

**thebestof**

## Weight Control

Offer Expiry Date

**16/01/2017**

Can only be used at

**Richard Avery Hypnotherapy**

Forum House Business Centre, Stirling  
Road

PO19 7DN.

**Tel: 07730 007 326**



### **Description/Terms and Conditions**

It can be easy to lose weight. In fact many of us find it so easy that we go on diets time and again. In fact many people not only rapidly put on all the weight they have lost but more besides. The problem is not in losing the weight but keeping the weight off once lost, with many diets focusing on food intake but ignoring our attitude to food and eating. If we want to maintain our weight then it is essential that we alter our entire mindset regarding food and this is where hypnotherapy can help. By using multiple approaches to our attitudes to food and eating not only can weight be lost rapidly, but can be maintained permanently.

This voucher has no cash alternative and is not transferable. It cannot be used in conjunction with any other offer or promotion. Photocopies will not be accepted. Rights are reserved to refuse custom and withdraw this offer at any time.