation of smoking.

I do not recommend snacks that contained refined sugar or any other form of carbohydrates. These are the substances that cause ex-smokers to gain weight.

This period of “cravings” should last only about 21 days.

~~About three weeks after you stop smoking your body will have adjusted to the new situation and the cravings disappear.~~

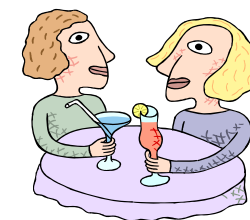
Hypnosis Supported Low Carbohydrate Nutrition For Weight Control

By Suzette Northcutt Rhodes, RN, BS, MSM

This program is not about a diet. It is about a new and healthy lifestyle. We call this program, ***"Change your Mind, Change Your Weight."***

Does that sound too simple?

YES, It is that simple if you subscribe to low-carb nutrition and use hypnosis for support.



Do you really want to be healthy, lose weight, and live a long life? You must begin to think differently about the way you eat. Hypnotherapy provides the reprogramming you need to adjust to