

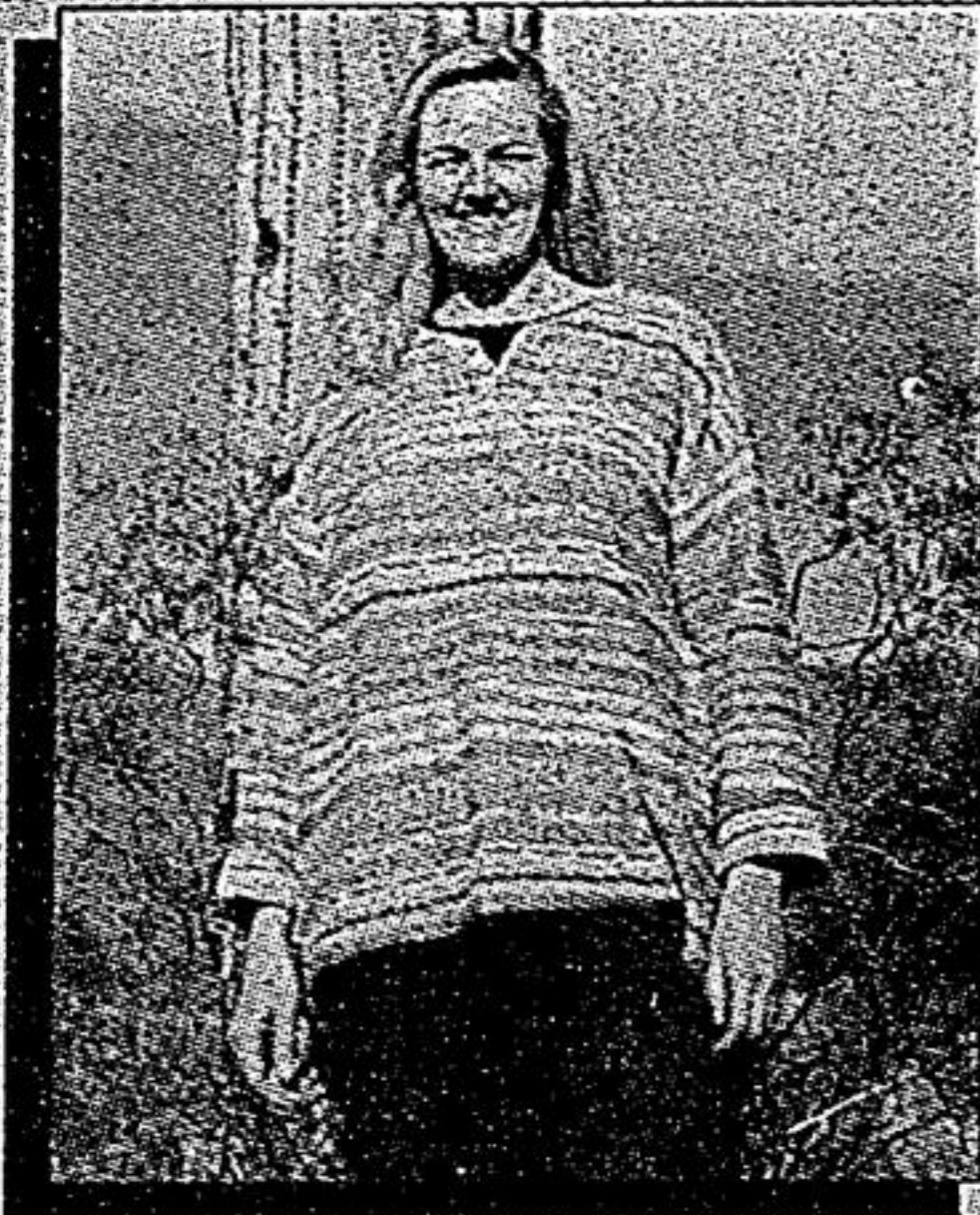
Lisa Bliss Says Hypnosis is a Sure-fire Way to Lose Weight and Look Great!

My name is Lisa Bliss. I am a registered nurse. I dropped 30 pounds in eight short months and it off for two years!

DISASTROUS DIETING!

Dieting was something I dreaded. I thought it was my only way out. I tried diet pills from the health food store. I tried Weight Watchers and frozen, low-calorie foods. But I never stuck to anything long enough to have results.

Luckily, I learned about Positive Changes Hypnosis Centers through my friend and business partner. Not having to rely on my willpower appealed to me.



HYPNOSIS IS DIFFERENT!

I love my hypnotic sessions. I am so deeply relaxed that all worries, cares or concerns seem to melt away. The life changes I've made while in that relaxed place are nothing short of miraculous!

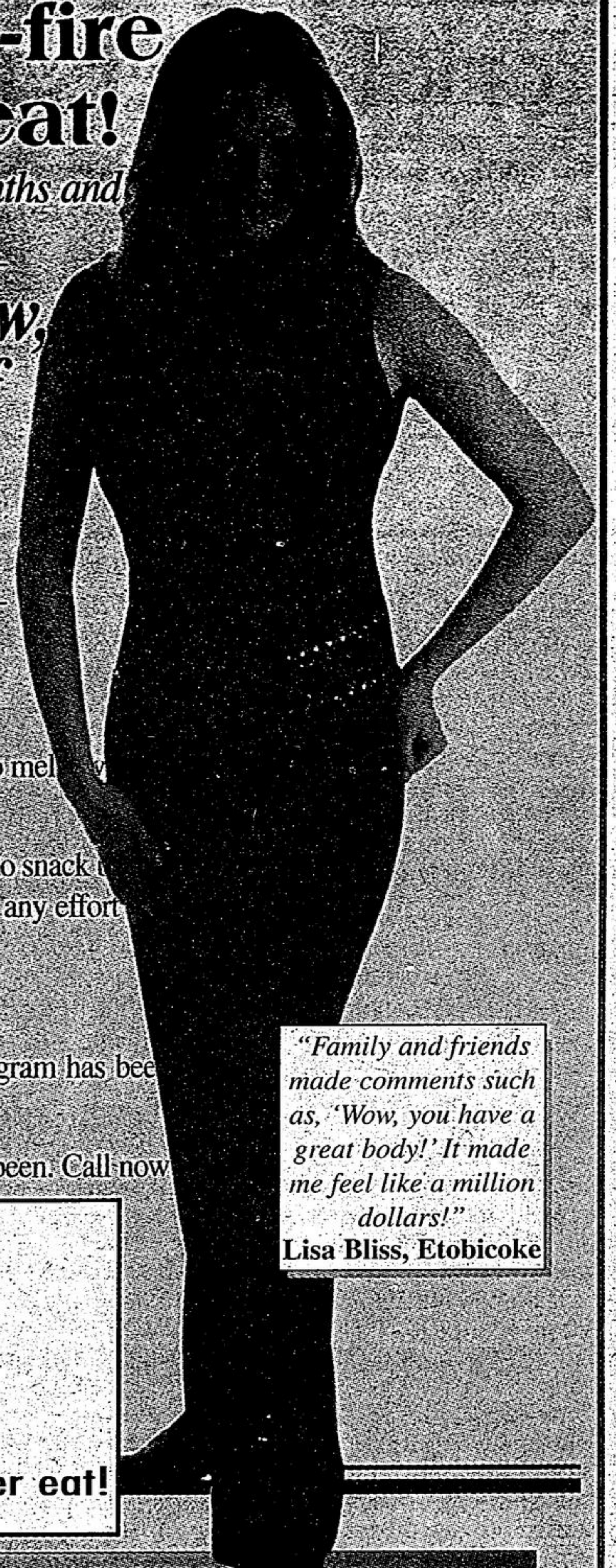
I noticed a change in my behaviour my first week. I was drinking more water and didn't want to snack between meals. During those first seven days, I easily lost 4 pounds. I dropped my entire 30 lbs. without any effort whatsoever!

CALL IMMEDIATELY!

I emphatically recommend Positive Changes to anyone who wants to lose weight! This program has been a highlight in my life. There is no way I would have the health and happiness I enjoy today had it not been for Positive Changes.

Call Positive Changes to schedule your free evaluation and find out for yourself. Don't be left to dream of what might have been. Call now!

*She should know,
she melted off
30 lbs. two
years ago!*



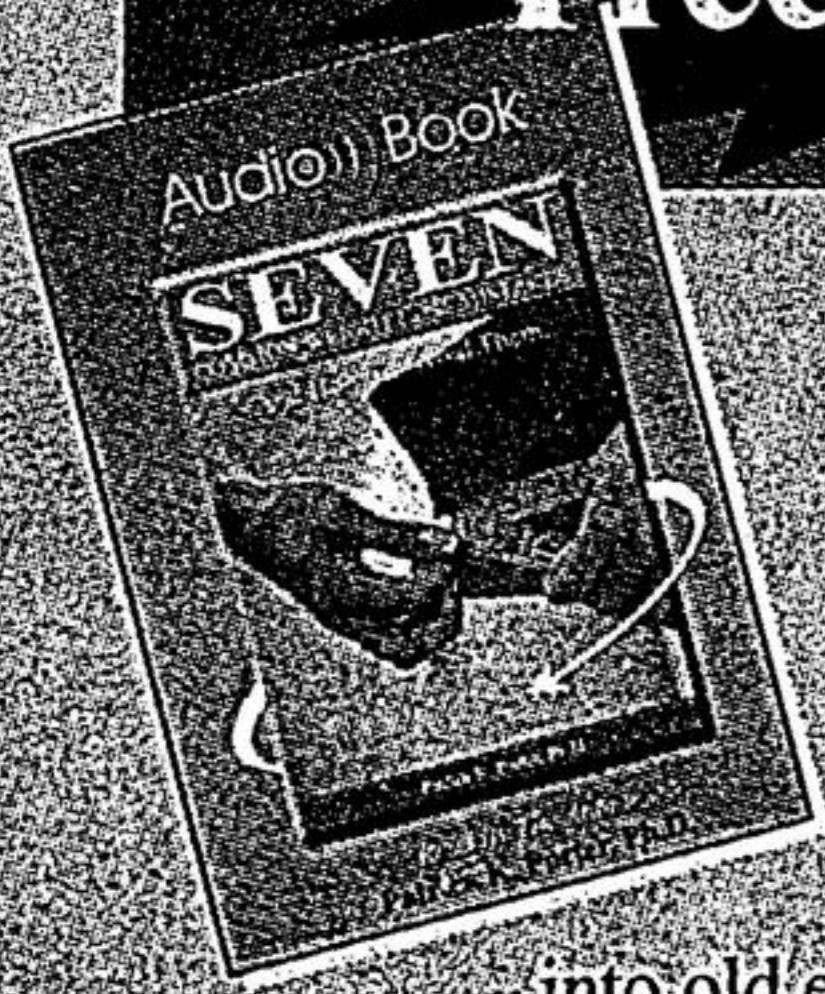
"Family and friends made comments such as, 'Wow, you have a great body!' It made me feel like a million dollars!"
Lisa Bliss, Etobicoke

WHY HYPNOSIS WORKS:

- ✓ Eat only when you're hungry. Stop when you're full!
- ✓ Hypnosis programs "correct" eating strategies into your subconscious.
- ✓ Clients report new behaviours that feel "natural" upon awakening.
- ✓ Skilled hypnotists can help you eliminate habitual triggers that cause you to over eat!

Call NOW for your Free Evaluation!

416-913-7777



GRAND OPENING SPECIAL

How To Conquer The Seven Common Weight Loss Mistakes

For many of us, weight loss feels like an endless struggle. Even with the most sincere commitment to dieting, we seem to quickly fall into old eating routines.

- ◆ Did you know that the average diet lasts only 72 hours? ... Or that over 90% of the people starting diets today will end up at least five pounds heavier next year?
- ◆ Did you know that low-calorie and low-fat diets actually slow your metabolism? ... Or that when you return to old eating habits, your sluggish metabolism turns your body into a fat storage machine?
- ◆ Did you know that diet drugs, herbs, and stimulants often overwork your heart, liver, kidneys, or digestive systems? ... And that the results are temporary?

Discover the seven common weight loss mistakes that almost every dieter makes... then find out how to break free from the lose-gain cycle for good! This Audio Book is loaded with tips and tricks for taking off pounds and inches. You'll learn to re-think your eating strategy, super-charge your metabolism without stimulants, and end dieting forever.



Patrick R. Porter, Ph.D.
Award-winning Author
and Executive Director
of Positive Changes
Hypnosis Centers

When you attend your FREE Evaluation and demonstration at Positive Changes Hypnosis Centers, you will receive this exclusive Audio Book, read by the author, Dr. Patrick Porter, absolutely FREE. (\$29.95 value.)
Offer valid through October 31, 2002.

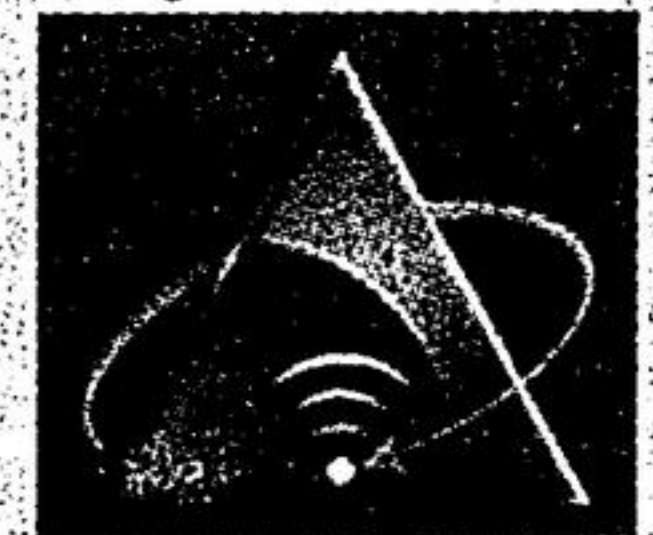
www.positivechanges.com

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.

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

Call now for your FREE Evaluation



Positive Changes
HYPNOSIS CENTRES

"Where Results Happen"

Markham/North York

416-913-7777

386 Sheppard Ave. E. (North of 401 @ Bayview Exit)

Open Monday to Saturday

