

# Fall is a time for 'comfort mode'

When I woke Thursday morning, and surveyed the great foggy outdoors, I had to smile.

Every year around this time, I get into a distinct 'comfort mode,' almost at peace.

It's something to do with the coming of fall.

Earlier this week, I sat by my radio and listened to a late night program where the announcer mixes words and music to create a mood, and to tell a story.

This program was about the arrival of fall.

Apparently this guy and I see the fall season through totally different eyes. He sees it as a conclusion, a bittersweet end to summer, some sort of a termination of all those wonderful things summertime brings us.

But I view fall as one of those many transitions we go through, similar to life itself.

We move on to enjoy the changes in the weather, and with it, the beauty of the season.

And that change always revitalizes me.

Quite honestly, when we get into the autumn season, it's nigh unto impossible to annoy me. I kick back, relax and enjoy the ambiance.

I'm really not an avid summer person. I enjoy the lifestyle of summer— sunny days, cold beer, barbecues and attending summer events.

But after enduring one of the hottest summers on record, I certainly don't miss the heat and humidity. I'm quite happy to move on.

The announcer compared the end of summer to the loss of an old friend, while I welcome fall as the return of an equally welcome old friend.

Guess I'm just a 'fall guy.'

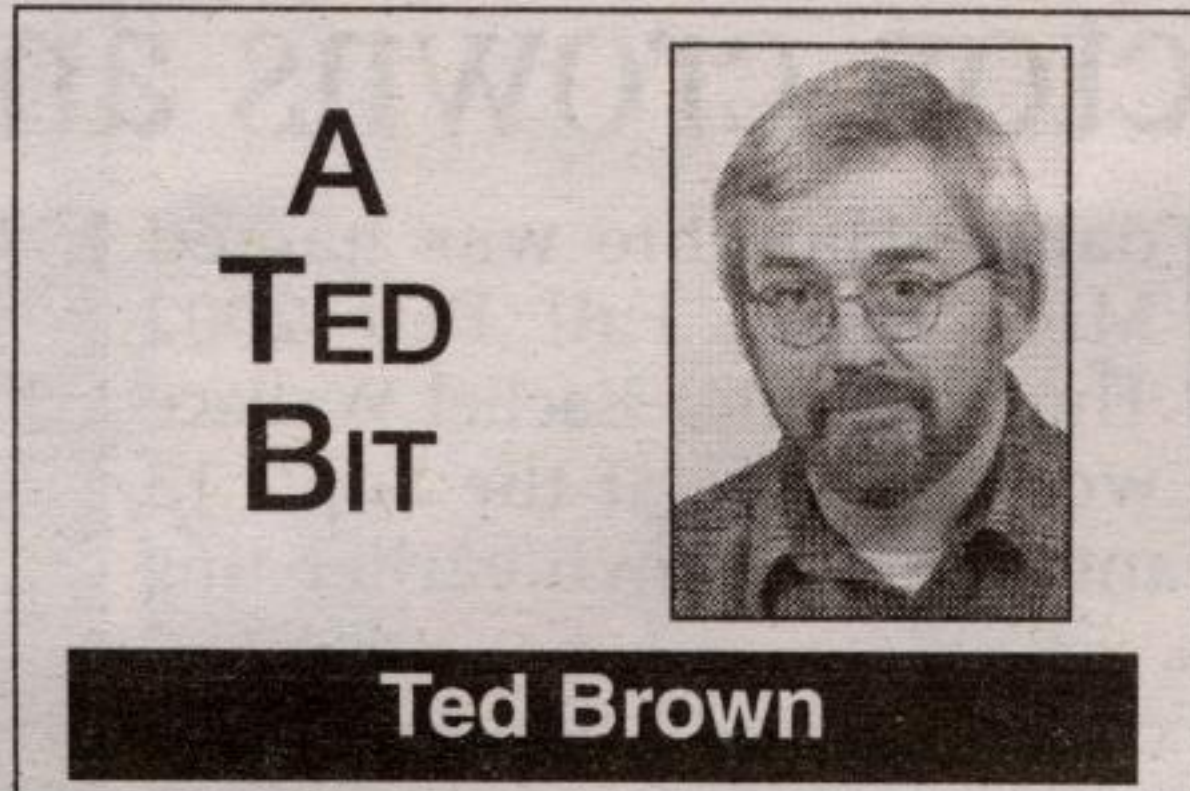
Always have been— always will be.

With autumn in the air, the weather suddenly becomes clear and cool, with bright sunny days and cold, clear nights with brilliant full moons.

It all works for me.

Fall caps those lazy days of summer, bringing me back to my senses, making me cozy down to face the colder side of our Canadian climate.

Just hearing the furnace humming on a fall



morning makes me feel snug as a bug in a rug.

I'm sure my love of fall is a throwback from my days as a kid, when we were farming.

For farmers, fall is that time of year when the end is in sight. The harvest is finished or nearly wrapped up, and fall field work is done.

Just this week, the soybeans in our front field were harvested, and within 24 hours, a crop of wheat was planted. There is nothing like the smell of the freshly tilled earth in the fall.

As a teen, fall signaled the return to school. Growing up as a kid at home on the farm, one's social life was quite limited in the summer, so returning to school was certainly a boost to any rural kid's social life.

In the newspaper world, the community has once again come alive. School sports are in full swing, service groups are back in action and fall fairs bring people together.

It also makes my job more interesting.

Unlike the guy on the radio, I'll take September or October any day—I won't complain a bit. Some are quick to point out how short-lived autumn is, as the weather quickly changes from bright and sunny to overcast and dreary, signaling the arrival of November.

But, I'm still a fall guy—I'll savor the short-lived beauty of the season to the fullest as trees don their fall colors, and leaves rustle underfoot.

Because, as everyone knows, once it's fall, winter isn't far behind.

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# How a Mother's Gift Helped This Brampton Woman Shed 149 Lbs.!



My name is Ellen Bragg. I am a customer service representative. I have been married to my husband, Gerry, for 34 years. We have 4 children and 8 grandchildren. Thanks to a unique gift from my mother, I melted off a staggering 149 lbs. effortlessly! My dress size plunged from an obese 26 to a lean 10. The following is my account of true and lasting weight loss success.

By: Ellen Bragg  
 I was overweight most of my life. At age 12, I gained weight virtually overnight. When I was 13, the doctor had to put

me on a diet because I was nearly 200 pounds! He and my mother tried to keep me on the diet, but I lost only 5 pounds. By the age of 18, I was heavy, uncomfortable and utterly miserable!

My eating was out of control. I never ate breakfast and rarely ate lunch. At night, the boredom set in. I'd eat non-stop. Chips...sweets... whatever I could get my hands on.

I reached the point where my tremendous weight was seriously affecting my health. Severe arthritis made it difficult to get around. I had high blood pressure and felt tired all the time. To put it mildly, I was unhappy, unhealthy and downright fed-up. It was not just the physical pain. I was embarrassed and self-conscious. I obsessed about what other people thought of me. I was suffering with no end in sight.

### Dieting Madness

I tried losing weight with most of the national diet chains. I'd try any diet. I went on a cabbage diet, a watermelon diet, and a soup and Melba toast diet. Sometimes I'd lose weight, but the pounds were always right back plus more. I felt out of control. It was like a madness. I'd be eating and eating, knowing I shouldn't be doing it, but also knowing that I couldn't stop it.

One day I read about Positive Changes Hypnosis in the newspaper. The story featured about a dozen people who had received amazing results after being hypnotized. I was skeptical. It sounded too good to be true.

Then I began thinking about my future. What will happen to me if I stay fat? Suppose I gain even more weight?

I picked up the telephone and scheduled my free hypnosis screening.



"I was suffering with no end in sight."  
 Ellen Bragg Before 149 Lb. Weight Loss

### My Best Gift Ever...

I was immediately impressed with the professionalism at Positive Changes Hypnosis. My free hypnosis screening was a rare treat. The entire staff made me feel at home. There were no hard sales tactics. My consultant explained the program and what I could expect. I was impressed but uncertain. Finally, my skepticism won out. I went home.

That night I couldn't stop talking about my hypnotic screening. I told my mother how I had witnessed hundreds of testimonials...on video and in writing. 'I honestly think hypnosis can help me,' I'd said.

She smiled and told me that if I really wanted to lose weight, she would make Positive Changes Hypnosis my birthday present... It was my best gift ever!

### Bless the Day...

I bless the day I started at Positive Changes Hypnosis. I opened my eyes after my first session and knew hypnosis was my answer.

On my way home that evening, I made a quick stop at the corner grocery. I walked right past the chips and made a beeline for the fruit. My cart was full of fruit and bottled water. My skepticism vanished!

Since then my attitude toward food has changed completely. I crave fresh fruits and vegetables. I only want to drink water and juices. My desire for soft drinks has vanished.

In three short weeks, I had lost 23 lbs. My energy level skyrocketed. Three months into the program, I had lost 50 lbs. For the first time in my life, I was actually enjoying long walks and exercise. After seven short months, I had lost 100 lbs. and dropped 5 dress sizes! It was a milestone I never dreamed I'd reach.

Hypnosis did away with my cravings, night binges, and poor eating habits. I have no desire for the chips and sweets that had made me fat. I take pleasure in preparing healthy, nourishing meals. I never feel deprived. I relax and savor the flavor of food. Today I am 149 lbs. lighter! I exceeded my goal!

### Healthy!

Before hypnosis, I had no life. I was inactive due to advanced arthritis in my feet, hands, and knees. I lived in constant pain. It was an effort for me to do laundry or to climb stairs. My blood pressure was high and my energy was low. Now I can go for long walks and out-do just about anybody. Most days my energy level is so high that I can barely sit still.

I was elated when my doctor took me off my blood pressure medication. She was surprised when I told her how hypnosis had helped me. Now she is advising her patients to try the Positive Changes Hypnosis free hypnosis screening.

### If I Can Lose Weight, So Can YOU!

If you want to take control of your weight problem, begin hypnosis with Positive Changes right away. If I can do it, so can you. I set a goal of shedding 140 Lbs. I've exceeded that goal. Best of all, I know that I will keep my weight off forever. What fun I will have this summer with my eight grandchildren doing what I thought I would never do again... swimming, picnics, long walks.

So if you are considering the Positive Changes Hypnosis free hypnosis screening, I say do yourself the biggest favor and GO! Talk to them. Then decide that this is what you want to do. If you want to be a thin person, you can be. You can feel good about yourself again.

Ask yourself the questions I asked myself - What will happen if I stay fat? Suppose I gain even more weight? Then pick up the telephone and call Positive Changes Hypnosis. It'll be the best gift you ever give yourself! Call now.

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