Breakthrough Hypnotherapy Solutions

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PRESS RELEASE - 13/6/11 for immediate release

THE WEIGHT IS OVER - THINK YOURSELF THIN HYPNOTHERAPY PROGRAMME; a revolution in weight loss

Dr Sharie Coombes, a Brighton-based, experienced hypno-psychotherapist, has developed a revolutionary new weight loss programme consisting of 4 sessions of hypnotherapy, psychotherapy and life-planning to help people to focus on lifestyle changes and lose weight easily and painlessly. Clients can also get a hypnotic gastric band to accelerate results and permanently reduce portion size.

WHAT HAPPENS?
Clients meet with Sharie in her comfortable consulting office and talk through their issues, goals and any strategies used in the past. She helps them to uncover their own resources and uses hypnosis to collaboratively and permanently re-programme their unconscious minds to think, feel and act differently around food and exercise. Sessions last 60-90 mins.

WHO HAS USED IT?
Sharie has recently lost 6 stone developing and trialling the programme - and dropped 4 dress sizes. Rachel Boyle, Editor of ABC Magazine in Sussex, tried out the programme for herself after talking to Sharie, a regular ABC advertiser, about the next campaign to run in the magazine. Rachel realised that now her children were teenagers the 'baby weight' excuse could go on no longer - it was time to get to grips with her love of chocolate and her expanding waistline.

HOW DOES IT WORK?
Sharie helps you to explore your weight-related concerns, set your personal goals and use your own ideas and limiting issues within the programme to personalise it totally to your individual, specific needs. Whatever is holding you back from losing that weight is addressed and incorporated into the hypnotic work.

WHAT DID IT FEEL LIKE?
Rachel says:"*I felt really positive simply talking over my weight issues and unhealthy eating habits with an unbiased, professional person who I felt could actually help. Sharie was really easy to talk to and before long we were chatting away about all sorts but with one recurring theme - my now teenage 'baby weight' and why I couldn't even walk past a newsagent's without a finger of fudge beckoning me in! I would usually cave in and buy at least one and eat it either really slowly or really quickly depending on my mood at the time".*

DID IT WORK?
Rachel says: *"Absolutely - 4 weeks down the line and I can honestly say chocolate no longer beckons. I have had not even one finger of fudge since my chocolate aversion therapy began and although I would like to*

say it was a struggle and how strong I have been, it really hasn't been difficult - I simply haven't had the urge for chocolate at all".

HOW MUCH?
The 4 session permanent weight loss programme is currently available on a special offer price of £250 which includes the hypnotic gastric band. Call 01273 252559 or visit www.breakthroughdays.co.uk
##ENDS##

Further information
www.breakthroughdays.co.uk/html/thin.php
Sharie's websites include details of sessions, other hypnosis interventions, her training and her CV
Adult therapy www.breakthroughdays.co.uk Children and young people www.foundationshypnotherapy.co.uk

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Notes to editors
Sharie is available for interviews, tips and advice or can provide well-written articles on request. A photo is available.

Sharie has 30 years' experience working with adults and children with a background as a primary school teacher/headteacher, adviser, consultant and senior lecturer. She qualified as a hypno/psychotherapist in 2008 and was awarded a doctorate at the University of Brighton in 2007. She is registered with the Complementary and Natural Health Care Council (funded by Dept of Health and the UK's regulator for complementary healthcare) and specialises in a variety of common problems encountered by adults and is an expert in working with children and young people. She is not a medical doctor. See website for more info.

Rachel Boyle is the editor of ABC Magazine which is the longest-established, best-read free parenting magazine in the South East with 130,000 copies currently published 3 times a year in 6 counties. www.abcmag.co.uk for details.