

LOSE WEIGHT AND KEEP IT OFF

NATURALLY AND EASILY

Forget diets, learn to enjoy food AND lose weight! You can improve your overall health and wellbeing.

Hypnotherapy can be highly successful in helping you reach your ideal weight.

Hypnotherapy works by helping you to feel differently about food and re-learn to listen to and work with your appetite.

By changing the way you think and feel about food you make a lifelong change, so once you have achieved your ideal weight you can remain at it, easily.

Every session is tailored to your specific needs and goals.
Want to feel great?
Got any questions?

If you are ready to make the change,



call Sally on
01773 764272 or

email info@derbyshirehypnotherapy.co.uk



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Margaret Rippingale ITEC IHHHT,
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8,800 HOUSEHOLDS FROM AS LITTLE
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Just call Karyn Milner on
01332 882882
email : karyn@allthingslocal.co.uk

*Based on a minimum booking of six consecutive issues.
Cost is £30 per issue based on a minimum booking of three
consecutive issues. - Pre-payment required.

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Better Health**
Claire Salt MICHT IHHHT

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