

So it's no surprise that the vast majority of weight loss programs produce disappointing results. Our proprietary plan turns conventional thinking on its head...so you can **"Reach Your Ideal Weight"...** nice and simple. Guaranteed.

## **Nothing to Lose Except Unwanted Weight**

**How does this system work?** A major reason is because of advanced hypnosis. The old myths and misconceptions about hypnosis have given way to proven scientifically sound applications. Today, hypnosis is widely used in medicine, professional sports and education. Our advanced hypnosis system will give you the power to direct your mind with laser-focus to **"Reach Your Ideal Weight"...**guaranteed.

The program is also tailored to your specific needs and circumstances. Finally, the breakthrough technologies incorporated in the "Ideal-Weight-O-Stat" and the "Fat-Furnace-Flame", together with a tested, proven and simply unique proprietary 7 step plan makes this program unlike anything you have ever seen before.

**How does hypnosis work?** Our minds work on two levels – the conscious and the unconscious. We make decisions, think and act with our conscious mind. The unconscious mind controls our habits. In the relaxed state known as hypnosis we can communicate directly with your unconscious mind. This is why it is so quick and easy to change the habits of a lifetime with hypnosis so you can **"Reach Your Ideal Weight"**.

**Will this system work for me?** Everyone with an average IQ can be successful in using this system. And because the session is custom tailored to your individual needs, it will work for almost everyone.

**How will I know if the system works?** It's easy...you simply step on the scales! At your initial consultation you will discover your personal "Ideal-Weight-O-Stat" and "Fat Furnace Flame" along with getting a tailored-made program to **"Reach Your Ideal Weight"** in 30 days. At the end of that period you can see for yourself that you are at your chosen ideal weight.

**Is this system safe?** Completely. This system is based on **advanced hypnosis and the latest NLP techniques combined with a proven** and tested 7 step program. These are completely safe. With hypnosis and NLP you are aware and in control at all times. With the various elements of our

unique 7 step plan, there are no "fads" or crazy regimes. Any normal person will have no difficulty following any part of the program.

**How does this system help me "Reach Your Ideal Weight"?** Because your reasons for not being at your ideal weight are different from anyone else's. The steps you need to take and the changes you need to make are unique to you. Because we tailor the initial consultation and the 30 day program to meet your specific needs, you will **"Reach Your Ideal Weight"...**guaranteed.

**How long does it take?** Just one 60 minute session, with follow up support structures...guaranteed.

**Deb** enjoys helping people improve their lives and be happier and healthier for it. She is part of a network of leading specialists using the most effective system available today to help you **"Reach Your Ideal Weight" ...with just one 60 minute session...**and an astonishing success rate of almost 100% more than 97%. This is a proven system that has worked for thousands of people just like you.

**Deb** is absolutely committed to helping you **"Reach Your Ideal Weight"** and backs it up with a lifetime guarantee.

Let us make it easy for you to **"Reach Your Ideal Weight"**. Simply pick up the phone and call, make an appointment, keep that appointment and expect hypnosis to work for you. It is that easy and from that moment on, you will have everything you need to **"Reach Your Ideal Weight" ... guaranteed!**

**Ph: 1300 833 669**  
**Noarlunga Hypnotherapy**  
**& Coaching**

**Reach Your Ideal  
Weight IN 60  
Minutes  
GUARANTEED!**



**This System makes it  
Easy!**

**Ph: 1300 833 669**

## Why Don't People Succeed in Losing Weight?

Everyone knows being overweight is not good for them. Everyone knows the costs, physically, emotionally and financially of not being at **"Your Ideal Weight"**.

So why do people continue to struggle and stay overweight? And better yet, why has it been so hard for people to reach a healthy, ideal weight and maintain that state? After all, aren't there dozens, even hundreds, of diets and weight loss programs out there?

The main reason is that we are all different...

- Some people are, deep down, afraid of change
- **Some people do not want to go through the pain they think losing weight involves**
- Some people do not think they have the willpower to lose weight successfully
- **Some people eat to relieve stress and relax**
- Some people are actually addicted to eating

The biggest reason of all...because eating is not actually under your control!

Think about the food you eat...Do you actually enjoy **ALL** the food you eat? If you're like most people, the first few mouthfuls, for sure. But after that...not so much. You end up eating without thinking about it...almost unconsciously.

It's like driving. When you first learned to drive you had to consciously think about every action. But now what do you do when driving? You ride along perhaps listening to music, chatting on the phone, perhaps even having a coffee or a snack. You drive unconsciously.

So too with your weight. The patterns of eating and other behaviour that govern your weight have become unconscious habits. That means your weight is now set at a particular level that is maintained automatically!

So unless you deal with all of your various and hidden personal reasons why you are not at **"Your Ideal Weight"**, you won't have much long-term success in losing weight...EVER!

## Have You Tried To Lose Weight Before? Chances Are, You Have, Right?

So why didn't it work long term?

- Did you not have a proven plan to start with?
- **Was the pain and effort too much for the small (or no) results you saw?**

- Was the program simply too hard to stick with and not practical for you?
- **After you started did you get distracted and go back to your old habits?**
- Or some other reason?

The beauty of this NEW program is that it deals with all the reasons that are unique to you.

But it gets even better. You see this system takes account of and REMOVES many of the common reasons you might fail...before they even happen!

For example, we help you develop and build new habits so that you automatically stick with our proven and simply unique (that's right, the only one on the planet) yet extremely powerful and effective proprietary 7 step plan.

And you will rewire your mind to become a person who can naturally **"Reach Your Ideal Weight"** and maintain it. Pretty amazing...and exciting...I'm sure you will agree.

## Lifetime Guarantee

We are so confident in this system that we are the only people who back up our **"Reach Your Ideal Weight"** session with a lifetime guarantee.

This means that if you fail to **"Reach Your Ideal Weight"**, or fail to maintain Your Ideal Weight after the initial 30 days, we will conduct a follow up session. Yes, you read that correctly. If for whatever reason you fail to maintain your ideal weight, we will conduct a session FREE to ensure you **"Reach Your Ideal Weight"** This system makes it so easy that after only one 60 minute session you will know how to **"Reach Your Ideal Weight"** ...guaranteed.

30 days later...you will be thrilled and delighted that you have now done what so many people only dream about. That is to **"Reach Your Ideal Weight"** and maintain it with ease. You will naturally maintain your healthy ideal weight for life.

## More than 95% Succeed Straight Away

The reason we can offer our unique lifetime guarantee is because we have such a high success rate. Virtually everyone – more than 95% - of the people who take this program reach their ideal weight in 30 days.

For the rare few who do not immediately achieve success, there is a follow up session as covered in our lifetime guarantee.

In plain English, if you really want to **"Reach Your Ideal Weight"** we guarantee you will and we will work with you until you do.

## What Is Involved?

Simply call the number on this brochure and schedule your consultation.

Attend your appointment and complete some simple paperwork.

You will meet with your **"Reach Your Ideal Weight"** specialist and complete your consultation which consists of...

- A full assessment of your current situation and your specific needs
- **An introduction to your own "Ideal-Weight-O-Stat" and how to set it to your ideal weight to ensure success**
- Igniting your individual "Fat-Furnace-Flame" to get started on melting away those unwanted pounds and inches
- **Customising the 7 steps of the "Reach Your Ideal Weight" system to your exact needs and circumstances**
- Producing your own detailed, step-by-step plan for the next 30 days to guarantee you "Reach Your Ideal Weight"

You also get full supporting resources for the program and accountability support for the months to come.

At the completion of those 30 days you will **"Reach Your Ideal Weight"** and be someone who will naturally maintain that ideal weight for life...guaranteed.

## What This Is NOT

- **No gyms**
- **No treadmills**
- **No expensive equipment**
- **No major weights**
- **No fad diets**
- **No ongoing fees**
- **No gimmicks**

And this is **NOT** like any other weight loss program. Most weight loss programs will tell you it's all about 1) eating less and 2) exercising more. That's fine...as far as it goes. You see, diet and exercise only account for a small part of what it takes to successfully **"Reach Your Ideal Weight"**.