Hypnotherapist - Fully Qualified - Excellent ReputationHelp with Smoking, Slimming,

Location   **East Midlands, Nottinghamshire**

https://www.freeadsz.co.uk/x-413132-z

Registered, licensed and renowned hypnotherapist offers a free consultation to discuss your issue and find out if hypnosis is for you. Many aspects covered, below are a few you may benefit from.... Smoking - Remember if 1 packet of 19 is £6.00 and you smoke 1 packet a day, you're currently spending is £2190 per year.

400+ chemicals in each cigarette, at least 250 are known to be harmful, Weight Control - Would you like to join hundreds of other in this area who enjoy losing weight the easy way. No cravings for food, no comfort or binge eating and no feeling hungry. Anxiety (current and future things) & Depression (past things).

Feel instant relief after only 90 minutes...... Phobias

We are only born with 2 fears, Falling and loud noises, everything else is a learned behaviour. The subconscious witnesses something it perceives as potentially dangerous to us and so causes us to have a fear against anything that could put us in that dangerous situation in the future. Performance

As with any repeated task, once learned it is performed by our subconscious. (Driving, playing the piano, tennis etc.) If we concentrate on doing it for say an important performance, our conscious takes over and it is not the expert, so we falter. Pain

Pain is a signal that something needs attention. Hypnosis can be used to help alleviate pain, but only after the signal that something is wrong has been fully addressed. It's vital that it

is medically checked before any other therapy. For a more comprehensive list of issues that I deal with, please see my website:

www.paul-hypnotherapy