

The TRUTH about Weight Loss



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I have over three decades of experience in helping overweight people break free from abusive relationships with food.

The “trying to lose weight” approach with “dieting” and the traditional slimming groups' methods of using “willpower” simply do not work long-term. Neither does any weight loss jab, meds or potions.

Hypnoslim

First, a backstory. When I first started helping overweight people almost 40 years ago, I realised that less than 5% of people who lost weight with traditional slimming groups and different diets, maintained their weight long-term.

There is a method in nlp called modeling, which means that every success outcome has a pattern that can be identified, and this pattern that can be replicated.

Over a period of time, I studied people who maintained their weight loss long-term, and discovered that they all had a mindset and a food strategy that led to their success.

I developed a programme based on those strategies in 1995, that I called the Hypnoslim programme.

What CAUSES problematic eating

There are two aspects to problematic eating: one is psychological, and the other is physiological. I will deal with the psychological one first. Had you been born a hundred years earlier, would you have had a bad relationship with food? Of course not, you would be eating healthy, nutritious food. The food culture has changed, and this change in culture has subverted your subconscious beliefs about food.

Your subconscious beliefs will drive your feeling about food - Which in turn will drive your behaviour. In the past, food was seen as nutrition only - now it is used as a medication for negative emotions, as a means of celebration, etc. Healthy eating is seen as deprivation and as punishment. You must have a reset in your subconscious mind, to create beliefs about food, like someone who has a healthy relationship with food.

The Hypnoslim programme can help you do this.

Now to the physiological aspect of out of control cravings and over-eating. There are 4 hormones involved in the hunger, fullness process. Which are Glucagon, Ghrelin, Leptin, and insulin. When you eat processed food, it disrupts the proper functioning of those hormones.

The unregulated hormones and a processed food diet can create what is commonly called food noise. This is where food is on your mind a lot, and you have a compulsive urge to eat, even though you seem to have eaten sufficient food.

The good news is that you can learn how to regulate those hormones. The Hypnoslim programme will teach you how to use food, to work in harmony with the nutritional needs of your body - and get your hormones working properly again in a natural way.

The pharmaceutical system does not want you to become empowered with this knowledge. They want to keep you in the dark, and feed you instead with drugs that artificially disrupts the hormones. These drugs will stop working with time, and additionally can cause serious side-effects. When people eat processed food while taking the jabs, the hormones still stay unregulated.

Conventional weight loss programmes

The BIG drawback is that the resistance in the emotional mind is not addressed.

You are relying on WILLPOWER, that is enhanced through the dynamics of the group, to keep up the struggle with your subconscious mind. WILLPOWER can be described as the conscious effort to do the opposite of what your subconscious mind wants.

Nobody has a willpower problem, the forces working against your willpower is the problem.

Unless you address the thinking and emotional forces, it is only a matter of time before you cave in and go back to square one.

Think of this like tug-o-war. You (with your healthy eating and slim body goals) are on one end of the rope and the emotional forces are on the other end. You are no match. You join a slimming group and they assist you on your end

of the rope.

Now you are winning the battle for a while with the help of the slimming group but as time goes on your willpower is draining and the opposite team has even more energy (it is angrier as it is not getting the junk food) and you are beaten again. (Think of your willpower as a muscle, the more you use it the more tired it gets).

You regain the weight and you give it another go. Then, history repeats itself.

“Dieting” and your health/wellbeing

You either have a healthy relationship with food or an unhealthy relationship with food.

A healthy relationship with food means that one is satisfying their innate hunger needs, consuming healthy, nutritious food, not using food to escape from uncomfortable emotional states, feel comfortable around food and don't have guilt feelings about eating food.

A healthy relationship also means that one is at a healthy weight without excess fat on the body.

An unhealthy relationship with food comes in many forms. You could be at your healthy weight but in an unhealthy way both emotionally and health-wise.

Someone could be starving themselves, not eating when they are hungry, then binging on junk food and doing excessive exercise. So, you don't have to be overweight to have an unhealthy

relationship with food.

When someone decides to “lose weight”, it is important that they ask themselves this important question “is my approach to losing weight creating a healthy relationship with food?” It must be effective, sustainable and healthy for your mind and body.

There is weight management saying that goes like this “the way you lose it is the way you keep it off”. This rules out crash diets, slimming pills, and other ridiculous ways of trying to be thin.

The other big concern I have about “dieting”, other than the physical damage you can do to your body, is the psychological damage you can do. Firstly, weight loss programmes can cause people to start very irrational behaviour towards eating. For instance, someone can starve themselves before a weigh-in day to make the weight and then go to McDonald's on the way

home to reward themselves for the successful weigh-in. It is well documented how younger women can purge their food to make their target at weigh-in. This behaviour can lead to a serious problem with bulimia.

Secondly, food can take over one's life, constantly thinking about food and one's weight, feeling deprived/miserable and feeling guilty when “breaking the rules”. You are not “doing well” on a weight loss programme if the above applies. This shows why people finally throw in the towel on the weight loss programme, nobody can live like this forever.

Weight Loss Injections

The most recent drug is the jab for obesity. I want to warn you about this drug, if you are taking it or thinking about taking it. The weight-loss injections have generated excitement, but they will probably have the same fate as earlier weight-loss drugs In the nineties. which had to be withdrawn due to serious side-effects. It is not surprising that up to 80% of those using the jabs, stop using them after 2 years due to serious side-effects.

About 40% of the weight lost on the drug, is lean muscle mass and bone. Osteoporosis is experienced by a high percentage of those using the drug, even after using the drug for a period as short as just one year. “Wegovey face” is a casual term people use, to describe changes in facial appearance, that can happen after significant weight loss, while taking the weight loss jabs.

Lean muscle is very important for metabolism. When people stop using the drug as they eventually will, weight gain can balloon, due to the extent of muscle loss. You have internal muscle in addition to external muscle, the heart being the most important one.

Severe muscle loss on the body can result in damage to the heart, which can lead to heart failure. Heart failure is one of the main causes of death in those suffering from anorexia. The pancreas is the major organ affected by the jabs. One of the most alarming findings was a twofold increase in the risk of drug-induced acute pancreatitis. This is a painful and potentially dangerous condition that can lead to infection, internal bleeding, and organ failure. chronic pancreatitis is recognized as a significant risk factor for pancreatic cancer. Additional health risks identified are gallbladder disease, chronic kidney disease, and thyroid tumors. The drug

causes stomach paralysis, medically known as gastroparesis. This slows stomach emptying, leading to symptoms like nausea, vomiting, and fullness. This can also lead to bowel obstruction.

The drug can make general anaesthesia more dangerous due to their effect of slowing stomach emptying. This delayed gastric emptying means, food and liquids may remain in the stomach for longer than usual, even after standard pre-operative fasting. If stomach contents flow backward into the esophagus, and are inhaled into the lungs during general anaesthesia, it can lead to a serious, potentially life-threatening complication, called pulmonary aspiration or aspiration pneumonia. It decreases the production of serotonin in the intestines, which is crucial for overall well-being, as the gut produces over 90% of your body's serotonin, influencing mood, happiness, and calm, through the gut-brain axis. This is why many

report a loss of interest and enthusiasm for activities.

Many are reporting the development of anxiety, depression and suicidal thoughts since starting the drug. Many women report serious hair loss - this may be due to insufficient intake of minerals and vitamins, resulting from the inadequate intake of nourishing food while taking the drug. The latest revelation is that it affects the diagnosis of cancer with PET scans. So, a cancerous tumour may be missed as a result of the drug.

How the jabs work

There are 4 hormones involved in the hunger, fullness process. Which are Glucagon, Ghrelin, Leptin, and insulin. When you eat processed food, it disrupts the proper functioning of those hormones. The unregulated hormones and a processed food diet can create what is commonly

called food noise. This is where food is on your mind a lot, and you have a compulsive urge to eat, even though you seem to have eaten sufficient food.

The jabs contain glp 1 which is a natural hormone that regulates appetite, digestion, and blood sugar. However, this is just a disruptive process, it does not regulate the unregulated natural functioning of the hormones. So, when you stop taking the jabs, the unregulated system will start operating again. In other words, you are back to square one again, with your out of control eating. Therefore, you have to keep taking the jabs for life. This will seriously shorten your life with all the side effects. There is a good possibility that they will stop working with the passing of time, as you can't override the natural functioning of the body long-term.

The good news is that you can learn how to regulate those hormones. The Hypnoslim

programme will teach you how to use food, to work in harmony with the nutritional needs of your body - And get your hormones working properly again in a natural way.

A change of MIND

Everything in your life is a MANIFESTATION of what is going on inside your head.

When it comes to your weight

Your knowledge of diet and nutrition, your motivation, the healthy management of your emotions, etc that matters.

No matter what is the diet programme or weight management programme on the face of this planet, the only thing they can do for you is to help you *change your mind* to create a sustained, healthy relationship with food.

Programmes don't do that for 95% of overweight people on those programmes.

There are many approaches to a healthy diet, the problem is that when an overweight person finds one, they can't stick to it due to what is happening inside their head.

Weight loss OR change?

With regards to creating a healthy relationship with food, the question is have YOU changed? Someone could have lost 8 stone but nothing has changed if the person leaves a weight loss programme and puts the weight back on again.

You have CHANGED when you can self-manage your relationship with food on an ongoing basis like someone who has no food issues and is at their healthy weight long-term.

The goal of my Hypnoslim programme is to help people to CHANGE and model the mindset of naturally slim people.



I have helped people when everything else failed after years of yo-yo dieting, having damaged their health and wasted thousands of euros on programmes.

For further details

<http://www.mayohypnosis.ie/hypnoslim>

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