

Download Weight Loss Hypnosis Sessions

NYC Hypnosis Hypnotist John Petrocelli a New York hypnotist, provides NYC hypnosis proven techniques to stop smoking, weight loss, medical hypnosis and more. Our NYC Hypnosis center specializes in hypnotherapy for men, women and children. Hypnosis For Weight Loss program in CT combines hypnosis with a healthy, realistic, and sustainable eating plan. The eating plan uses only foods you will find right at the local grocery store and the hypnosis trains your mind to be able to eat the proper foods, in the proper amounts while feeling satisfied and comfortable. Some claim that hypnosis can promote weight loss. This article looks at the evidence to determine if hypnosis can help you lose weight.

1.2. Smoking Cessation A Meta-Analytic Comparison of the Effectiveness of Smoking Cessation Methods. Results: They found that among of all of the techniques used, hypnosis was the most effective. They found that a single session of hypnosis was three times more effective than the nicotine gum and five times more effective than willpower alone (willpower was 6%; nicotine gum was 10% and a ...