

I DON'T BINGE EAT ANYMORE

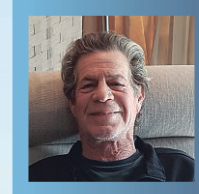
Shannon Davidson, Toronto



I started using hypnosis for binge eating. I was in a low place in my life, and **after only 3 sessions, I don't binge eat anymore** and I'm feeling healthier and more energetic already!*

Shannon Davidson, Office Administrator, Toronto

.....And Other Local Success Stories.
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I see a very healthy future right now. The money I will be saving will go towards things I've wanted for years. It's a good feeling getting up in the morning and not thinking about having that first cigarette.*

Mike Bland, Retired, Belwood

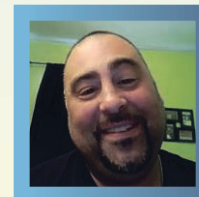
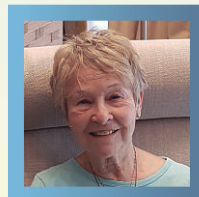
It was definitely easier than I thought it would be.
From a pack a day to a non-smoker. If you want to quit smoking, hypnosis will help you quit.*

Ed Collinson, Shop Manager, Fergus

I was skeptical about hypnosis at first. I have a deeper understanding about how I feel in my body and my relationship with food. I am more self-aware and **find myself easily curbing excessive food consumption.***

Jessica Patterson, Hairstylist, Georgetown

A very positive experience! I am more aware of the foods I eat, and I'm eating regular meals everyday now, which I never did before. I am excited about exercising every day, even with a bad knee! **I'm down 13 3/4" in 3 short months.*** *Joyce Hawley, Retired, Georgetown*



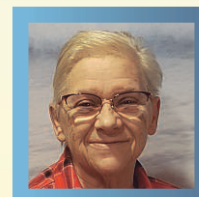
I've tried it all. Hypnosis is easier than the patch, gum, anything else. **From smoking a pack a day to becoming a non-smoker** was as easy as relaxing and listening.*

Kevin DaSilva, Brampton

I've learned a new skill. If I can do this with weight loss, I can do this with any habit/behaviour that I want to change.

I lost 11 1/2" in 6 weeks!!*

Grace H., Sales Director, Glen Williams



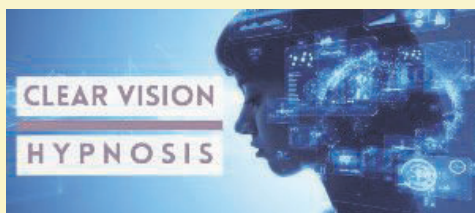
From 3 packs a day to smoke free!

I stopped smoking after the first day! I am very thankful for the reinforcement of my decision to be a non-smoker. In my opinion this program really works!*

R. Palmer, Retired, Brampton

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