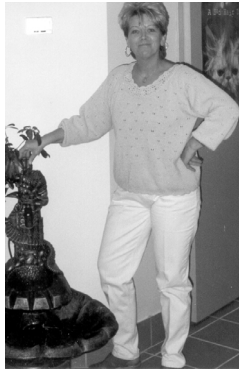


How This Local Woman Relaxed Away 33 Lbs.!

Hello, my name is Edel Sykora. I am a hair-stylist from Mississauga, Ontario. I belong to St. Anne's Church in Brampton. This is my true story - How I relaxed away 33 pounds! - And how my dress size dropped from a 12 to a sleek 6! It couldn't have been easier...



I had been overweight since my divorce ten years ago. I knew diets were not for me. I had seen too many of my friends try and fail with dieting. I tried many different exercise routines, but my eating was out of control.

"My eating was out of control. I couldn't resist the junk foods and snacks."
Edel Sykora
Before Shedding 33 Lbs.

My free screening was relaxed and comfortable. The staff was caring and

made me feel at ease. Nothing was pushed on me. I never felt pressured. I could tell the staff believed in what they were doing.

Instant Results!

Hypnosis gave me instant results! Within three days of my first session, I was no longer hungry. My clothing became loose. I melted off at least 5 or 6 lbs. my first week! I waited three months to actually get on the scale. Imagine my astonishment when I had lost 27 lbs! It was amazing.

Cravings Vanish

Before hypnosis, there were certain junk foods that I could not resist. Hypnosis eliminated my cravings for those foods in the

very first week. I've had no ice cream and haven't missed it - not even once!

I now realize how much food had controlled me. After being hypnotized, I am in control of what I eat. I am satisfied with less food and never feel deprived.

Doctor Recommends!

My doctor was skeptical about hypnosis at first. After he ran some tests, and my results were better than average, his opinion changed. He discovered that losing weight with Positive Changes Hypnosis was good for my health. He thinks the Positive Changes program is great and is now recommending it to his other patients.

Lifetime Benefit!

I think people get more than they ask for with the Positive Changes Hypnosis program. It is a lifetime experience. The benefits stay with you for life. I have loads of energy. My health is wonderful. I feel great all over. Hypnosis is the easiest possible way to lose weight.

A 10+ Program!

I recommend the Positive Changes Hypnosis program to everyone. Positive Changes is the best investment you can make in your future - and it's surprisingly inexpensive!

I have kept my weight off for a year and a half without even thinking

about it! Weight problem? What weight problem? Call now for your free screening. 905-890-1818



"You relax and lose weight at the same time. Honestly, it's that simple!"
Edel Sykora
After Positive Changes Hypnosis

Is Hypnosis Right for you?

- Have you gained and lost weight multiple times?
- Do you lose weight while dieting, only to end up sabotaging your own efforts?
- Have you tried one or more weight loss programs?
- Are you worried about your health but still eating poorly?
- Do you finish every bite of food on your plate, even when you are full?
- Do you turn to food when you are upset, angry or stressed?
- Do you think about food all the time?

If you answered yes to any of these questions, hypnosis may be your answer.

To find out if you're a good candidate for hypnosis, call Positive Changes for your free screening. Call 905-890-1818.