

Permanent Weight Loss By Watching TV It's No Dream!

Are you sick and tired of dieting Do you take off 2 lbs. and gain back 5 Do you get your hopes up whenever a new "miracle" diet comes down the pike, only to find out that you still are not able to beat your compulsions What you really need is a diet where you take weight off by sitting in front of the television. Think it's a daydream Keep reading. You have probably read and heard the information: Society is getting fatter than ever before. From young to old, the numbers tell the tale: Obesity is a plague. Why There are numerous explanations, but here is one that I don't think you've heard: We have been programmed, hypnotized--if you will--to buy and eat more and larger portions of everything, mainly junk food, sugary soft drinks and fast food. How did this occur What could possibly have such a dominant, insidious outcome on so many millions of people The answer is sitting in your living room. It's your television. Yes, advertisers have slowly and purposely hypnotized you. They push their empty calories using the most powerful and effective marketing medium ever created: television commercials. Commercials are carefully crafted to entice and motivate. They can actually make your mouth water as you watch a sizzling steak being delivered to a table or a luscious candy bar being devoured by an overly happy, and athletic actor. What is happening during these commercials You are being hypnotized! Your mind is being programmed to want...even NEED...a candy bar of your own, right NOW! The image on the TV screen is zoomed in on the candy bar so it covers the entire television screen. You see practically every grain of processed sugar, because they get so close! And guess what You are probably salivating right now, at this very moment, just from this description Your mind has conjured up images that were stored deep in your unconscious from when you watched TV commercials long ago. Can you see how potent the video images on television can be Yes, they can control even your physical reactions! If you are familiar with hypnosis, then you know that it's the alpha level of consciousness. You pass through this daydream like state as you fall asleep at night. And you pass through it again as you wake up in the morning. Research has verified that if you watch much television, you are in this alpha state for two-thirds of your viewing time. What can you do to beat this indoctrination First, of course, you can stop watching television commercials. But what about the programming that advertisers have already embedded in your unconscious mind How do you remove it and reprogram your thoughts Video hypnosis made you gain weight, and video weight loss hypnosis will supply the solution to your problem. If you have read this far and you still think that I am joking, I promise you that I am not! Video lose weight hypnosis is a reality and a United States Patent was granted on the technology! Here is a semi-technical explanation of why and how it works: The average person experiences oral cravings and oral urges for two main reasons: A. When people feel tense, they feel compelled to put something into their mouths because it provides relaxation and pleasure. B. When a person pairs eating with any other behavior, the other behavior will trigger cravings and a compulsion to eat. Let us talk about Part "B" first. Over 70% of our population learns much more quickly and easily by seeing, rather than by hearing. Think about it for a moment: If you experience an urge to eat or smoke while watching television, it's because your subconscious recorded the video image of either food in your hand, or a cigarette in your hand, and then associated that image, with the mental picture of the television. From that point on, every time that you watch TV, your unconscious mind flashes the mental image of the food or cigarette in your hand, and you experience urges and cravings. So you have actually "programmed" your subconscious to make you feel urges and cravings as a "conditioned response" to watching television. The same thing happens when you eat when you see someone else eating, etc. Video weight loss hypnosis will snuff out the conditioned responses. It will reprogram your subconscious mind to have the television (or whatever) trigger unconscious images of you watching the television without eating. When the video weight loss hypnosis makes you lose your unconscious image of food, you lose your urges. When you see yourself in a behavior, you get a compulsion to generate that behavior. So with video lose weight hypnosis, you actually get a compulsion to NOT eat when you watch television. But what about Part "A" Our feelings of tension are created by our thoughts. If you think upsetting thoughts, you feel tense and upset. If you think blissful thoughts, you feel happy and pleasant. If you think a distressing thought while you are doing work on your computer, your mind can associate that thought with the computer. And thereafter, when you are working on your computer, you have a conditioned response, your mind flashes to that upsetting thought and you feel tense. The methodologies used in video weight loss hypnosis are based on Neuro-Linguistic Programming (NLP). This technology works based on the utilization of a person's existing thought processes instead of post-hypnotic suggestion. With NLP, we use the thought processes that are creating your problems, to eliminate your problems. Video lose weight hypnosis can program your subconscious to use upsetting thoughts as a trigger for soothing thoughts. So if you start to think of something that is upsetting, your unconscious will automatically change to a soothing thought in a millisecond. You become relaxed, so there are no feelings of tension to cause you to feel oral cravings or urges. And without an appetite to overeat, it's easy to lose weight and keep it off permanently. Medical research has proven that all of the popular diets will enable you to lose weight successfully. But it has also proven that most people fail with those diets because they can't stick to them because their appetite is out of control!

About the Author

Alan B. Densky, CH is certified by the National Guild of Hypnotists. His practice offers the video technology trade named [Neuro-VISION, for lose weight hypnosis](#) and for [quit smoking hypnotism](#). Visit his website for [Free hypnosis MP3's, newsletters and articles](#).