

LOOK INTO MY EYES

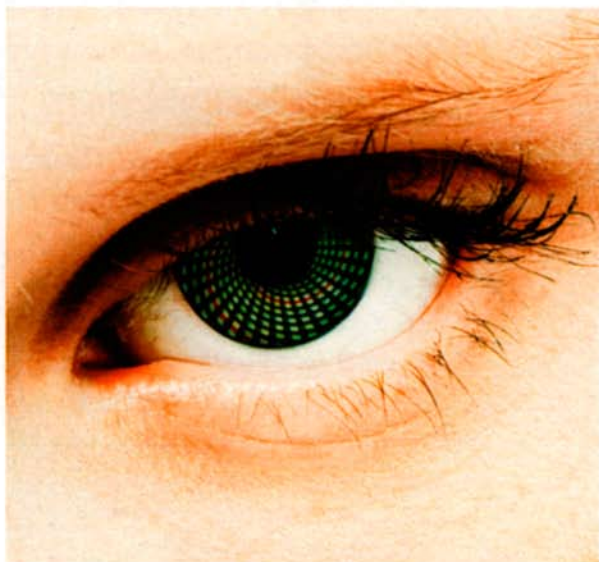
After a decade of yo-yo dieting (low GI, Atkins, the Hay Diet – you name it, she's tried it), Jo Waters needed help with her willpower. So, she put aside her fear of being out of control and booked a session with clinical hypnotherapist Lynda Hudson

WHAT HAPPENS? The therapist puts you in a hypnotic state by getting you to relax and then makes positive suggestions for behaviour changes, which take root in your subconscious.

HOW DOES IT WORK? I told Lynda I wanted to stop using food as a comfort or reward. She then used my own words to hypnotise me and made suggestions about how I could change.

WHAT DID IT FEEL LIKE? Within a few sentences of Lynda starting to speak I drifted into a deeply relaxed state, though I was still aware of everything. She gave me a CD recording of the session to play every day.

DID IT WORK? Yes. Every time I reached for chocolate/crisps/cheese, a voice told me – 'But you want to be slim'. Whenever I craved junk food, I put on my CD and topped up my resolve. When my weight loss plateaued and I felt like giving up, I went back for another session and Lynda adjusted her



hypnosis. She told me I had to start visualising myself as a slim person. It worked. Admittedly, I also embarked on a very low-calorie diet as well as cycling and a gym membership, but I felt it was hypnosis that gave me the determination to succeed. I had three sessions and, after five months, I'm now slimmer than I've been for 10 years. I've gone from a size 16 to a size 12 and lost two and a half stone.

HOW MUCH DOES IT COST? Lynda Hudson (020-8402 1928) charges £95 for a session. Her CD, *Lose Weight*, is also available from firstwayforward.com (£12.95, plus p&p).

HOW TO FIND A HYPNOTHERAPIST The British Society of Hypnosis (bsch.org.uk) can provide a list of members.