



Carol Macrae

PO Box 95, Dubbo, NSW, 2830

P: 0413346637 E: carol_macrae@hotmail.com

W: www.carolmacrae.com

Incorporated within iKi Magic ABN: 90398275971



Hypnotherapy, Reiki Treatments and Workshops Keynote Speaker, Training Programs, Conference Presentations

Hypnosis and Weight Reduction

My aim is to help you succeed in releasing unwanted body fat and gaining a slim, healthy, strong and energetic body which you can be proud of. I believe that hypnosis is one of the most powerful tools on the planet, to achieve rapid, permanent change, and it can succeed where everything else has failed.

Hypnosis enlists the power of the subconscious mind, but in order to succeed long-term we also need to make cognitive changes using the conscious mind, so every part of you is committed to the end result!

I have over 20 years experience in owning and operating Health & Fitness Centres, as well as 14 years as a Reiki Master and Healer. I am also a Registered Nurse and have been a Clinical Hypnotherapist since 2005 with further qualifications in 5-Path Advanced Hypnosis.

I was born in Dubbo, where I live with my husband Kim, and my daughter and grandchildren also reside. I have a very successful Hypnotherapy practice at the Cobra Street Centre where I work with other Health Care Professionals to help people change their lives for the better.

I believe in educating my clients so that they are empowered to really take ownership of the process, and as we work together you will be able to use the whole of your being to make this the best program you have ever used to create a permanent change in your lifestyle that will give you permanent changes in your body and your outlook on life!

Hypnosis is not sleep, it is a state of focused attention, which we are in and out of many times throughout the day, similar to when we are driving down the highway and time just disappears (highway hypnosis), when we are watching a good movie or reading a good book, and we are absorbed in the process. Hypnosis is similar to daydreaming and uses the subconscious mind- the part of the mind responsible for imagining, visualizing, feelings and emotions. While in hypnosis you will be able to hear every word that is said.

Anyone of normal intelligence or above, who is willing and able to follow directions, can be hypnotized. All you have to do is follow directions. It's as simple as that! If you do, you will go into hypnosis, and if not, you probably won't. And another trick is not to try too hard, just relax and follow directions, and soon you will begin to feel the way you do when you are engrossed in something you love, when you're in the "zone". And when you do that, we bypass the critical faculty and the sub-conscious mind will accept the positive suggestions you will receive, that will have a powerful and lasting effect on your life!



Most of our self-beliefs and habits are anchored in the sub-conscious mind. Normally we try to make changes using the conscious mind only, which is a small part of the mind, like the top of the iceberg on the left. Hypnosis gives you access to the subconscious mind where the habits and patterns reside, so lasting change takes place quickly and easily.

Hypnosis is not "mind control" and you cannot be made to do anything against your will. This is why some people are successful and others are not. You need to really be committed to making the changes, not for anyone else, but for yourself!



* AHA Accreditation No: CM0310386 * AHPRA Registration No: MNW0001230550 * JP No: 90204523
* HPI-I: 8003616667893385 * Medibank Private Provider: 1177331F * Teachers Health Fund No: 3386

Change Your Mind – Change Your Life!



Hypnosis can help you change old habits and patterns and provide you with motivation to do the things that you may have been putting off. It can give you the edge by enlisting the subconscious mind, so that it works with the conscious mind to create rapid, permanent change.

Weight Reduction

There are several **physical reasons** why people become overweight and have difficulty in regaining their slim ideal healthy body.

- Overeating - too large a portion size
- Eating the wrong sort of food
- Snacking between meals
- Drinking sugary drinks or alcohol
- Not enough water
- Intolerance or allergy to different types of foods, e.g. wheat products or sugar
- Toxins in the body that can help you retain weight (this may include medications)
- Too much salt
- Lack of exercise
- Thyroid problems
- Hormonal Imbalances

It is recommended that those wishing to use hypnosis should already have an eating and exercise plan in mind before attending the session. Preferably one they have tried before that has been successful for a period. Hypnosis is not a magic bullet however. It requires an equal effort from the client, and results will vary, so remember, you get from the sessions as much as you put into them and you will be successful to the extent of your commitment and involvement in the process. Hypnosis can help you be successful where everything else has failed, because it's about behavior modification.

To begin with it's important to have the **correct mental attitude** when changing *any* habit and be fully committed to your goals and outcomes.

In general, stop smoking often requires only one or two sessions to quit permanently (although it may require more if there is an emotional component). Weight reduction can require more sessions to deal with the emotional issues that are sometimes causing the client to sabotage their progress. If you find that you are eating for emotional reasons then you may wish to make further appointments to deal with your personal issues and undo the negative conditionings and habits of a lifetime, that have been blocking your success in the past. Once we deal with the underlying issues and they are released you will find that all areas in your life will change and you will also be able to gain the slimness you want and maintain it for the rest of your life.

Some of the **emotional issues** that can cause problems with weight loss:

- Don't *really* want to change
- Someone else wants you to lose the weight but you are not fully committed
- Not prepared to do what is necessary to get the results
- Eating for comfort or for protection
- Eating to distract from negative emotions such as boredom, anger, loneliness, grief, guilt, sadness, stress, fear, frustration or depression.

Remember: there is no food, drink, smoke or any other substance that can ever satisfy any of these emotions! You can download the "**Feelings Indicator**" handout from my website at www.carolmacrae.com on the hypnosis page, along with an eating plan, exercise plans and many other useful information sheets that can get you well on the way to a new healthy lifestyle.

If, after the first session, change has been made in your lifestyle we may need to look at the emotional issues and address them in individual sessions which can be tailor made to suit your needs. E.g. If you are comfort eating then we need to find out why you need to comfort yourself, what is it that is not working in your life?

"Change Your Mind – Change Your Life!"



For example, a woman may start to gain weight because of changes in her life style (not getting the same amount of exercise because she's stopped working). If her partner starts telling her she's fat then she could feel miserable and eat to make herself feel better. This is a no win situation unless she can find a more satisfactory way of comforting herself.

In the above example, it's possible that a pattern of turning to food for comfort was established in childhood or even infancy and it may be necessary to do age regression back to the cause and work through whatever it was that set up that pattern, in order to avoid it recurring in the future.

Some people deliberately allow themselves to gain weight as a protective mechanism - i.e. to avoid being attractive because they are afraid of being in a relationship - others may use food as a punishment or a reward. Breaking the habits of a lifetime can be challenging when psychodynamic forces are involved - but when we use hypnosis to work through these issues you will be amazed at how easy it is to regain control.

For maintaining a good healthy weight:

Food = 70%

Exercise = 20%

Metabolic Rate = 10%

So it makes sense to work primarily on the food factor, but also remember that your metabolic rate is influenced by food choices, exercise and stress levels.

Strategies for Success

- **Don't eat when you're distracted** (i.e. while watching TV, reading a book or on the computer.
- **Eat slowly** and really focus on the enjoyment of the food, to give your body time for the message to get from your stomach to your brain. (it takes about 20 minutes).
- **Ask yourself if you are really physically** hungry (physical hunger comes on slowly, emotional hunger comes on quickly after experiencing different feelings). If it's an emotional hunger, stop, say "This is important, I'm going to give this my 100% attention. My feelings are trying to tell me something important". Then ascertain what it is you really need in your life and begin to do things that will resolve the emotional problem, i.e. there is no amount of food, cigarettes, alcohol or other substance that can ever satisfy emotions like loneliness, anger, sadness, grief, frustration, depression or any other emotion.
- **Don't skip meals.** Low blood sugar leads to bingeing and the wrong choices. Starvation causes your body to become a "fat storing machine".
- **Eat more protein.** Protein helps stabilize your blood sugar, lasts longer and helps your body become a "fat burning machine".
- **Drink plenty of water.** Dehydration can often register as hunger. Water works with fibre like a broom to clean your bowel and detoxify your system quicker. The more water you drink, the more efficient your fat loss. Water also makes for more energy, clear skin and sparkling eyes! Our body is made up of 70% to 90% water, and everything works better when you are hydrated!
- **Think before you eat.** Don't eat mindlessly.
- **Get rid of the 'white stuff' and eat more unprocessed foods.:** Wheat, white sugar, white rice, potatoes and simple carbohydrates can act like toxins in the body. As the blood sugar becomes too high rapidly, it causes the pancreas to produce insulin to wrap the 'toxins' in FAT to be stored so the body can process them slowly. They also cause adrenal glands to over-produce adrenaline, increasing stress and anxiety, which affects the digestive system, immune system and other vital functions. Chemicals added during processing are also toxic and are stored in the fat cells to save us from being poisoned. **FRESH IS BEST!**
- **Get more sleep and relax often.** Lack of sleep causes stress. Stress causes the production of cortisol, adrenaline and nor-adrenaline. These stressor hormones affect the fight or flight mechanism causing the body to respond by going into short-term

"Change Your Mind – Change Your Life!"



survival mode. If the stress goes on over a long period, this affects the digestion, immune system, sex drive etc, which then become mal-adaptive and can also lead to increases in pain in the body, including headaches, diseases such as arthritis, diabetes and cancer, to name but a few.

- **Form an exercise habit that can be maintained.** The exercise you like is the exercise you will do. It's the first minute of exercise that's the hardest, so start with a commitment to do a minimum of 1 minute a day, and **get started TODAY!**
- **It takes 21 days** to cement a new habit into your lifestyle, so commit to 21 days of living well and you will have made a change that you begin to love and your body will love you for it. This is the beginning of the rest of your life!

Your Body Has Its Own Pharmacy

Your body can make its own endorphins, serotonin and melatonin. With the use of hypnosis we can get you back into balance and assist your body to do what it is naturally meant to do: release stress and anxiety, reduce or eliminate pain, sleep well, improve the immune system and heal!

Endorphins = The body's natural pain killers.

Serotonin= The body's feel-good mood elevator contributing to feelings of well-being and happiness.

Melatonin= Regulates other hormones and is also the body's natural sleeping pill.

Most people do not need medications to alter their moods, reduce their stress and anxiety and help them to sleep better. They need to release the past, deal with their emotions as they come up and look after their physical and emotional well-being. When we eat right, exercise right, drink plenty of water, sleep well our body cannot help but return to health and slimness. When we listen to our body's inner wisdom and deal with our emotions in the present moment, our body has all that it needs for us to live a happy, healthy, balanced and harmonious life.

It's not what you think that matters, but how you feel! Hypnosis deals with the causes, not just the symptoms, and hypnosis also boosts all of these chemicals naturally, promoting balance and harmony in body, mind and soul. When we change how we feel, everything in our life changes...we stop reacting and start to respond to life, and we take back control of the parts of our life which have been out of control!

Remember that before Rodger Bannister broke the 4 minute mile, it was believed that it was impossible. It had never been done before. After that fateful day, within months there were others breaking that record. Once the belief had been changed, it was a possibility. The only thing that had been stopping them was their belief!

This hypnosis session will be your first step to changing the habits that have caused you to become and remain overweight. Habits that have held you back and stopped you from being who you are meant to be. Hypnosis works! When you change your mind, you can change your life! When you use the power of the sub-conscious mind to change your core beliefs, nothing is impossible!

If you would like to make an appointment with me to release further blockages relating to weight or any other issue in your life, and really free you up for a world of unlimited potential, you can phone me on 0413346637.

Let's do great things together!

Carol Macrae

RN, Clinical Hypnotherapist
Fitness and Fat Loss Leader
Reiki and Seichim Master/Teacher
Theta Healing Practitioner
Justice of the Peace

“Change Your Mind – Change Your Life!”