



Acupuncture Meets Hypnosis For Weight Loss, Smoking Cessation and More!



Combining acupuncture with hypnosis is a powerful combination to lose weight or quit smoking as it reinforces the process by addressing underlying issues, stumbling blocks and chemical changes in the body that make losing weight or becoming smoke-free difficult for many individuals.

To better help individuals meet the challenges they face with losing weight or quitting smoking we have created a program that combines both modalities for safe and effective treatment that works!

The program will include:

- * Half hour acupuncture consultation and treatment
(will include ear seeds for home use)
- * Group informational session on hypnosis
- * Group hypnosis session for weight loss or smoking cessation whichever you choose
 - * self- hypnosis CD relevant to your program choice for home use

Weight Loss Programs will be held the 2nd Monday of each month

Smoking Cessation Programs will be held the 4th Monday of the month

**Acupuncture appointments will be scheduled between 4:00 pm and 5:30 pm
Followed by hypnosis from 6:00 pm to 7:30 pm**

Investment: \$90.00

Hypnosis slows brain wave patterns down to bypass the conscious mind and directly access the power of the subconscious which governs our habits and behavioral patterns. This eliminates the struggle of relying solely on our willpower for behavioral change. Hypnosis can help overcome self-defeating limiting beliefs, negative self talk and memories of past failed attempts that can be sabotaging our efforts to change negative behavior patterns.

Acupuncture acupoints on the ear are used to help suppress your appetite, reduce anxiousness & stress, stimulate repair and healing of organ systems, reduce food and nicotine cravings and aid digestion.

Cravings in the body whether for food or cigarettes are often due to a lack of endorphins. Acupuncture can help to balance out the cravings by helping the body to release endorphins. Additionally, through the release of endorphins, the “stress hormone” can be neutralized altering the metabolism, creating a more calm peaceful effect, calming and relaxing the mind, reducing anxiety and alleviating depressive feelings. Acupuncture also helps to eliminate other side effects of withdrawal including efficient digestion for weight loss and detoxification.

For more information or to register please contact

The Center

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