

REAL PEOPLE, **real results**

Mary Haynes

60lb. Weight Loss



I am ecstatic with my success! People comment on how much hard work it must have been to lose 60 lbs. and 60 inches. They are amazed when I say "not really. Not this time." Hypnosis has been the key. I knew that the lack of self esteem and the way I felt about myself was holding me back. Alive and Free Hypnosis helped me not only lose weight but gain confidence and happiness. I believe that finally learning to relax and let go helped me lose weight and KEEP it off. My advice is to commit to the program!

Mary Haynes

aliveandfreehypnosis.com

TAP INTO YOUR MOST
powerful resource



We hold the key to your inner mind.
With our help you can open the door to a new, happier, healthier you!

Become Alive & Free
with Additional Programs...

- Stop Smoking
- Anxiety Control
- Alcohol Reduction
- Motivational Enhancement
- Stress Management
- Pain Reduction
- Accelerated Learning
- Sales Improvement
- Sports Enhancement
- Improve Confidence & Self Esteem
- Sleep Improvement
- Golf Improvement

Alive and Free
HYPNOSIS & WELLNESS

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aliveandfreehypnosis.com

Alive and Free
HYPNOSIS & WELLNESS
SINCE I LOST
weight



I can't remember when I felt this GREAT!

TIRED

of those diets that deprive you of carbohydrates or eat all you want proteins.

ARE YOU READY TO lose weight safely?

By changing your emotional and physical relationship with food, you can keep the weight off.

The fad diets help you lose weight fast, only to gain it all back again and then some.

ALIVE & FREE can help you take off those extra pounds and keep them off by showing you how to:

- Learn about healthier eating habits
- Increase your motivation and self discipline
- Discover the joy of exercise
- Eliminate those cravings and unhealthy eating habits

A happier and healthier lifestyle is closer than you think.

We believe in you!

Become the natural weight you were born to be.

*Feel Alive,
Healthy and
Strong.*

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HOW WILL HYPNOSIS help me lose weight?

You can change your core eating strategies with hypnosis. If you learned to eat only when you're hungry, and stopped when you were truly full, you would not have a weight problem. Many people believe that because they failed at dieting, they will also fail with other weight loss methods. With hypnosis, nothing could be further from the truth. Most of our clients have realized that they had to "change their minds" before they could ever "change their bodies".

IS HYPNOSIS for everyone?

Hypnosis is the safest, most effective method for changing negative thoughts into positive ones.

You are in control at every moment and can terminate the hypnotic state at any time. Hypnosis is unique, relaxing and fun. The benefits you will receive from using hypnosis are numerous, and will effect many areas of your life in a positive manner.

The best way to lose weight naturally, without hunger, pills or diets, is through hypnosis.

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IS HYPNOSIS right for you?

- Have you ever gained and lost weight multiple times?
- Do you lose weight on diets only to gain back more?
- Do you feel lethargic or unhappy?
- Have you tried more than one weight loss program?
- Do you worry about your health, and continue to eat poorly?
- Do you finish every bite on your plate, even when you are full?
- Do you turn to food when you're upset, bored, angry or stressed?

If you answered yes to any of these questions, it may be time to try something entirely different.

Call **ALIVE & FREE** today for your quick and easy free hypnotic screening. With a little background information from you, we can evaluate your needs and design a personalized program according to your goals.

We are so confident in our ability to help you lose weight. We promise to work with you as a team, until your goal is attained.

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NOW

Is the time to live the way you were meant to...

Be Alive & Free!