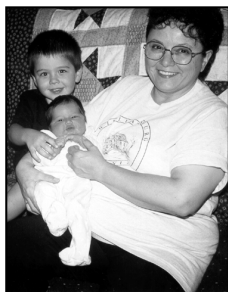


Weight Loss for Life!

This Local Woman Tells You How...

She Shed 51 Lbs. Effortlessly!

"I've shed 51 pounds effortlessly! In fact, my dress size plunged from an embarrassing 18 to shapely size 8! My weight loss was so easy...so effortless... I would like to share my marvelous secret with you..."



"I worried about what would happen when I got older."

Linda Blackwood Before
Positive Changes Hypnosis



tee. What did I have to lose except about 50 lbs! I picked up the phone to schedule my screening appointment.

Instant Results!

I noticed a change in my behavior the next morning. I didn't brew my usual pot of coffee. I reached for a big glass of water instead. I never drank water before! I melted off 6 lbs. my first week and 12 lbs. my first month. I stopped drinking diet soda, coffee and tea.

Best of all, Hypnosis transformed my poor eating habits into healthy, positive behaviors! I enjoy wholesome, nourishing foods. I used to eat a whole bag of potato chips. Now my mind and body seem to reject junk foods. Truly, it's that simple and easy!

"Hypnosis eliminated my horrible cravings. I never feel deprived, I have control over what I eat!"

Linda Blackwood
After 51 Lb. Weight Loss Using Hypnosis

When I quit smoking at age 40, I packed on pounds so quickly, it made my head spin. I was overweight for 12 long years.

Nothing was comfortable. Nothing looked nice. I didn't want to go to parties or get dressed up. I didn't want to do anything unless it was in a baggy sweatshirt and tights.

Disastrous Dieting!

I was desperate to break the vicious dieting cycle. I thought about all the Positive Changes success stories I'd read in the newspaper. I remembered that the ads had mentioned a free hypnosis screening. It also said there was a no-risk guaran-

Free Screening
My only regret is that I waited and suffered for months. If you are overweight, unhappy, or feeling dragged out the way I was, I can't urge you enough to call Positive Changes Hypnosis -- just go for it! Hypnosis really works. I'm living proof! Schedule your free screening and find out for yourself. Your health and happiness are too important. You can do it, too! Call (905) 890-1818 now!