

WEIGHT REDUCTION SCRIPT 3

As you go deeper and deeper into relaxation, even deeper and deeper down with every breath you exhale, all the sounds fade away in the distance. You will pay attention only to the sound of my voice, listening carefully to the suggestions that I am about to give you. One thing is very important for you: you are not only going to lose weight but are permanently going to keep it off. This program is designed so that you will permanently lose all your fat, and become a lean, alert and vigorous person. You will lose all your extra weight and keep it off, easily and comfortably. That means that you are going to be completely reconditioned. You will be a new person, in a new lean form, with new eating habits. Not only will you have these new eating habits, but you will be content and happy with yourself and with these new eating habits. You are going to enjoy life, eating the way nature intended, eating only when you have physiological needs for food and no other time; not only now, but for the rest of your life.

In the past, you were eating more than your body needed for its energy requirements, so that you stored this extra energy as inert fat. Now in order to lose weight and reduce this inert fat, you burn it up as you meet your daily requirements for energy. You eat less than you burn each day. Later, when you are lean, you will eat only that amount that you need for your physiological needs each day. But for right now, you are developing habits to eat less than you're using. We are not giving you a measured diet, for that amount will vary from day to day and depend greatly on your activities. You will eat less than you need for the storage will make up the difference. This restriction will cause you no trouble or inconvenience for the fat stores of inert fat will be burned and you will lose weight. You are going to eat a great deal less than you used to eat in the past, but it will be enough to satisfy you. You will eat less, and you will burn the extra fat. You will turn this inert fat into energy. From now on, you are going to form an eating pattern; a pattern that will be almost a compulsion.

Fat by its very nature contains an extremely big amount of stored energy. So, if you burn a little of it each day, you will lose only a little weight each day. Nature designed the fat stores to last a long time so the weight loss must be gradual, but it needs to be consistent. It matters not how long it takes to regain lean proportions, for you will surely get there and permanently stay there, as long as you permanently rearrange your thoughts about eating and your emotions about food. The important thing is that you have changed your habits forever. A loss of one to four pounds a week is ideal. When your excess weight is off, it is off for good. You're a new person, about to emerge from a cocoon padded with fat. Be happy with your new form. Emerge as a new person with thoroughly changed ideas, thoroughly changed image of yourself.

Relax and let all of these suggestions sink into the deepest part of your mind's eye as an image. This image is of good and wonderful food. Food you like. There is plenty of it all around you. There always will be plenty of it. For you, there will always be enough food. You will never have to worry about starving. For you there is plenty of food everywhere. With all this food readily available, you will never need to store any more food inside your body. There is plenty of food. There is plenty of the right kinds of food, all the kinds and varieties that your body needs when it needs it. From now on you will eat only the very things your body needs, one day at a time. You are through with storing pads and rolls of fat. For you to store fat is just as unnecessary as for you to learn to shoe horses or make soap for the family. Fat burdens your heart and organ system. Fat keeps you unhealthy. Fat ruins and shortens your life. There is plenty of food all around you. You never again need to store food in your body that is more than your body needs.

There is in your central brain a small area which regulates the biochemistry of your body and it controls the amount of fat you store in your body. This control is located in the hypothalamic area of the brain. Your subconscious mind, through the hypothalamus, controls your weight by changing the body's chemistry. Hypnosis can influence your subconscious mind to alter the control of both your appetite and storage of food in the form of fat.

Now while under the influence of hypnosis, I am giving you the suggestion that you will change your body's chemistry so that you can break up these large storage houses of fat and prevent the recurrence of any new and unneeded storages of fat, ugly fat. Fat that has been putting an extra burden and overload on the body's machinery. Break up and eliminate forever the unneeded fat stores. Change fat to energy and burn it up. Also, get rid of it by excreting it. Get rid of it through the bowels. Get rid of it through the urine. Get rid of it in every way possible. It mobilizes quite readily, and you can see the fat melting away as you use it and excrete it. The globules of fat storage are leaving the normal cells and being carried away. The fat is being burned up and excreted.

You will now use this stored fat to supply energy. This is extra energy to make you more vigorous. As you are eliminating the excess, you will eat far less than you need each day for the extra calories are coming from the food you ate yesterday and last year. You eat nothing to replace these stores. Nothing and no one can force you to eat so much that you replace this ugly fat. For you will never need to store fat again. You don't want this fat to ever be replaced. These stores are gone forever. They were burdensome and injurious to you. You need to get rid of them, just as an overloaded ship needs to get rid of excess cargo. No longer will you need to eat more food for this storage. You will only eat small amounts until you have used all of this stored energy and all those ugly store

houses of fat are gone. From this moment on, you are going to eat less, but move more and more lively and be more and more active, for you feel better than you have ever felt before. You lose the desire for all but a small amount of food until your weight has come down to a lean size you want. Then you will eat sensibly and correctly the rest of your life.

After you change your chemistry, you have changed your whole body and your whole feeling to that of a wonderful sense of well-being. You will eat sensibly, get plenty of exercise, drink adequate liquids to always make you feel healthy, lean, trim and desirable.

You are losing weight steadily every day. You are slim and shapely. The excess weight is melting off you, just melting away and disappearing. You have a stronger feeling every day that you are in complete control of your eating habits. You picture yourself the way you are going to be soon -- slim and shapely and sexy.

Now relax and let all these suggestions take complete and thorough effect upon you -- mind, body, and spirit -- as your subconscious mind corrects your hypothalamus to change your body's chemistry. Let the monitor of your subconscious mind influence the hypothalamus to make this favorable body change. Let your appetite control center be safely reduced so that excess storage of fat will be utilized by excretion and burning of stored energy. Eliminate all that extra harmful fat.