

Weight Management

Take control of your eating habits and weight



Hypnotherapy
& Mindfulness
Solutions



I'm Carol, owner of Hypnotherapy & Mindfulness Solutions

Regain choice in what and when you eat

As a nurse I am passionate about supporting people to make changes to establish and enjoy a healthy lifestyle.

I am a certified and registered clinical hypnotherapist and mindfulness instructor, with additional training in hypnosis for safe, effective weight management.

Hypnotherapy can help you to reset your attitude to food, gain more control over your eating patterns, maintain motivation and achieve your health goals.



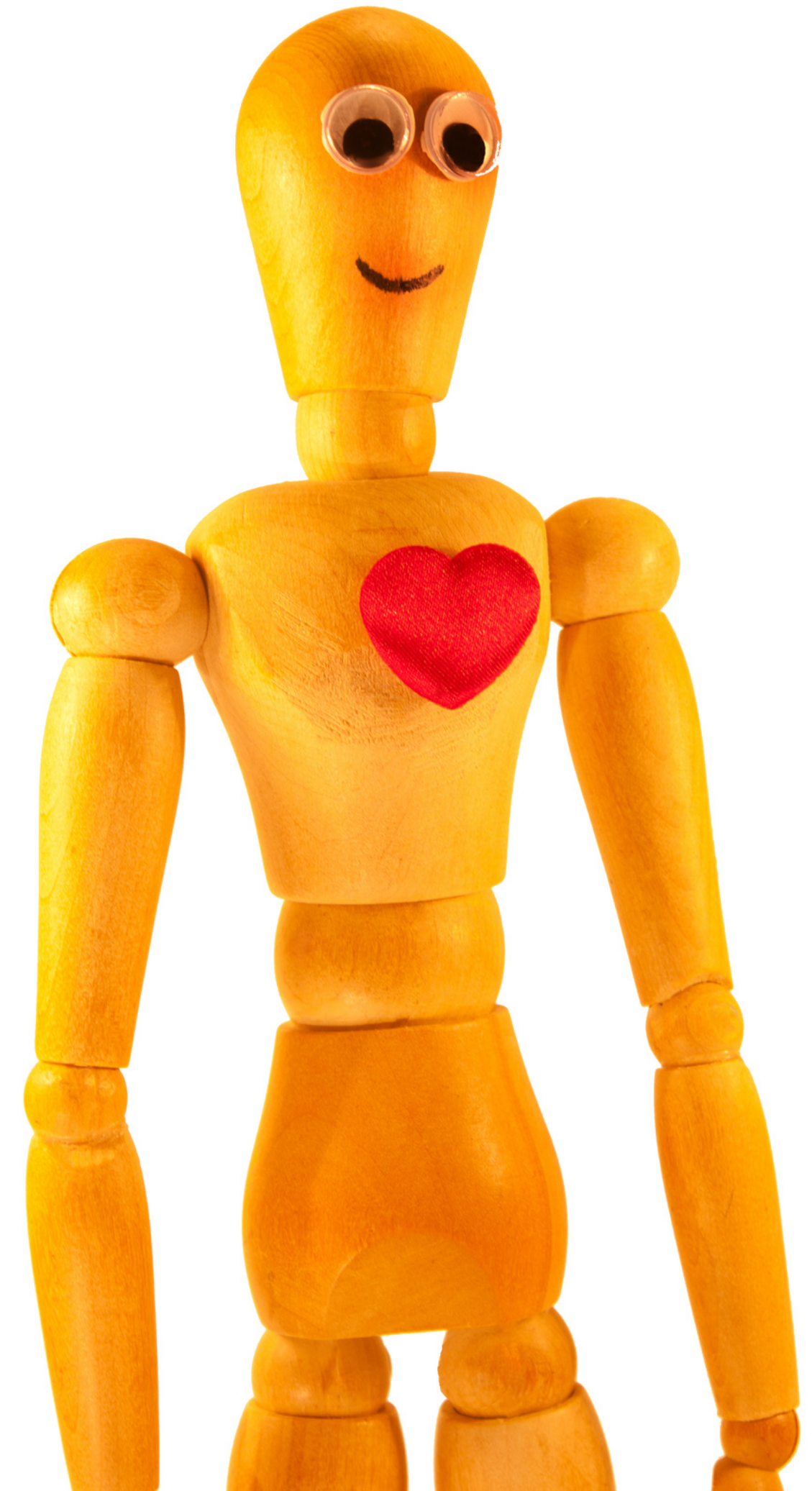
About

Gain the extra motivation and healthy habits to reach and maintain weight goals

Do you want to change your eating habits, or manage your weight to feel better about yourself? Maybe you realise you snack or binge eat when you are upset or feel board, and want to break this unhealthy habit, and develop a positive relationship with food.

It could be you have tried every diet, or feel you are always on a diet and just want to enjoy food day to day, but also manage your weight.

If you have decided it's time to take control over unwanted eating habits, be healthier, be motivated to manage your weight and just feel better about yourself, then hypnotherapy could be the help you are looking for.





Testimonial

“Carol was professional at all times and really listened to what my issues were and gave reassurance when needed. I trusted her totally and felt that I was on a journey that was fully supported.

I had felt ‘lost’ for a number of years, dealing with weight issues and felt very confused and totally unbalanced with regard to my relationship with food. I needed a complete overhaul of my attitude towards food and exercise, feeling reborn! Thank you Carol.”

Corrine, Weight Management Client

Case Study

A case study for a Weight Management and Emotional Eating client is available to read [here](#).

Services & Fees

Weight management options available:

Hypnotherapy Appointment £70

Weight Management Programme £199

Individualised Weight Management Programme providing you with practical techniques to support you in reaching your goals. The programme includes:

- Three personalised hypnotherapy appointments
- Weight, its management information & self-help material
- Two Mp3 audios to enhance your positive mindset change

To support you, programme appointments can be taken over an agreed time frame.

20% discount for NHS, Care, Emergency Services, Armed Forces apply to all sessions and packages.





Extra Info

Free Initial Consultation

To help you to decide if working together could help you, I offer a no obligation free phone call. This is a chance to explain the help you want, find out more about how we can work together and ask any questions you have. Please contact me to book.

Weight Management for Groups

Please enquire for details.

Contact Me

For further details or to make a booking:

- T: 07305 810935
- E: enquiries@hypnomind.co.uk

To visit the website:

- [Hypnotherapy & Mindfulness Solutions](#)
- Or scan the QR code



***Disclaimer: Results may vary from person to person.
Hypnotherapy is not suitable if you have epilepsy, psychosis or a personality disorder.***