



# WELCOME TO the diary of a hypnotist

EACH MONTH, WE WILL SHARE A STORY OF STRUGGLE AND TRIUMPH THAT MAY RESONATE WITH YOU OR A LOVED ONE, AND INSPIRE THE WILL TO STRIVE FOR BETTER WELLBEING.

## Yes you can

This month, for a change, I thought I would publish an article written by Sheila Grainger, a Yorkshire hypnotherapist, who is the pioneer of Virtual Gastric Banding weight-loss, of which I am a proud, certified practitioner.

From fat to fitness fanatic in four weeks – lorry driver, Pete Smith describes how a short course of hypnotherapy changed his life in ‘miraculous’ ways.

“One of my friends took a photo of me at 113 kg. It made me realise how terrible I looked, and I knew I had to do something. I was 42 and knew that if I didn’t tackle it, my weight was going to become a problem. I thought “If I don’t start helping myself now, why should anyone else help me?”

Pete’s weight had crept up as a result of inactivity, irregular mealtimes, boredom eating and a little too much booze. “I’d tried various diets but none of them had worked. I’d maybe lose the odd pound but wouldn’t be able to stick with it for long. Then I would put it on again, plus more,” he said.

All of this changed six years ago, when Pete got in touch with internationally renowned clinical hypnotherapist Sheila Grainger. Four, weekly sessions later and the long-distance lorry driver from East Yorkshire, started to rapidly shed the pounds. He now

weighs 85kgs and feels comfortable maintaining that level.

What’s more amazing, is the fact he’s become a cycling fan, who thinks nothing of notching up hundreds of miles – and whose annual highlight is a gruelling Alpine trek.

His therapy started with a discussion to pinpoint where things were going wrong for him: more often than not, over-eating is a symptom of another problem, such as low self-esteem, boredom depression or relationship difficulties.

“I believe you’ve got to want to do it in the first place, but then hypnosis does the rest,” said Pete. “To be honest, I still don’t really know how it works, but I put my faith in the process and believed I could do it, and I did.”

Pete had a total of four weekly sessions in which his attitude was effectively rebooted, each session removing the triggers that caused him to reach for too much of the wrong kinds of food.

“All of our minds are susceptible to

suggestion and this is the case with negative suggestions as well as positive ones. So when we develop a bad habit like over-eating, it is almost a state of self-hypnosis where, for some reason, we’ve convinced ourselves to do this thing that is bad for us.” said Sheila.

Pete agrees. “I think what made a difference was the self-belief hypnosis gave me. Through positive mind-set Sheila also stopped me wanting to eat so much and helped me get some discipline and routine around food and exercise.”

For others in the same situation, Pete had this message: “I would tell them to ask themselves ‘do they really want to do it?’ If their answer is yes, they can, with that little extra push.”

“I’m a prime example - I’d more or less given up hope but look at me now. It’s miraculous really.”

Pete’s story is typical of one we regularly hear repeated by Ntrance clients in Blenheim and Wellington.

Give Chris a call today to take control and change your life.

Owing to client privacy and confidentiality, the client’s name/s in these articles are changed.

# Ntrance Hypnotherapy

*Chris Steadman*

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**Ntrance is moving to  
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