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Weight Management With Hypnosis

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The first thing anyone should do when considering making changes which affect them physically is to be evaluated by a medical professional. The usual method of reducing is diet. Dieting brings about overeating. The weight goes down, but then usually goes back up. This promotes a feeling of failure and loss of control, and each time this occurs it reinforces the belief that the next attempt will fail. There are few of us who will accept the fact that we must spend the rest of our lives depriving ourselves of foods we enjoy. Studies have proven that depriving yourself of food you want is not the answer to maintaining a healthy, normal weight for your body type.

A 1997 study conducted at the University of Connecticut showed that hypnosis plays a significant role in weight management. Test subjects lost six pounds when only weight-loss methods were used, but those who also received hypnosis lost an average of 15 pounds. Even better, the hypnotism group kept the pounds off for two years following the therapy. Hypnosis generally works best when combined with behavior modification programs which includes exercise, nutrition and eating strategies.

The art of hypnotism lies in making



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the right suggestions for you. A one size fits all type of program often does not take individual eating patterns into account. You do not alter eating patterns by simply buying food that is low in calories. The suggestions need to be personalized to every individual. A hypnotist must learn what your goals are and what motivate you. Results should occur in less than six sessions, and you should be given an audio tape to replay whenever possible. Self-hypnosis should be taught so you can use it at any given time. Before deciding on a hypnotist, interview one or more and choose the one that feels right. Experience one session before agreeing to sign a contract or pay for a series of sessions.

Once you master self-hypnosis you can be given a "key" word or self-induced touch which will allow you to

go into a state very quickly. Once learned, practiced, and accepted the suggestion works like this. A friend accepted the suggestion that whenever she felt like snacking she would simply close her eyes and lightly brush her forehead with her finger tips which served as a signal for her mind to go into a state of deep concentration. At this level she reinforced the suggestions of reaching for something other than food for comfort, support or fulfillment. She said that she did this when she wanted to snack and slowly the desire diminished.

The following is an example of some positive and beneficial suggestions which can be programmed into your subconscious mind during self-hypnosis: 1) You will desire only healthy, nutritious food. 2) You eat and want only those foods that are good for your body. 3) You always sit down when you eat. 4) You enjoy drinking water. You find it cool and refreshing, and you like the taste. You find yourself much more thirsty. 5) You feel full and satisfied by eating smaller portions of food. 6) It is okay to leave food on your plate. 7) You enjoy eating healthy and tasting the food as you get greater satisfaction from each bite. 8) You now realize you have a right to enjoy a perfect body, a perfect size and shape which is proper for you.