

# Health Mind & Body

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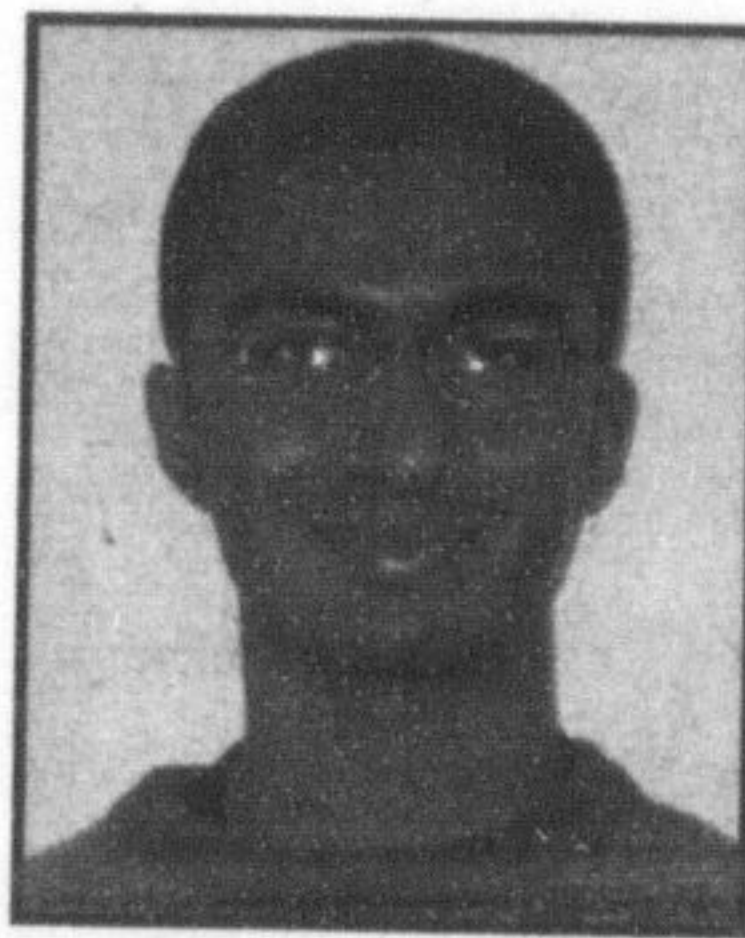
Homeopathic Medicine  
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### Naturopathic Medicine

**Detoxification.** Is the removal of toxic materials from a system. A detox program is a maintenance program for your body to help it work optimally. This is similar to a tune up that you would give your car so that it performs better and lasts longer. As we are exposed to stressors (environmental, emotional, physical, etc.) on a daily basis, our bodies are constantly working to deal with them to keep us alive. If we don't "tune up" our bodies every once in a while, then it can be "over burdened" and not function as well and thus result in health problems.

As a Doctor of Naturopathic Medicine I use my tools of Botanical Medicine, Homeopathy, Clinical Nutrition, Acupuncture and Hydrotherapy to help give your body a "tune up". Though the majority of my patients come to see me as last resort patient's (nothing else has worked so now they seek my help), I strongly believe in prevention. A detoxification program will help maintain your body so that it can help you live your life to it's fullest. After all, if you want your car to run better and last longer, wouldn't you want the same for your body?

Ajay Lad B.Sc., N.D. is a Naturopathic Doctor currently practicing in Milton. He has completed his pre-med Bachelors of Lifescience degree from Queens University and four years at the Canadian College of Naturopathic Medicine in Toronto. Although this service is not covered by OHIP, it is covered through many private insurance plans.



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## Lasting Results Happen With Hypnosis!

As far back as the Pharaohs and ancient Greeks, societies have used hypnosis to relax and change their states of consciousness. Hypnosis is a very natural and safe state for all human beings. Many of us have left our office and arrived home to wonder, "How did I get here? I don't remember the traffic lights or the roads I took." That is natural hypnosis at work!

Hypnosis is fast becoming a useful tool in peoples constant battles to improve themselves, whether it be for Weight Loss, Smoking and Alcohol addiction, stress management, self confidence or phobias. The list of uses is endless and only limited by a person's commitment to change.

Hypnosis deals with the root of fears and anxieties in the mind. While most people know they must change certain habits, they often feel that they lack the willpower. For example, many people become experts at losing weight and never make the core change to become an expert at keeping it off. The same thing applies to smokers, they know how to quit but never become accomplished at being smoke free. Hypnosis is the tool that helps with the core change. Change your mind and you change your world.

**Diane Cunningham**  
Positive Changes Hypnosis Centre  
35 Main St. S.  
Georgetown, ON

## "MY ASTONISHING TRUE STORY..."

# "How I Lost 76 Lbs. Effortlessly"

*My name is Tania Olsson. I am a single mother. My son, Chaz, is eight years old. I am a customer service representative. I dropped 76 lbs. off fat in 13 short months. My story is so remarkable. I would like to share it with you.*

**By Tania Olsson**

My cheeks burned with embarrassment as I stared at the television screen. We were watching a recent family video. "I'm huge!" I gasped.

I had always been tall and trim in high school. I was on the swim team and volleyball team. I was shocked and appalled to realize how fat I had become.

My folks never allowed junk food in the house. When I got old enough to make my own food choices, I went hog wild. Chips, ice cream and soda pop were my routine. When I was pregnant I started eating for two. After Chaz was born I cooked for two and ate for four!



"I was shocked when I saw my family video. How did I get so fat?" Tania Olsson before shedding 76 lbs. with hypnosis.

I used food as comfort. I told myself it was just baby fat. It would go away. But it didn't go away. I was getting fatter every week.

With fat came anxiety and depression. My self-esteem was nil. I could see folks turning sideways to squeeze past me. I'd cringe inside.

My weight made me crazy. I refused to eat in public. I knew what people were thinking...*Look at what you're eating...no wonder you're so fat. Go ahead, honey, have another cheeseburger.*

I used to be so hard on fat people. Now I was fat, hurt and desperate.

### Dieting Nightmares

I was always trying the next fad diet. I tried grueling exercise routines. It would never stick. When I didn't feel the results, I'd get discouraged. The cravings were unbearable.

I lost 30 pounds twice with weight loss drugs. My weight shot back up so fast it made my head spin. The drugs set me on an emotional roller-coaster. I couldn't bear the thought of a third go around. Nothing I do works, I told myself as I sat

on the couch with a gallon of ice cream. What's the use of trying?

### Ray of Sunshine

One day a close friend encouraged me to try hypnosis. I was skeptical. "I've heard they get great results," she said. I could only hope.

The free screening was like a ray of sunshine. My consultant was caring and concerned. The office is professional and comfortable. Their level of confidentiality was impressive. I held my breath for the sales pitch. It didn't happen. They explained the program in detail. Left it for me to decide. The fee was much lower than I expected.

I signed up and lost 76 lbs. in 13 short months. I lost ten inches off my waist. My dress size plunged from a bulging 22 to sleek size 10.

### Whole New Me!

Immediately after my first session my appetite diminished. I feel completely satisfied with small, healthy portions. Next my food choices changed. When I was fat I would not touch raw vegetables. With hypnosis I have developed this strange attraction to carrots! They're as appealing as potato chips used to be. I know I will never, ever gain the weight back. Now that I'm thin and happy with my body, I can't think of a single reason to overeat.

### Hypnosis Delivers Benefits!

I used to feel sluggish by 9:00 a.m. I was so depressed. Even my hair drooped.

Since hypnosis I look and feel young, alive and vibrant. My skin is glowing. My hair is thick and shiny. I have tons of energy. I'm light on my feet.

My family and friends all want to know how I did it. They want to be like me. The other day a co-worker said, "I wish I could have even half your energy." That was the best

compliment of all.

When I was fat I smoked skinny cigarettes to make me feel thin. Quitting smoking was a side benefit I had not expected. I breathe better. Move better. Enjoy more activities.

I hated walking in and out of plus size stores. I would rush my shopping bags to the car. *Everybody knows you're fat, but come on, that's the big girl's store.* Shopping for a size 12 is the most wonderful feeling in the world. I no longer worry about eating in public. When eyes are on me, I know they're thinking, "Hey, she's got it together." Chaz is tickled to see my biceps. We recently went rock climbing. We enjoy rollerblading. There's no way I could have done that before.

### Recommends

I suffered when I was overweight. I lived in a state of overwhelming helplessness. I was out of control. It was frightening.

Hypnosis was the smartest investment of my life. My consultant took the time to listen to my fears. I never felt pressured. My success was their main concern.

I got more than I expected from my private hypnosis sessions. I feel wonderful about myself. If it wasn't for hypnosis I wouldn't be enjoying my slim, healthy body today.

Don't think I'm a lone success story either. I meet other successful clients all the time.

My only regret is that I waited and suffered for months. You don't have to suffer another second. Call (905) 827-2077 right now to schedule your free hypnotic screening. I know your consultant will answer all your questions and put your fears to rest. If they don't think hypnosis is right for you, they will tell you so.

You owe it to yourself to find out. CALL NOW.

Check us out on the world wide web [www.positivechanges.com](http://www.positivechanges.com)

## OUR NO-RISK GUARANTEE

Your success is our top priority. If at your first program session you are not satisfied for any reason, we will refund 100% of your money before you leave the building. No questions asked. You risk nothing.



**PositiveChanges**  
HYPNOSIS CENTERS

"Where Results Happen"

35 Main St. S.,  
Olde Downtown Georgetown  
(Two doors south of the TD Bank)  
**(905) 877-2077**



Testimonials do not necessarily reflect typical results/results vary according to each individual.

## MORE PROOF...

### CERTAIN SUCCESS!

"I used hypnosis to lose weight and improve my sales performance. My doctor says I have lost 20 lbs. already. My blood pressure is way down. I feel calm and relaxed.

My goal was to double my business. I've nearly quadrupled it! Hypnosis is a great experience. I noticed changes right off the bat. Hypnosis took away the nervous feelings. Compulsive eating habits vanished. My success is certain. I wholeheartedly recommend hypnosis for weight loss and sales performance. I've recommended it to all my friends."

Jim Ridenhour, Fire Safety Coordinator

### INSTANT RESULTS!

"I was skeptical about hypnosis. What a surprise when my friend, Debbie Crews, told me she stopped smoking and lost 23 pounds with hypnosis. I felt totally relaxed after the first session. On my way home I did not crave a cigarette. I love the relaxation. I stopped smoking instantly with hypnosis."

Michael E. Wells, Designer