

Hypnosis for Healthy Weight

By

Dr. Kweethai

Chief Catalyst for Change

Clinical Hypnotherapist, Nutritionist and Health Consultant



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If you can imagine it, you can achieve it Change your Mind, Get Healthy, Get Happy!!

Are you tired of dieting? Are you frustrated with the battle of the bulge? You know how to eat healthy. You KNOW how to exercise. You even have a membership for the gym. Yet the struggle persists. Maybe it is not what you are eating but what is eating you that stops you from achieving your goal. Join Dr. Kweethai's **3-week program** to help you achieve your healthy weight. **Imagine 21 days to Change your life!!** Dr. Kweethai's Hypnosis Program helps you solve your weight problem from the inside out. Imagine you can eat real meals, enjoy what you eat, love moving your body, AND lose the unhealthy YOU. You will notice a healthy change and feel energized. You will learn self-hypnosis to motivate yourself to adopt healthy behaviors **naturally and easily**. What a gift to give yourself to jumpstart a healthy new year! **Treat yourself to a Healthy Body and a Happy Mind in 2010. Who deserves it more!**

Classes on Thursdays. Limited to 20 participants per class. Jan 28, Feb 4, Feb 11, 2010

Call 817 491 9809, or register at www.ihealththerapies.com. Two class times to suit your convenience. Please choose one of the following:

- Thursday Mornings: 10 am - 12 noon**
- Thursday Evenings: 7 pm - 9 pm**

\$238 Before Jan 21

\$288 After Jan 21

**Register now and
save!!**

HYPNOSIS FOR HEALTHY WEIGHT

REGISTRATION

Name: _____ Signature: _____ Date: _____

Email: _____ Phone: _____

Address: _____ City _____ ZIP _____

Check as appropriate: MORNING CLASS () or EVENING CLASS () \$238 () or \$288 ()

CREDIT CARD: Visa () Mastercard () Number: _____

Expiration Date: _____ Code: _____ Amount Authorized _____

Or, make check payable to: **iHealth Center**