



Hypnotic Weight Shedding Protocol

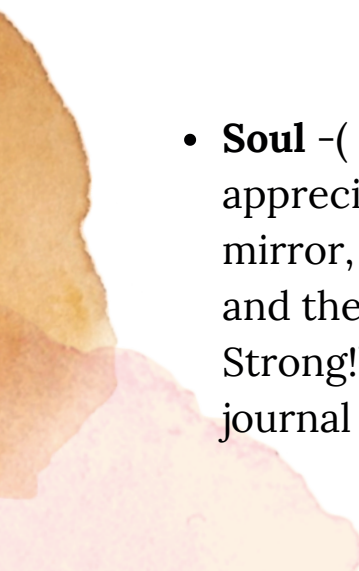
- **Mind** - Listen to Weight Shedding Hypnotic Conditioning Audio - 3 times per week



- **Body** - Eat 3 well balanced, natural whole food meals everyday. Last one is a full salad with protein.
This is NOT a diet - there are NO restrictions, what you will find is natural decrease in desire to sugar, processed foods and excess alcohol due to the hypnotic recording work you are doing!
- **Body** - 20 minutes minimum of Movement per day. Choose the method of movement that most make you Happy and you Enjoy. Include 3 additional 20 minute weight training sessions if at all possible. This is not necessary but will absolutely amplify results.
- **Body** - (optional). Take the MetaPower system from DoTerra, daily, as well as chew gum when possible. This is an all natural, peptide, essential oil formula designed to help aid in metabolic function. This is optional, but gift provided if purchase from the link.



- **Soul** -(Non-negotiable) MUST practice daily body gratitude, and appreciate one body part per day. Must do body Love work in the mirror, and all day long. Saying “I LOVE me, I appreciate my body and the work it does for me. My Body is beautiful, amazing and Strong!” Put on sticky notes so you can see often, do a body journal gratitude, and do affirmations often and outloud!



Weight Shedding Daily Checklist

Before you Begin

- Listen to all the Videos - and print protocol - keep a journal if possible.
- Take front, back, side before photos - place them in your Hide album, not to look at them again until after a month. You must keep record of where you have been.
- Step on Scale for an accurate number in the morning before food, put on a sticky note, place the desired weight directly underneath it with and goal of desired weight to shed.
- Download and save Hypnotic Recording and I am affirmations.

Daily Work

- Listen 3 times per week listen to the Hypnotic Weight Shedding Recording. Alternate days you can listen to I am affirmations during the day.
- Daily physical movement of choice for 20 minutes. Optional 3 days of weight training.
- Strongly Suggested - three 20 minute weight workouts. (not required).
- Eat 3 healthy well balanced meals per day, protein, clean carbohydrate, fruit or veg with each meal. snacks are protein, veggies or a kind bar
- Place sticky note affirmations on your mirrors, and your phone. Giving your Subconscious mind visual sense cues on what to focus and bring you. "I am Fit. Strong. Healthy. I love my body. I am 135lbs". Use a variety and look at them often, say it Outloud and mean it!
- Optional- Doterra MetaPower system. I am including this in my own work, but not necessary or required for results. I am taking these peptides and a powerful probiotic.

