

woman & home

Almost
**instant
facelifts!**

+ Do it with
haircuts, colour
and condition

Lose kilos...
no-diet therapies

**BE A LATE
BLOOMER**

Stay calm, de-stress
and revive with
natural remedies

**Me time
makeovers**

Guilt-free ways to put yourself first

REAL ME

**Jane
Seymour**

6 kids,
4 husbands
and she
still looks
damn good!

**ATTRACT
SUCCESS!**

WRITE YOUR OWN
GOOD LUCK RULES

**Keep it
simple**

Easy food,
new tastes



March 2008 R21.95 (incl VAT)
Other countries R19.25 (excl tax)



How often do you eat when you're not really hungry? Or when you're bored, stressed, sad? Overeating can be a deep-seated habit stored in the unconscious mind. The good news? Hypnotherapy can break that habit.

✦ **EASIER THAN A DIET?**

"Most people are aware of what constitutes a healthy diet," says therapist Margaret Warren. "Let's face it, we're bombarded with messages about it every day." It's true – while we know exactly the how and why of a healthy diet, our ingrained eating habits soon send even the hottest new weight-loss plan into crash-and-burn mode. "Hypnotherapy can help break the habit of overeating and tackle underlying reasons for eating when you're not physically hungry," explains Margaret.

When you eat beyond full... sort it with **HYPNOTHERAPY**

"Whereas diets can often lead to obsessing about food – 'How many kilojoules in this piece of chicken?'; 'How much rice am I allowed?' – hypnotherapy can restore control at an unconscious level." So your relationship with food will be relaxed and you'll be more aware of when you are full.

✦ **WILL I KNOW WHAT HAPPENS?**

Don't worry about "going under".

"It's neither sleep nor unconsciousness," insists Margaret. "It's more a state of focused attention, with a pleasant feeling of relaxation. While you're in a state of hypnosis, the unconscious mind is receptive and your hypnotherapist can make beneficial suggestions for long-lasting change. You stay aware of what is going on and can "surface" if you want to but, like most, you'll probably find it so relaxing, you'll be happy to stay that way until the therapist invites you to return to full alertness."

✦ **HOW QUICK IS THE FIX?**

"Some bad habits can be broken in one

or two sessions, but complex problems take longer," says Margaret. The big advantages? "The treatment is short-term, shows results relatively quickly and the effects are lasting and easy to top up when you hit a plateau." *If you're looking for a certified practitioner in your area, call the South African Institute of Hypnotism on 0861 102 318 or visit www.hypnotherapy.co.za. For more info on hypnotherapy, visit www.hypnocentre.org*



"I'm so happy with all the changes"

Catherine Smith, 40, lost 5½kg in just five weeks.

"I feel brilliant – fantastic. Not at all deprived and I'm enjoying my food a lot more. The beauty of it is there's no diet plan, no kilojoule counting."