

## Weight Loss using Hypnosis

### Retuning the Appestat:

Your **appestat** is a control mechanism which has been fine-tuned for millennia as our species evolved. This is what can keep your weight stable within a pound or two from the end of your adolescent years into old age - if it remains properly tuned. It's a structure deep in the oldest part of the human brain that regulates food intake (the *hypothalamus*).

Stimuli such as the sight or the aroma of food, or even thinking about it, act to increase our desire to eat. As soon as you take the first few bites of food, your appetite control mechanism swings into action and starts to send appetite-suppressing signals to the brain. By the time the stomach is filled, which should take about 20 minutes, hunger is usually gone. If that were not enough, nutrients that have been absorbed from that meal into the bloodstream also let the brain know that it's OK to stop eating.

This mechanism seems to have worked well for generations but we are now seeing increased incidences of being overweight and there are a number of reasons for this:

- 1) *simple habit, which may be the result of growing up with obese, gluttonous parents;*
- 2) *on purpose, as when a child tucks away lots of food because then his nagging mother stops nagging;*
- 3) *psychosomatic urges, to compensate for some social, financial or other problems. The second and third causes eventually harden into habits. \**

It is worth noting that our regulation mechanism can be thrown out by injury or disease but where there is no such physical explanation then we must look to psychological conditioning - habit.

**By using hypnosis**, we can access these deep regulation mechanisms for retuning and also deal with whichever of the above 3 reasons was the root cause of the appestat recalibration in the first place. This is what leads to the initial weight loss and then, most importantly, maintaining the target weight which we've recalibrated for.

**The Weight-Loss Hypnosis sessions** consist of firstly agreeing a healthy target weight and realistic timescale. Then we explore and gain an understanding of what conditioning is in place. This is followed by inducing a deep relaxation and resolving old psychological causes so that they no longer have any hold over us. Finally, we retune the **appestat** to meet and maintain our healthy target weight.

I normally run a single session and follow up, if necessary, to review and make any fine adjustments.

**John Sellars**

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