

Essex Hypnotherapy Newsletter issue 4



Welcome to issue four of the Essex Hypnotherapy Newsletter. In this issue we will be covering how hypnotherapy can help you to stop smoking in Essex. Also, how hypnotherapy may help you with slimming and weight loss. Plus, how you can claim your FREE hypnosis relaxation CD recorded by Your Essex based hypnotist, hypnotherapist, and hypnoanalyst Kerry Weaver.

Stop smoking hypnotherapy in Essex

In the UK approximately every four minutes one person dies from a smoking-related disease, and every year hundreds of thousands of people around the world die from diseases caused by smoking tobacco products. It's estimated that one in two lifetime smokers will die from their smoking habit, and over half of these deaths will occur in middle age. Lung cancer, heart disease, stroke, emphysema, bronchitis and limb amputation are just some of the serious conditions caused by smoking. Tobacco smoke contains over 4,000 different chemicals and at least 43 are known to cause cancer in humans. Lung cancer is the second most common form of cancer after skin cancer, and there are several types of lung cancer each of which affects a different group of lung cells. Lung cancer normally takes many years to develop and symptoms usually become frequently obvious between the ages of 50 and 65 years of age. Individuals who smoke are ten times more likely to die from lung cancer than non-smokers, and one in five deaths from heart disease is the result of smoking tobacco products. Smoking also increases the risk of mouth, lip and throat cancer.

Many people are not aware that Smoking can also affect fertility levels. Males who smoke may experience a lower sperm count than a non-smoker, as well as the increased risk of erectile dysfunction (impotence) caused by altered circulation to the blood vessels in the penis. Females who smoke are more likely to miscarry and may take longer to conceive. A baby born to a mother who smokes during pregnancy has a higher risk of dying from cot death or developing asthma and respiratory disease.

People want to stop smoking in Essex for all kinds of reasons; the following are some of the most common.

- I can't afford it (wasting hard earned money)
- I want to improve my health (serious health risks, breathlessness)
- I feel anti-social (pubs, restaurants, shopping centre, Work-place)

- I feel embarrassed (yellow teeth/fingers, clothes & hair smells, bad breath)

Slimming and Weight Loss in Essex

Many people choose to spend their leisure time sitting in front of the TV or computer. If you live in Essex and are serious about reducing your weight with hypnotherapy the first thing to understand is that there is no “quick fix”. That means you will need to change your psychological and emotional attitude towards life and positively change your lifestyle. In other words, if you want to change yourself on the outside, you need to change yourself on the inside first. By learning to understand your feelings, cravings and emotions that drive your current lifestyle and eating habits you can begin to manage your weight more effectively.

It has been reported that weight problems and obesity may soon overtake cigarette smoking as a serious health risk. Being overweight is usually caused by an unhealthy diet and lack of proper exercise. However, there are other factors which contribute towards weight gain such as genetic and medical problems. Psychological and emotional problems frequently lead to weight gain and obesity.

A lack of motivation is one of the main problems people face when managing their weight. Hypnotherapy can help you to develop a powerful, positive mind set helping you towards your target weight.

How can Hypnotherapy help with Stop Smoking and Weight Loss in Essex?

Suggestion hypnotherapy in Essex for Stop Smoking and Weight Loss

Suggestion hypnotherapy in Essex is ideal for helping with stop smoking and some weight loss issues. For this kind of therapy you are guided into a pleasant relaxed state where your mind and body can relax making it possible for your Essex hypnotherapist to communicate positive suggestions to the subconscious part of your mind to help you stop the smoking habit.

Hypnoanalysis in Essex for Weight Loss

Hypnoanalysis in Essex is mainly used for the more deep-rooted problems. The focus of hypnoanalysis is to help you find and release the underlying original cause of your emotional problems that may be causing your weight issues.

Hypnoanalysis in Essex usually requires 6 to 12 weekly sessions although it is impossible to be completely accurate about the number of sessions required.

How to claim your FREE hypnotherapy relaxation CD

Simply telephone Kerry Weaver Hypnotherapy and book your free initial consultation today. On completion of your free initial consultation you will receive your FREE hypnotherapy relaxation CD. It really is that simple. ****Offer ends 1st January 2012****.

Kerry Weaver is your fully qualified, experienced, and registered hypnotist, clinical hypnotherapist, and hypnoanalyst. He is also a certified hypnotherapy instructor and accredited hypnotherapy trainer.

I hope you have enjoyed this edition of the Essex Hypnotherapy Newsletter. Coming in issue five of the Essex Hypnotherapy Newsletter: Discover how hypnotherapy can help with Panic Attacks and Work Stress.