

- Choose a Simple or Structured Approach
- Please consult your doctor or dietician
- Listen to script recordings 4-20 times
- Do not listen while driving

Myths About Hypnosis

If you've ever seen a "hypnotist" who uses trance states as entertainment in a stage act, you've probably witnessed several of the myths about hypnosis in action. Legitimate clinical hypnotherapy practiced by a qualified professional is not the same process as that performed on stage.

- **Myth:** When you're under hypnosis, you surrender your free will.
- **Reality:** Hypnosis is a heightened state of concentration and focused attention. When you're under hypnosis, you don't lose your personality, your free will or your personal strength.
- **Myth:** When you're under hypnosis, the hypnotherapist controls you.
- **Reality:** You do hypnosis voluntarily for yourself. A hypnotherapist only serves as a knowledgeable guide or facilitator.
- **Myth:** Under hypnosis, you lose consciousness and have amnesia.
- **Reality:** A small number of people who go into a very deep hypnotic state experience spontaneous amnesia. However, most people remember everything that occurs under hypnosis.
- **Myth:** You can be put under hypnosis without your consent.
- **Reality:** Successful hypnosis depends on your willingness to experience it. Even with voluntary participation, not everyone can be led into a hypnotic state.

Jane Rekas, LCSW, CHt
 janerekas@hotmail.com
 216 Cascade Ave. Suite 26
 Hood River, OR 97031
 janerekaslcsw.com
 971-285-5679
 fax 541-727-5379

Dr. Amen (amenclinics.com)

EATING TYPES AND SCRIPTS

Compulsive Driven Eater

often night-time eater

- Stop Eating After Dinner
- Tea instead of snacks
- Stop TV Junk Food
- Stop Fast Food
- Stop eating from boredom

Try 5-HTP, inositol, L-tryptophan, Saffron or St. John's Wort (Dr. Amen)

Impulsive A.D.D. Eater

eats before thinking about it

- Low-Carb or Atkins
- Increase Exercise
- Eating correct portions
- Healthy food choices and no snacks
- Eat Slowly

Try Ltyrosine, Rhodia

Sad or Emotional Eater

low energy, low self-esteem, pain

- Stop emotional eating
- childhood causes of emotional eating
- No longer eat when depressed
- Depression scripts

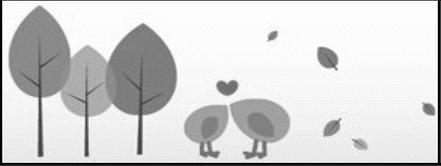
Try B6, Magnesium, GABA

Anxious Stressed Eater

headaches, stomachaches

- Stop snacking
- Overcome Anxiety
- Relaxation
- Stress Reduction
- Self-esteem

Try Vit. D, DHEA, Sam-E



Turtle Dove Counseling
 Hood River Hypnosis & DBT
 turtle-dove-counseling.genbook.com

Hypnosis for Weight Release



Jane Rekas, LCSW, CHt
 janerekas@hotmail.com

216 Cascade Ave. Suite 26
 Hood River, OR 97031
 janerekaslcsw.com

971-285-5679
 fax 541-727-5379

WEIGHT RELEASE HYPNOSIS

Exercise

- add Exercise to Lifestyle
- develop excitement for exercise, increase motivation

Do things you enjoy

___mins, ___ days per week?

Imbalanced Eating

- Anorexia script
- Stop Binge Eating
- Sugar Addiction
- Candida
- Stop Drinking Diet Pop

Body Image

- Release Old
- Visualize New
- Think Thin
- Thin Thighs

Metabolism

- Weight Loss script (Hypothalamus)
- Eat 3 meals/day with healthy snacks
- Eat 5 small meals/day

Specific Changes:

- Nutrition & Detox

RECOMMENDED REFERRALS:

Kellie Oosterbaan, PsyD, ED, Psychologist and Registered Dietician, 704 Columbia St, Hood River, OR 97031 (541) 386-6070

Tim Saur, Health Coach
timsaur.com (480) 326-2916

Small Steps (option)

Make one or two simple, incremental, achievable goals per day, that you believe will help and that you will enjoy.

(Examples)

- eliminate meat from your diet
- eliminate dairy, or gluten or sugar
- avoid "white foods"
- eliminate any other allergen
- add fruits and vegetables
- eat more raw and unprocessed food
- add more healthy fats into diet
- remove unhealthy fats from diet
- take stairs instead of elevator
- spend time outdoors
- do a cleanse
- add an activity/sport that you enjoy which has exercise as added benefit

Change One Diet (example)

from Reader's Digest

Start out by altering breakfast habits, then lunch, then dinner and so on.

Each week changes are made towards a 12 week goal.

There are no restricted food groups as such.

The diet is simply a balanced plan based on an "optimal" caloric intake for weight loss.

It's a refreshing break away from the "bad/naughty" foods point-of-view that causes so many dieters to binge or fail.

The Rules (option)

Mastering Leptin by Bryon Richards

1. I will eat my dinner early in the evening and I will allow 11 hours between dinner and breakfast. I will never eat after dinner...I will never go to bed on a full stomach...I will do my utmost always to allow three hours between dinner and going to bed.
2. I will eat only three meals each day..I will never snack between meals..I will allow 5 to 6 hours between meals..
**unless you are hypoglycemic? ___*
3. I will always sit down to eat..And I will always finish a meal when I am slightly less than full...I will never eat large meals...I will eat slowly and be aware of chewing and chewing and chewing my food before I swallow..
4. I will eat breakfast every day containing protein..I will avoid all cereals for breakfast.. my mind will think of eggs for breakfast..or meats for breakfast...
5. I will reduce the amount of carbohydrates eaten...I will avoid the "White Foods".. such as white flour and refined grains... white rice..white sugar and artificial sweeteners... Hydrogenated fats. And all products containing those White Ingredients...
6. I will exercise regularly..each day (simply walking) walking for about 35 minutes each day..at a nice brisk pace, moving my arms, not running, just walking every day..15 minutes at a time..thinking thin..thinking as I walk of exercising arms and legs, burning carbohydrates...metabolizing. And walking whenever I can without using my car.. walking up stairs whenever the opportunity arises. saying no to the elevator.