

Healthy Habits Newsletter



May 2024

In this month's newsletter, I look at how clinical hypnotherapy can be a useful part of creating a healthier, happier life.

UNLOCKING THE POWER OF CLINICAL HYPNOTHERAPY: YOUR PATH TO A BETTER YOU



In brief

- Clinical hypnotherapy is a therapeutic technique
- It is evidence-based
- It can help with a variety of matters, such as weight loss, pain management, addictions, and sports performance

In detail

Have you ever felt trapped in a cycle of bad habits or struggled with issues like weight loss, pain management, or a negative mindset? If so, you might be surprised to learn that clinical hypnotherapy could be the key to unlocking the door to a healthier, happier you.

What is Clinical Hypnotherapy?

Clinical hypnotherapy is a therapeutic technique that uses the power of hypnosis to help individuals achieve a state of deep relaxation and heightened focus. This state, often described as a trance, allows the therapist to work with the subconscious mind, where many of our habits, emotions, and deeply ingrained beliefs reside.

Unlike the stage hypnosis you might have seen on TV, clinical hypnotherapy is a legitimate, evidence-based practice used by trained professionals to address a variety of issues. It is a safe and natural method that has been recognised by several health authorities.



How Can Clinical Hypnotherapy Help with Mindset?

One of the most significant benefits of clinical hypnotherapy is its ability to transform your mindset. Whether you struggle with low self-esteem, anxiety, or negative thinking patterns, hypnotherapy can help rewire your brain to adopt a more positive outlook.

During a hypnotherapy session, the therapist guides you into a relaxed state and uses positive suggestions and visualisations to help shift your perspective. This can lead to increased confidence, reduced anxiety, and a more optimistic view of life. By addressing the root causes of negative thinking in the subconscious mind, hypnotherapy helps create lasting change.

Weight Loss: Breaking the Cycle

For many, losing weight is more than just a physical challenge; it's a mental battle. Emotional eating, cravings, and a lack of motivation can all sabotage efforts to shed those extra kilos. Clinical hypnotherapy tackles these issues by addressing the psychological factors that can contribute to weight gain.

Hypnotherapy can help you develop a healthier relationship with food by changing the way you think about eating and exercise. Through suggestions and visualisations, the therapist can help reduce cravings for unhealthy foods, increase your motivation to exercise, and promote a positive body image. As a result, you'll find it easier to stick to a healthy diet and exercise regimen, ultimately leading to sustainable weight loss.

Managing Pain with the Mind

Chronic pain can significantly impact your quality of life, making even simple tasks seem insurmountable. Clinical hypnotherapy offers a way to manage pain by changing the way your brain perceives it. This doesn't mean the pain is "all in your head," but rather that your perception of pain can be influenced by your mental state.

During hypnotherapy for pain management, the therapist helps you enter a state of deep relaxation and uses suggestions to alter your perception of pain. Techniques such as visualising the pain melting away or imagining a dial that you can turn down can reduce the intensity of the pain. This can be particularly effective for conditions like arthritis, migraines, and fibromyalgia, where traditional pain management methods may not provide adequate relief.



Breaking Bad Habits: Smoking, Drinking, Vaping, and Excessive Screen Time

We all have habits we'd like to break, whether it's smoking, drinking, vaping, or spending too much time in front of a screen. These behaviours often become ingrained in our daily routines, making them difficult to change through willpower alone. This is where clinical hypnotherapy comes in.

Hypnotherapy works by accessing the subconscious mind, where habits are formed and maintained. Through the use of positive suggestions and imagery, the therapist can help you change your relationship with the habit. For example, you might visualise the benefits of quitting smoking, such as improved health and a sense of accomplishment. The therapist can also help you identify and address the triggers that lead to the habit, making it easier to avoid them in the future.

For habits like excessive screen time, hypnotherapy can help you find more fulfilling activities and hobbies to replace the time spent on devices. By reshaping your mindset, you'll find it easier to break free from these behaviours and develop healthier habits.

Is Clinical Hypnotherapy Right for You?

While clinical hypnotherapy can be highly effective, it's essential to remember that it's not a one-size-fits-all solution. The success of hypnotherapy depends on various factors, including your openness to the process. If you're considering hypnotherapy, it might be helpful to have a consultation session to discuss your goals and any concerns you might have. This can give you a better idea of what to expect and whether hypnotherapy is the right choice for you. See my contact details [here](#) or on the last page of this newsletter.

The Road to a Better You

Clinical hypnotherapy offers a powerful tool for personal transformation, helping you tackle issues that may have seemed insurmountable. Whether you're looking to improve your mindset, lose weight, manage pain, or break bad habits, hypnotherapy could be the key to unlocking your potential. By tapping into the power of your subconscious mind, you can make lasting changes that lead to a healthier, happier you.

WHAT'S IN SEASON



Eating in season makes sense as produce will generally be cheaper and also taste great!
Here are a few fruits and vegetables that are in season in Australia right now.

FRUIT

Apples
Bananas
Lemons
Mandarins
Oranges
Pears
Persimmons
Quince
Rhubarb

VEGETABLES

Asian greens
Beetroot
Brussels sprouts
Cabbage
Cauliflower
Fennel
Parsnips
Silverbeet
Squash
Zucchini



HELPING BUSY PEOPLE LOOK, FEEL, AND PERFORM AT THEIR BEST

About me

I'm a wellness transformation coach, hypnotherapist, corporate trainer, and creator of the DARE Model, a four-part system that helps individuals create healthy habits that stick. The DARE model forms the basis of my first published book, DARE to be Awesome: How to Create the Life of Your Dreams One Habit at a Time.

I now help busy people implement healthy habits so they can look, feel, and perform at their best.

I specialise in helping people with:

- losing weight using the Virtual Gastric Band hypnosis technique
- stopping smoking and vaping
- stopping or reducing alcohol consumption
- pain management
- sports performance
- business performance

About my book

I created the DARE model to help people easily set up healthy habits that stick.

DARE stands for Desire, Accountability, Reward, and Environment.

The DARE model forms the basis of my first published book, DARE to be Awesome: How to Create the Life of Your Dreams One Habit at a Time.

Work with me

Contact me if you would you like to know more about how I can help you reach your wellness goals.



info@deematlok.com



+61 412 03 2225



www.deematlok.com