

Quantum

WEIGHT RELEASE

5 *Secrets to Weight Loss*

Simple
WELLNESS

Tapping into your unconscious mind to find your true self

Introduction



Are you tired of endless dieting and strenuous workouts that yield minimal results, you lose 10 lbs and the next year gain it back and more?

Discover the power of **hypnosis, a proven method** to help you achieve your **weight loss** goals by reprogramming your mind for success. In this guide, **you'll learn the five essential secrets** to releasing unwanted weight

"Change happens when the mind embraces what the body is capable of achieving. With hypnosis, we unlock the power to make those changes effortless."

Tapping into your unconscious mind to find your true self



About Samantha

Samantha is an experienced and certified Hypnotherapist who specializes in assisting people redesign their lives.

With a simple and down to earth approach Samantha uses Quantum Hypnosis, Psychology and Science to move individuals towards their goals and dreams.

Specializing in change along with weight loss and implementing strategies to live the life you desire.



Contents

Reset Your Metabolism

Hypnosis assists you reset your metabolism by tapping into the unconscious mind

Breaking Emotional Eating

Emotional eating is one of the biggest hurdles in weight loss.

Rewire Your Unconscious Mind

Imagine if you could harness the power of your mind to transform your eating habits and achieve your goals with greater ease

Stress, Cortisol and Weight

Stress plays a major role in weight gain, especially when it comes to the storage of fat.

Shift Your Identity

One of the most powerful ways to support your weight release journey is by shifting your identity.

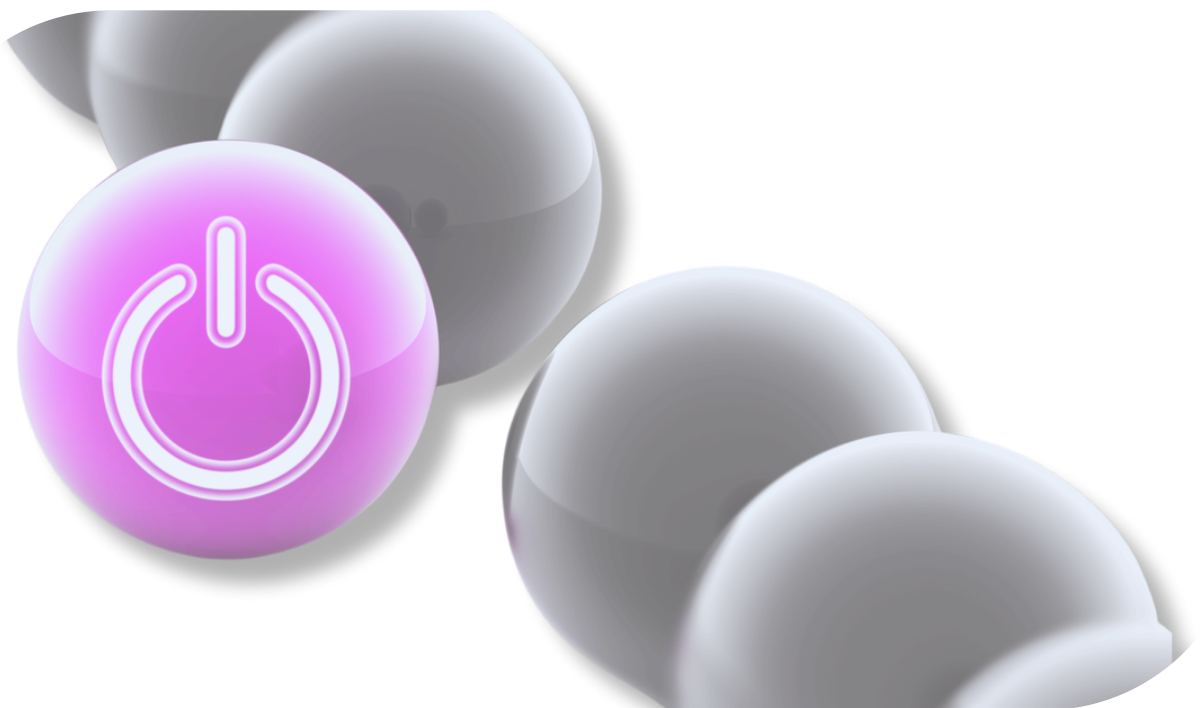


01

Reset Your Metabolism

Your metabolism is the process by which your body converts what you eat and drink into energy. A sluggish metabolism can make weight loss feel impossible. Factors like age, stress, poor nutrition, and lack of exercise can all slow down your metabolism, leading to weight gain and low energy levels.

However, because your metabolism is largely regulated by your unconscious mind—just like your breathing, heart rate, and blood flow—**hypnosis can help reset** and optimize these processes **for more effective weight management.**



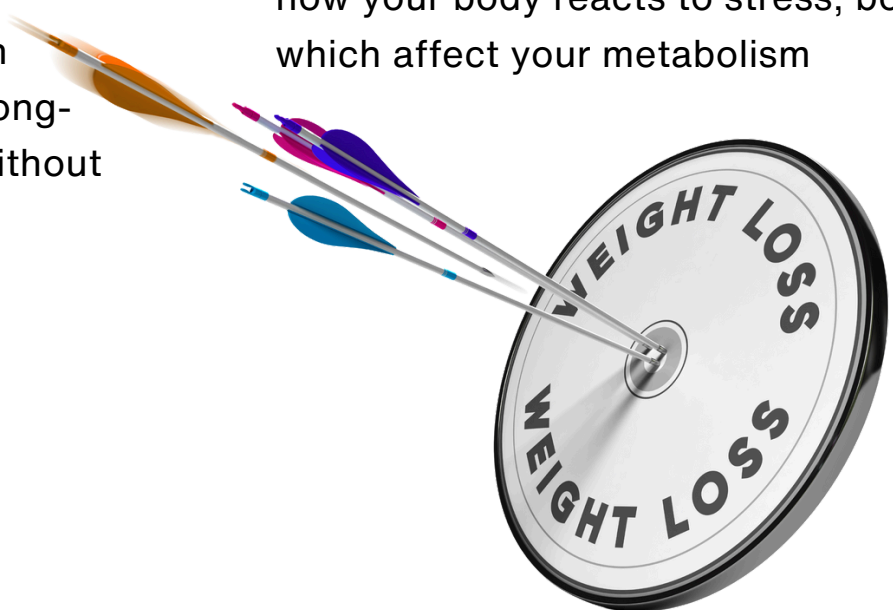
The unconscious mind is responsible for many of your body's vital functions without you ever having to think about them. From regulating your heartbeat to managing your breathing, digestion, and blood circulation, the unconscious mind plays a critical role in how your body operates. Hypnosis taps into this powerful resource, allowing you to reprogram your metabolism and improve how your body uses energy.

Hypnosis works by accessing the unconscious mind to reset metabolic processes. Just like it regulates breathing and blood flow automatically, your unconscious mind can be directed to speed up your metabolism, helping you burn more calories and fat.

Metabolic functions, such as how efficiently your body burns calories or stores fat, are controlled at the unconscious level. Through hypnosis, you can reprogram these processes, optimizing your energy use and helping your body shed excess weight naturally.

Learn how to naturally reset your metabolism, **so that your body burns fat efficiently** and you can achieve sustainable, long-term weight release without fad diets or extreme measures.

Your unconscious mind influences everything from how well you sleep to how your body reacts to stress, both of which affect your metabolism



Tapping into your unconscious mind to find your true self

02

Breaking The Emotional Eating Cycle



Emotional eating is one of the biggest hurdles in weight loss.

When stress, boredom, or sadness triggers overeating, it becomes difficult to maintain a healthy diet.

*Hypnosis offers a powerful solution by addressing the underlying emotions driving this behavior, leading to more mindful eating and **better weight management.***

Hypnosis helps you identify and release the emotional triggers

Allowing you to regain control of your eating habits and make healthier choices. If you've struggled with cravings or emotional eating, hypnosis can help you move from self-sabotage to success.



Hypnosis reprograms your subconscious reactions to food-related triggers

Whether it's stress, boredom, or social situations. Instead of automatically reaching for unhealthy snacks, you'll be guided toward healthier choices.

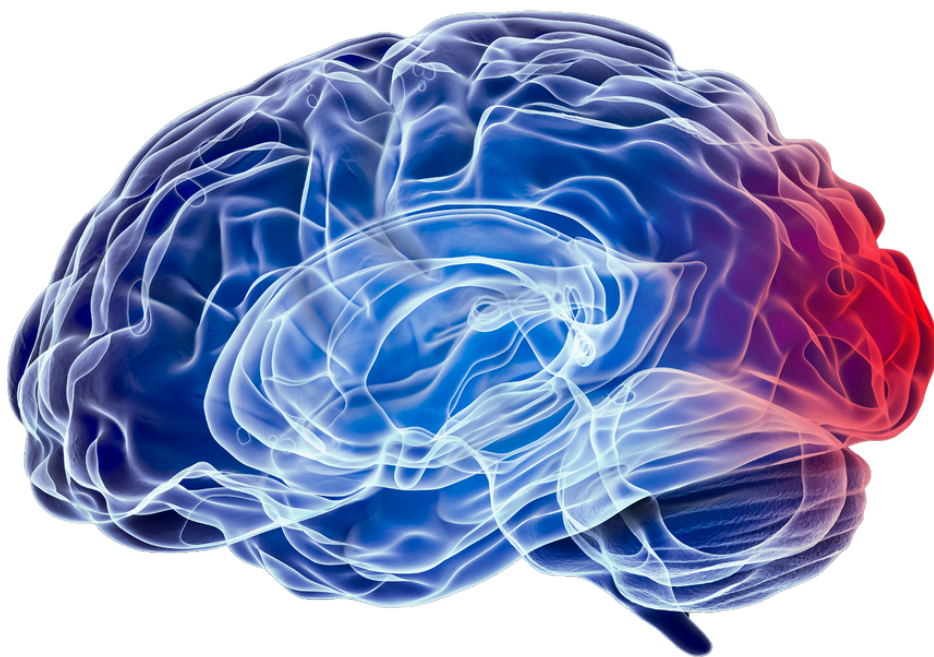


Hypnosis also breaks the emotional connection to food

Understand how emotional triggers lead to overeating, **so that you can regain control over your food choices** and stop relying on food for comfort or stress relief.



Emotional eating often stems from deep-rooted beliefs and mental barriers. Hypnosis helps release these limiting beliefs and reframe negative thoughts, opening the door to lasting success on your weight loss journey.



03

Rewire Your Unconscious --- Mind

*Tap into the power of your unconscious mind to change deeply ingrained habits and beliefs around food and body image, **so that you can effortlessly make healthier choices and achieve lasting weight release** without constant willpower or struggle.*

Weight gain is often linked to deeper emotional factors

Weight gain is often linked to deeper emotional factors, such as trauma, stress, and other experiences that form limiting beliefs embedded in the subconscious mind.

Hypnosis allows you to access these deeper layers, addressing the root causes that shape your eating habits and relationship with your weight.

Hypnosis is a powerful therapeutic technique that guides you into a deeply focused and relaxed state, making your subconscious mind more open to positive change.

In this state, **hypnosis** helps shift your thoughts, behaviors, and attitudes towards food, enabling you to develop healthier habits and better control over cravings.

By working directly with the subconscious, hypnosis can:

- ✓ **Identify Emotional Triggers:** Reveal and resolve emotional influences that may be driving your eating behaviors.
- ✓ **Reframe Negative Beliefs:** Replace limiting beliefs about self-worth and body image with empowering, healthy perspectives.

- By accessing your subconscious mind—the driving force behind your
- ✓ **habits, beliefs, and emotions—you can create lasting, transformative change in how you approach food and weight management.**



04

Stress, Cortisol and Weight

Stress plays a major role in weight gain, especially when it comes to the storage of fat. When your body is under chronic stress, it releases the hormone cortisol. While cortisol is helpful in short bursts, long-term exposure can signal your body to store more fat, particularly around the belly.



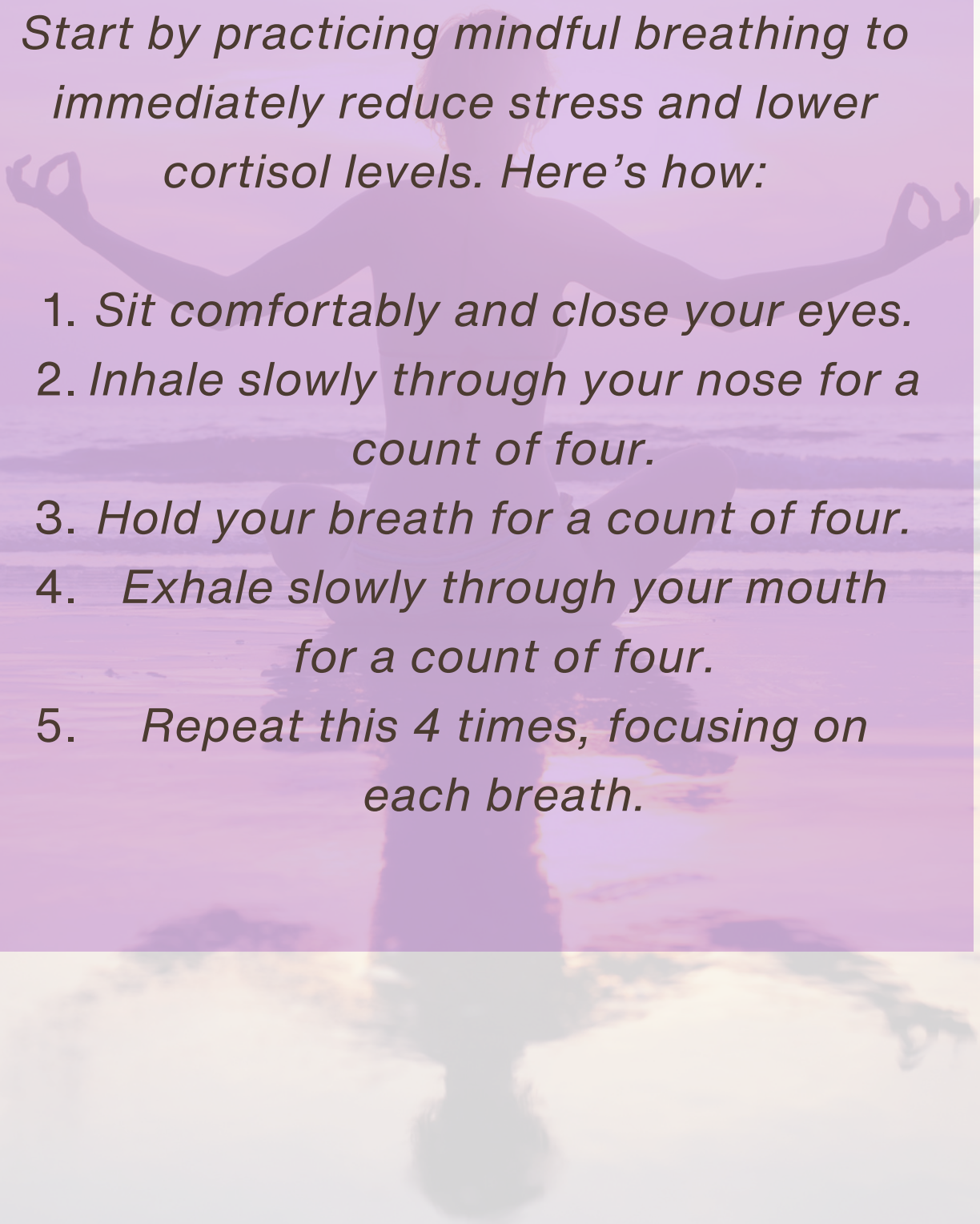
The Stress-Cortisol-Weight Connection

When you're stressed, your body enters "fight or flight" mode, and cortisol floods your system. Elevated cortisol levels increase your appetite and encourage fat storage, particularly visceral fat, which surrounds your internal organs and is linked to serious health risks. Emotional experiences like trauma or ongoing stress often create subconscious patterns, leading to stress eating and making it difficult to break the cycle of weight gain.

How Hypnosis Helps

Hypnosis works by accessing the subconscious mind, where these stress patterns and emotional triggers are stored. By guiding you into a deep state of relaxation, hypnosis makes your subconscious more open to change

Discover how to reprogram your mind to respond to stress in a healthy way, **so that you no longer use food as a coping mechanism** and can manage stress without derailing your weight loss goals.



Start by practicing mindful breathing to immediately reduce stress and lower cortisol levels. Here's how:

- 1. Sit comfortably and close your eyes.*
- 2. Inhale slowly through your nose for a count of four.*
- 3. Hold your breath for a count of four.*
- 4. Exhale slowly through your mouth for a count of four.*
- 5. Repeat this 4 times, focusing on each breath.*

05

Shift Your Identity

One of the most powerful ways to support your weight release journey is by shifting your identity. .

Your identity shapes your behaviors, habits and automatic actions. If you have been overweight for over 1 year, you may have an identity that does not support your weight release goals. And therefore find it difficult to release weight and keep it off.



Why Identity Matters

Your identity is the foundation of your

behaviors. If you view yourself as someone who is overweight, there is automatic habits and reactions that take place out of your awareness and leads to unhealthy behaviors such as binge eating or restrictive dieting, which sabotage long-term success. Shifting your identity to one that embraces self-care and self-respect paves the way for lasting transformation.

Shift your self-image and beliefs around weight and body confidence, **so that you align your behaviors with your goals** and step into the identity of someone who effortlessly maintains a healthy weight.

Hypnosis works by accessing the subconscious mind, the part of you that controls automatic behaviors and ingrained beliefs.

Through powerful techniques including hypnosis, you can **reprogram your subconscious** to adopt the identity of someone who Values Health and Wellness, develops a positive self-image cultivates self-worth and self-respect

By working directly with the subconscious, hypnosis can:

- ✓ **Embrace a New Identity:** Hypnosis allows you to internalize the identity of a person who values their health and makes choices that support long-term well-being. Once this identity shift occurs, healthy habits like regular exercise, balanced eating, and self-care become second nature.
- ✓ **Foster Positive Body Image:** Hypnosis helps reframe how you perceive your body, encouraging a more positive and empowered outlook. This mindset shift enhances your self-esteem, making it easier to stay motivated on your weight loss journey.

Next Steps

Join our FREE Facebook Group

Book a complimentary call to begin to
release weight



samantha@simple-wellness.ca
www.simple-wellness.ca