



SuccessFit Weight Loss Hypnosis

Dr. Richard Nongard

www.SubliminalScience.com

Week Three Pretalk

Welcome to session number three and in today's session you're going to see that things are progressing, that my client has been doing very well. By the way, I have not asked him how much weight he has lost since the last session, it's an assumption that I'll make based on the fact that so far we've been doing a pretty good job in these hypnosis sessions and we have a highly motivated client.

Let me ask you a real important question Obert, on a scale of one to ten, how motivated are you at this point in your life to be successful at this?

Nine or ten.

Pretty good. By the way, I may or may not have asked you that in the original session, and if I recall correctly, I think the number was eight and –

I just ate.

Now you're a nine or a ten.

Yes.

What we see is that motivation increases each week as hope continues to build. Let me ask you a question, have you been weighing yourself every day?

Yes.

What was your number this morning?

It was 259.4.

I'm trying to do the math from where we were last time, but how many pounds is that?

That was, we were at 262.

You're 12 pounds lighter than you were at our last session?

No, I'm five pounds.

This explains why I have a degree in therapy and not mathematics!

That's why I don't do accounting!

Exactly! That's great, I would be concerned if it was 12 pounds because one of the risks that we have with rapid weight loss, which is possible, is you have rapid weight loss, you have rapid recurrence, you also have the risk for kidney stones and those sorts of things with rapid weight loss, so four pounds is great. It's kind of on the high side, but that's awesome and the reason why it's on the high side is really two-fold. One, you're highly motivated and you're doing the things you need to, in fact, today you were late for your session, where were you?

Swimming.

Right, so we have somebody who is highly motivated. By the way, if I have a weight loss client

that tells me that he's late for the session because he's at the gym, I'm perfectly okay with that. I want to give him the flexibility to do all of the things that he wants to do. We have a highly motivated client and of course the other issue here is, I said in a previous video that usually two to two and a half pounds a week is a healthy weight loss, but when somebody is at a very high weight, up near for your height and weight 250-275, up in that range, we're dealing with somebody who has the capacity to lose a lot of weight.

As you go on, imagine six months from now as you continue to succeed, the weight loss won't be four or five pounds a week, it'll be slower than that, but that's healthy and that's good because you'll still be accomplishing that which is most important to you, so high-five, awesome, that's great!

Let's talk about a couple of different things. I am a swimmer also, I try to swim as much as I can and sometimes I'm better at it than other times and I go through phases where I'm really into walking, by the way, have you been keeping track on your phone?

Yes.

How many steps a day are you taking on average?

About 7 000.

That's great, you're not far behind me. Have you had your orthopedic visit yet?

No, I have not, but I since I feel better -

Right, by the way, one of the easiest ways to reduce pain in the joints and the knees and the feet is to actually lose the load that the knees and legs are carrying, so that's why you're feeling better and you have an increased capacity. Cardiology visit, you mentioned last time that you're on the way to the cardiologist, what was the outcome there?

Socks!

That's right.

Compression socks and going in for a stress test next week.

Great, again, what I want to do is follow and monitor and be aware of what's going on with a client. By the way, did you buy the compression socks?

Yes, I had some, I had a pair, the ones with the copper, I had a pair of those and then I ordered six pairs and they should be here today.

Why did your doctor recommend compression socks for you?

Because of my calves were swollen.

So reduce likelihood of DVT, those sorts of things, again, I'm not a medical doctor, so those aren't my areas of expertise, although I also know from personal experience that compression socks will change your life. If you go on a long drive, if you're flying in an airplane, if you're experiencing a lot of fatigue or swelling, compression socks seem to be the best \$30 I've ever spent, so great.

Let's talk a little bit about hunger over the last week or so, losing four pounds means that you've not only increased your activity level, but you've probably also decreased or changed your diet and what it is that you're eating. In what ways has it changed?

More fruits and vegetables, yesterday I cheated because I had a pizza, but I didn't have a pepperoni pizza, I had a personal pizza that I designed with avocado slices, afterwards I had Canadian bacon and then two different types of olives, more veggie type things.

Just changing some of those preferences.

Exactly and it still looked good, great pie.

Still a great pie, we were on the same wavelength yesterday, I did the same thing yesterday. I went to the 'make it yourself' pizza place and they have \$6 personal pizza day. I did a veggie pizza and I notice that when I do that, I enjoy it just as much as the old standby's. In fact I usually enjoy it a little bit more. That's fantastic.

The other thing is I've stopped asking for extra cheese on my pizza. I used to always ask for extra cheese and now I've learned to adjust to the normal portion of cheese, which, as we all know, pizza restaurants try to skimp on because that's their biggest expense.

I had blue cheese on it.

Some flavor, great, but all in all, you've been doing pretty well, increasing the fruits, increasing the vegetables, that was part of our suggestion. Have you read any of that book that I gave you?

Started to.

Started to means no.

Yes.

Right! I'm going to be a little more direct today, I'm not even going to wait to hypnosis to give you the suggestion, between now and our next session, read the first three chapters of that book.

Before Saturday.

Pinkie swear, pinkie promise.

By Saturday it will be done!

I know Obert is a good reader, so there you go, three chapters, they're probably short chapters, might take you 45 minutes, I think you'll find it to be truly beneficial.

I may even do six.

Six chapters, that's fine. The interesting thing about it is, in the first couple of chapters of that book he talks about how by choosing more nutrient dense foods, as you've been doing, using the ANDI scores as a guide and there are other guides out there that are similar, not only does a person lose weight, but more importantly, they step into health. It literally is a documented way in some cases to reverse disease and to end problems that people have sometimes suffered with their entire life.

It comes from choosing those things that are best for us, most often and having the things that are less helpful to us, less often.

I mean it's not bad to have carbs but choose your carbs wisely.

And carbs are important. One of the things that I want to talk about today is carbs and hunger. We have what's kind of called a 'carb crash' and that can result in feelings of hunger because our body uses carbohydrates to drive energy, so you can't go swimming, you can't go walking if you're not consuming carbs. The issue isn't really carbs. I always get frustrated when I hear

people talk about a low carb diet because carbs are not the issue.

The issue is whether they're simple or complex carbohydrates and simple carbohydrates come from sugars like donuts, a perfect example. We're on the same page about a lot of different things.

We didn't bring donuts today.

That's right and so that's the example of a simple carb, donuts and it gives you energy but when the carbs are burned off, when you use them, you have that crash, but it's not only a physical crash of low energy, but it's also that feeling of toxic hunger versus complex carbohydrates.

That's why there's a dozen donuts in a box.

That's why there's a dozen donuts in the box. I was actually thinking of broccoli, I was thinking of spinach, I was thinking of bananas or kale and these sorts of things and you said you've been increasing your fruit. Fruit is a great source of complex carbohydrates, yes, it is sugar, it's natural sugar though. They are complex carbohydrates and I would recommend against eating a whole bunch of fruit right at the end of the day and then go on to bed, because you are having the effects of the natural sugars, but our nutrient density in fruits is so high and the carbohydrates are so complex that they provide an excellent source of energy throughout the day.

They're used wisely by the body and the result is not that toxic hunger, sometimes really referred

to as a 'primal hunger,' where I just have to eat. I've said before, "I'm so hungry my stomach is going to eat itself," have you ever heard me say that?

I don't remember that.

I say that a lot. By the way, when I notice myself saying that, I also have become aware that I'm following a thought, I become obsessed with the negative understanding or experience of hunger and so what I've done to sort of break that negative self-talk is used it not as a cue to go eat, but rather as a cue to bring my attention back or to accept my hunger.

Let's talk a little bit about hunger. Hunger is, of course, the bodies warning mechanism or the way the body speaks to us, it tells us it's time for more energy, it's time for more nutrition, it's time for more carbohydrates, it's time for more protein, it's our bodies way of saying, "I'm done with the digestive process, I've eaten the food, I've digested it all up and I've pushed it down into the colon or out the complete... how do we do this politely... out the —"

Out the shoot.

"Out the shoot and now it's time for some more." It's a message from our body, but often we attach meaning to that message that really comes from either internal or external ideas here that aren't necessarily good for us. Let me give you some examples. I'm hungry, that's bad. I am hungry, I can't stand it. I am hungry, this is intolerable or uncomfortable. I'm hungry, that means I have to eat until I feel stuffed, right?

I'm hungry doesn't mean I need to eat 2500 calories in one meal. It simply means my body is sending me a message that the digest process is through at one level or another and it's time to do it over again, but we've attached these meanings and these messages to the feeling of hunger. When you feel hungry, what does it feel like to you? Are you hungry now?

No.

What does hunger feel like to you when you are hungry?

Usually, if I'm hungry, I first usually drink something because I confuse thirst with hunger.

That's pretty insightful, confusing thirst with hunger. We live in a desert and a lot of people don't realize that we need to drink more water than other people and we do confuse thirst with hunger and so that's a great insight you have to drink some water or drink some other non-sugary, non-artificial sweetener beverage.

When I went to the emergency room, the first thing they do is do an IV, because they assume -

You live in Nevada, so you're dehydrated.

Exactly! Just like Oprah, "You get a bag, you get a bag!"

You first drink something, but do you feel physically when you're hungry? Do you feel it in your back, do you feel it in your belly, do you feel it in your colon or do you feel it in your throat?

My stomach growls because it's been a while since I've eaten, saying okay, I think about it and go, okay, when was the last time I ate because I'm not one of these people who needs to graze all day, every two hours, I don't understand that.

So you're eating 3-4 meals a day.

Yes, have breakfast, have lunch, have supper.

You've just told me that you have what is called a 'relational frame,' this is an arbitrary thought process that we all do every day. This is why, by the way, people rule the earth and not giraffes, because we are capable of creating relational frames. I felt hunger, so that means it must be a while since I've eaten. Let me think about when I've last eaten.

Now, the interesting thing about eating is that it's often automatic and often we forget when we last ate and so if you haven't eaten for a while or you forgot when you last ate, your thought it -

Got to eat.

Got to eat and you said that with a push of panic!

I'll have banana bread.

These are all again, relational frames. I feel hunger, it must mean it's been a while since I've eaten, the panic sets in, I'd better eat right now so I can stop this sensation or this awareness and there's a book, it's called Intuitive Eating, it's a book that I really like, I'm going to grab it quick, it's sitting across the room on my desk. It's called Intuitive Eating, principles for nourishing a healthy relationship with food.

One of the things I like is I like the chapter title and the chapter title of this chapter is, let me find it for you... I'm not doing a good job of being speedy here. Principle two, honoring your hunger. That's an interesting concept, honoring your hunger. What I've always told people in the past was that hunger doesn't mean something good or bad, it just means our body is doing what bodies do. The way to break these relational frames is to be mindful of our hunger and to accept it.

Acceptance doesn't mean we like or endorse, we want it to happen to other people, it just means that we are present with it and that in this moment, while experiencing hunger, I am fully here, it lets me know that not only hey, it's been a while since I ate and panic, I better eat something, but it lets me know I am human and lets me know my body is working. Do you ever have any worries, oh my gosh, what if my body is not working today, what if I have a heart attack, what if I have an aneurysm, what if my knee breaks off...

Of course, we all do.

We have these sort of irrational thoughts and hunger actually lets me know that my body is doing what the body is supposed to do. I probably don't have stomach cancer today and colon cancer today because everything is actually working correctly. What happens when we follow these relational frames or these arbitrary thoughts, to the same place we've been before, rather than as this author says, honoring our hunger or accepting our hunger, then we act in old ways rather than in a new way.

A new way is to simply be present with hunger, to drive a new message from it and the easiest way to practice acceptance or in the words of this author, 'honor your hunger,' is to practice mindfulness meditation. Have you ever practiced any mindfulness meditation?

Yes.

The idea behind mindfulness meditation, most of my clients haven't, they may have heard about it at a corporate workshop or training or something like that, but maybe they've heard the term in their yoga class, but a lot of people don't have a clear understanding of mindfulness and so I usually explain it to them, so I'll explain it to you.

Yes.

If you've never experienced mindfulness before, mindfulness is a way of just being present in this moment. Remember the words from the great Master Oogway, "Yesterday is history,

tomorrow is a mystery, all we have is the present and that's why it's a gift." Of course the great Master Oogway is the turtle from Kung Fu Panda which by the way is the Chinese word for turtle, Oogway, there you go.

What Master Oogway told in the quote that actually I think he lifted from Eleanor Roosevelt, I think that's actually the history of the quote. Yesterday is history, we can't change the regrets of the past or the choices we've made or anything else. A lot of us spend a lot of time worrying about the future, what if I don't eat, that means my stomach is going to explode, what if I don't eat, that means I could die of hunger. What if I don't eat, my stomach will eat itself right?

Look in the mirror, I think we can skip a couple of meals!

Right, so we have this living in the future is as unhealthy as living in the past. All we have is the present and this is something I've always told people, as long as we're breathing, we're actually okay. I did a session with somebody who is afraid to fly not too long ago and I used to have a fear of flying, I no longer have a fear of flying. I said to her, "As long as you're breathing, no matter how much turbulence there is, you're actually okay."

That was kind of an Aha! experience for her. As long as you're breathing, it really doesn't matter how bad the plane is shaking, how much turbulence there is, you're actually okay. It doesn't really matter how in the past we've experienced the feeling of hunger, as long as we're hungry, we're okay, our body is doing what it's supposed to do. As long as we're breathing, we're actually okay and in this moment, even if I'm hungry, I'm okay.

I like to teach people a meditation on hunger.

So go ahead and close your eyes, before we do our hypnosis session and take in a breath and let each breath that you take right now be an awareness of each present moment. As you breathe in and breathe out, pay attention to the breath, what it feels like to breathe the air in, what it feels like to breathe the air out. Just like you can pay attention to the breath, you can also pay attention to the stomach and the colon, the esophagus and the other parts of the digestive system.

It actually begins with the salivary glands and the tongue and be aware of your body in this moment, each breath in and out. Noticing that as you experience each breath, you can set aside any regrets of yesterday or concerns about tomorrow and be fully present right here, in this chair, with your hands on your thighs, fully present, exploring the sensation of hunger and where it comes from and what it feels like and if you have a thought about your hunger, or a feeling about your hunger, or even a sensation of hunger, rather than following that meaning or that thought or feeling or sensation, just use it as a cue to return your attention back to your body, to this moment and to this breath.

Now open your eyes, open your eyes, two minutes of mindfulness meditation, maybe three, that's what that was and I've never taught mindfulness to anyone, I've never had them say, "Wow Richard, that was mind blowing." Nobody has ever said that to me, what they say instead is, "Uh-huh." Exactly! I'm going to give you at the end of our session today an MP3 and in addition to reading the chapters of that book, notice I'm compounding the suggestion -

Yes.

I am going to also give you an MP3 that's a basic practice of mindfulness. Download it to your phone and twice a day over the next week, between now and our next session, listen to that MP3 and use it as a guide to practice a basic strategy in mindfulness and being fully present in this moment, which allows us to accept hunger as hunger really is, simply part of the process or as the author of the book I've been reading says, "To honor our hunger."

Anything else we need to talk about before we do our session?

No, I'm good.

Congratulations on the four pounds this week.

Thanks.

Looking forward to another four pounds next week.

Yes.

Obert Session Three Full Session

One of the things I want you to get out of this video series is that while we're doing real sessions and while we are addressing the real subjects and while Obert really is losing real weight, I also want you to gain some insights about practice management. I'm going to address two things here that are important. I did take about 26 minutes in that pre-talk in what is now the third session and again, I usually do that with most of my clients, a little bit of time doing education, a little bit of time rapport building.

I hope you noticed that there were many suggestions in that pre-talk conversational hypnosis, if you will, even though it wasn't, of course, a formal process of hypnosis. Now, all of our clients have an expectation that they will sit in the hypnotic furniture, they will put on the headphones and they will experience hypnosis, but remember earlier I said Obert was late. Obert was late because he was doddling at the gym, I suppose, because he was doing exactly what he was supposed to be doing, but didn't allow him enough time to get over here.

When you have a practice, you are going to have late clients, but you might also have another client coming in and I have another appointment that I need to be going to shortly, so I'm going to be doing a shorter session with Obert in this session. I've really accomplished most of the work that's important. I taught him a basic strategy of mindfulness. I told him that I would be sending him an MP3, so I'm going to be doing that as well.

I spent a little bit of time doing educational component and reviewing things with him and to a large extent the only thing that's left in this third session is again, continue direct and indirect suggestions from our previous sessions that we can now compound in a third session and I think

it is essential, especially since we have rapid weight loss, a highly motivated client, to spend some time really focusing and teaching on mindfulness.

I did that in the pre-talk, but I'm also going to do that now as the bulk of our hypnosis session, but because of practice management issues, we're running a little bit short on time today because the client was late, I normally wouldn't be berating him in front of an audience, but it is Obert! I'm simply going to do a shorter session. Again, this is our third session, so it's fine. We did spend more time than usual probably in the pre-talk and so if we do a five or ten minute session in our third session, that's good, but I always make sure, no matter how short on time we are, that we actually do a complete session.

This came about because I had a weight loss client in Tulsa and it was his 5th session. Usually what I'll do is I'll do three sessions one week apart and then move the last three sessions to two weeks apart. I was three months with the guy, exchanged some emails with him, talked to him on the phone, had four previous sessions with him, so now we're maybe 10-12 weeks out, something like that. He came in and he sat down, just like we did and I spent 50 minutes with him doing conversational hypnosis and it was a beautiful conversational hypnosis course.

I said to him, "I'm really glad that you had the continued progress, I'll look forward to seeing you next week, shook his hand and he looked at me and said, "But aren't we going to do the hypnosis?" I know and you know and you know, that I had been doing hypnosis for 50 minutes. It was perfect, imbedded commands, you name it, it was there, structure, storytelling, metaphor, nested loops, Ericksonian language patterns, it was a perfect session. I knew I had done a

hypnosis session but the client wanted to feel hypnotized. That is the ritual, I think, of hypnosis, is as important as anything else we do in hypnosis.

No matter what else you do with a client, always make sure you do a complete session with them and so, since we're running a bit short on time, no help to my long explanation here about being short on time, we're going to do a shorter induction than I might do and this is the other thing that's important. I don't think induction is something we rush through, to get to the good stuff. If we do induction correctly, it is the good stuff.

If had a client who in the third session came back with some panic or some anxiety, I would definitely make sure that my induction focused on developing the skills of progressive muscle relaxation and autogenic training in those sorts of basic strategies because they are in and of themselves very healing.

With that, go ahead and put the headphones on. Again, normally I use my handy microphone, but you're actually hearing me through that microphone and so go ahead and close your eyes and bring yourself to that resource state that we call hypnosis and pay attention to your breath, breathing in and out, just like you were doing in the chair in the other part of the office. As you breathe in and breathe out, let each breath mark this moment.

You don't have to try to speed up or slow down your breath, just breathe and really observe the breath. The reason why we observe the breath is because the breath is something we've often been doing mindlessly and eating is often something that we do mindlessly, simply picking up a

snack from the counter or from the table or the refrigerator and just like breathing, without any thought about how to breathe, we don't really think about eating and we just eat.

Being mindful can help us do two things. To break the hidden eating, but become mindful about the actions that we're taking and that comes about by practicing mindfulness, intentionally being aware of the breath, even though we mindlessly breathe every day, choosing to mindfully pay attention to what we're eating, even though we eat every day.

As you continue to breathe in and breathe out, set aside any regrets of the past or any of the decisions that you've made in the past that may have brought you to this point where in our first session you had determined to lose weight and gain health and avoid focusing on any fears of the future, not by saying those thoughts are bad or those sensations are unpleasant, but instead by simply recognizing that either a thought about the past or a thought about the future or a feeling about the past or a feeling about the future or an awareness of a past sensation or of a future sensation, it's really just an indicator to bring yourself back to this moment.

Sometimes when I do hypnosis, people say, "My mind was wondering," and that's a good thing because after all, that's what minds do, they wonder. When it wonders away from this moment rather than being hard on yourself, have compassion and simply say, "This is an indicator to be fully present in this moment," and with each number and with each breath, allow yourself to double a sensation or an experience of relaxation or of commitment to your goal and desire.

With each breath relaxing a little bit further, each number, 5,4,3,2,1, zero. In this moment, in this

chair you are in fact lighter than you were in this chair three weeks ago and so in this present moment you're doing exactly what it is that you're supposed to be doing and you can congratulate yourself. Letting a smile come on your face, recognizing that while in a state of focused awareness hypnosis you can congratulate the conscious choices that you've made to better your life and the new unconscious patterns that you've developed by choosing more nutritionally dense foods and increasing your activity level as you feel comfortable increasing it.

By continuing to add to your choices each day, those things that you know ultimately are best for you and in this moment anything either known or unknown that remains holding you back from accomplishing that which is most important to you, you can either choose to release by letting it rise above and float away or by falling and sinking lower and deeper into the lowest parts of the body, the calves, the foot and letting it drift from you and into the core of the earth, leaving you in this moment, in this chair, in this place, to be good to yourself and to do exactly what you know you need to do to accomplish that which is most important to you.

With each number and each breath, double the awareness of change and relaxation, 3,2,1, zero, letting go absolutely anything known or unknown that in the past may have held you back and stepping into an abundant new and healthy future where it feels wonderful to accomplish that which you have done so far, the first day after the first session, losing a pound, losing five or six pounds in that first week and losing four more this week, well on your way to your goal.

In fact between now and next week you'll find that it actually becomes easier to lose weight, that the choices you make involve activity and nutrition. Allow your body to be exactly as you know

your body can be, should be and wants to be and the result, of course, when we meet again next week will be even further release of that weight which has held you back in the past and now, as you continue this journey to freedom and health and wellness, it feels so wonderful.

Enjoy this resource state that we call hypnosis, mindful of the chair below you, my voice and the air around you and any time in the next day or two or three or any time over the next week or two or three, that you find yourself jumping to a conclusion or feeling a fear or wondering what if... simply sit in a chair, close your eyes and practice the techniques of mindfulness meditation.