

# A WEIGHT LOSS PROGRAM FROM THE MAINE CENTER FOR HYPNOTHERAPY

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As a clinical hypnotherapist for more than 10 years, I have worked with many, many folks seeking the “magic wand” of weight loss. I know only too well there is no magic . . . at least the kind that come from a wand or hyped commercials on TV. It always comes down to a combination of commitment, hard work and common sense. If one adds the ingredient of Hypnosis, the hard work portion becomes easier and more automatic.

In my private practice, I have become very successful in assisting people to give up smoking. It primarily comes down to you do it or you don't! Although not entirely that simple, it is a great deal simpler than giving up food. You must eat. You must confront the refrigerator, cupboards, restaurants and social events. Isn't it amazing that you have a far better chance of giving up cocaine or alcohol or even smoking than trying to give up Oreo cookies or a bag of chips.

The understanding of why you seek to loose weight is critically important. To feel and look healthier, or to please a partner. It wouldn't be hard to predict the results of the latter after an argument, but then it's always easier to be objective when observing someone else. The commitment is not so much to your loss of weight, but rather to yourself. You must place yourself in high regard. When I work with someone, I spend a great deal of time pumping positives into the session. If a person learns how to feel really great about themselves, then they have truly discovered the key to success - whether it is in weight loss, career, family or whatever their heart or mind seeks.

A weight loss program that includes behavior and attitude modification through hypnosis, is a program that will succeed. Losing weight does not have to be a hardship. You do not need to feel hungry or deprived. It does not mean a life of eating carrot sticks or grapefruit slices for four days out of seven. It means enjoying eating sensibly every day of your life. For the most part we learned the basics of healthy eating from childhood, and science today has refined those basics by very little. We know we need at least eight glasses of water a day, plenty of fruits, grains and vegetables, protein, dairy and a small amount of fat. The food pyramid of healthy eating does not have any room for error. Unfortunately, we've picked up some bad habit and attitudes along the way of growing up. The cleaning your plate for one is disastrous . . . as is filling your plate. Just because you have a 10" dinner plate, does not mean it has to be filled from side to side. Having a treat every time something wonderful happens has never been and never will be good for you. Please understand, I'm not ruling out treats, just the frequency. I've also attached a work-up on “carbs” adding to the problem. I have a general rule of thumb - try to keep your carbs under 50 grams in a day and your protein over 50 grams . . . and sugar at zero intake.

In a typical hypnosis session I ask my client to visualize their stomachs. It doesn't matter if they have the ability to envision the clinical organ or substitute that organ with the image of a basketball. I then describe a process that I call the shrinking stomach. I first assign a level of existing weight, eating habits and tolerance for unhealthy foods. That number is usually a seven. I explain to the client that we are going to shrink their stomach, their appetite and their tolerance for unhealthy foods down to a one. One represents their ideal weight, size, level of health and eating habits.

Similar exercises are already being used by the medical profession in combating cancer. Progressive physicians are instructing their patients to visualize the diseased cells in their bodies and to also visualize an agent, such as a PacMan to go in and gobble up these cells. This is done usually in conjunction with conventional medicines and procedures. The success rate in this type of program is many times higher. It allows the patient to participate in the healing, rather than being a victim to both the disease and the cure.

Because the subconscious is very receptive to words, suggestions and impressions that are in keeping with the client's goals, I usually get quite creative in my description of unhealthy foods. I often tease a client that they may never look at an order of fries quite the same ever again. If you use hypnosis to loose wight, understand that what you're really doing is tapping into your own power. It is time to start winning the challenges. Define who you are, define your challenge and you will define your success!

# Minimizing the fat producing Carbs

Fats provide more calories per gram (9) than either carbohydrates or protein (4), so it was originally presumed that fats are bad. The fact is that fats do not necessarily cause weight gain. Fats are vitally important to the body by providing essential elements, such as fatty acids, many vitamins and hormones important for metabolic processes. It's interesting as more and more products are produced as low fat or fat free . . . and more and more people are cutting down on their fat intake . . . the opposite of goals is achieved. More and more people are gaining more and more weight.

Ok, so if fats aren't exactly the problem, than what is? Carbohydrates! Carbs are broken down into glucose (sugar) inside the body . . . and this raises blood sugar. Insulin is then secreted by the pancreas to lower our blood sugar, but in the process, insulin promotes the storage of fat and the elevation of cholesterol levels. Insulin also inhibits the breakdown, or loss of, previously stored fat. Carbs come from many of the necessities of our life; fruit, vegetables and grain . . . and we certainly cannot survive without them. But there are carbs that are extraordinarily high and others that are in the safer, more recommended levels.

The other enemy to your body is SUGAR . . . this one should be avoided at all costs.

Some of the carbs that are right off the scale include: potatoes (not yams or sweet potatoes, however), parsnips, carrots corn and beets . . . when at all possible, avoid them. The following lists give you some ideas of the high/moderate/low levels of carbs for different food groups.

## Grains - High in Carbs:

Instant Rice | White pretzels | rice cakes | Rice Krispies | White Bread  
French Bread | Corn | Corn chips | Graham crackers | regular crackers  
white bagel | Total Cereal | Cheerios | white flour | Puffed Wheat  
Cornflakes | Croissant | Corn Meal | white rice | Taco shells | Cream of Wheat  
Shredded Wheat | Melba toast | Millet | Grape Nuts | Whole-wheat crackers  
Nutri-grain cereal | Stoned Wheat thins | Couscous | Basmati rice | Pasta (white)

## Grains - Moderate in Carbs:

Pita bread-regular & stoned ground) | Rye sourdough | Wild Rice | Brown Rice Oatmeal | Special K Cereal | Muesli (no sugar) | Whole grain pumpernickel  
Cracked-Wheat bulgur bread | High % cracked-wheat bread | Whole rice  
Oat and bran bread | sponge cake | Wheat and Barley grain | Whole-grain pasta  
All bran (no sugar)

## Grains - Low in Carbs:

Rye grain

Vegatables - High in Carbs:

**Baked Potato | Parsnips | Carrots | French Fries | Beets**

Vegatables - Moderate in Carbs:

**Sweet potatoes | yams | green peas | black-eyed peas**

Vegatables - Low in Carbs:

**Dried beans/lentils | pinto beans | green beans | lima beans | black beans  
butter beans | kidney beans | soy beans | and green vegetables**

Fruits - High in Carbs:

**Watermelon | Pineapple | Raisins | ripe banana**

**Fruits - Moderate in Carbs:**

**Mango | Kiwi | Grapes | Plantain banana | pears | peaches | plums | apples | oranges**

Fruits - Low in Carbs:

**Fresh or dried Apricots | grapefruit | cherries | tomatoes**

Dairy - High in Carbs:

**Premium Ice Cream**

Dairy - Moderate in Carbs:

**Yogurt (plain, no sugar) and Yogurt with added fruit | Milk (skim or whole)**

Miscellaneous - High in Carbs:

**Maltose (as in Beer) | glucose | pretzels | Honey | refined sugar | popcorn**

Miscellaneous - Low in Carbs:

**Nuts | peanuts**

Interesting the “hungries” will diminish in direct proportion to the reduction in sugar and excessive (and bad) carbohydrates. This is not intended to have you counting or weighing foods, because if one eats normal, well balanced portions and meals, then the excess weight begins to finally “burn” off. Any food, no matter how good it may be for you, is not intended to be consumed in erratic proportions.

As a Vegan, it depends upon what is acceptable within your regimen. The one thing I stress here is that protein becomes extremely important, whether it’s derived from dairy or a variety of other excellent resources. From your experience, you know what you are able to eat . . . and I have to believe that your protein consumption is not the bigger problem, but rather your consumption of too many carbohydrates and sugar.

This program should get you well on your way to eating healthy, looking healthy and becoming healthier. Good Luck.