

Local Woman Melts off a Staggering 149 lbs. Effortlessly!

My name is Ellen Bragg. My eating was out of control. I never ate breakfast and rarely ate lunch. At night, the boredom set in. I'd eat non-stop. Chips ...sweets... whatever I could get my hands on.

Dieting Madness

I tried losing weight with most of the national diet chains. I'd try any diet. Sometimes I'd lose weight, but the pounds were always right back plus more. I felt out of control. It was like a madness. I'd be eating and eating, knowing I shouldn't be doing it, but also knowing that I couldn't stop it.



"I was suffering with no end in sight."
Ellen Bragg Before
149 Lb. Weight Loss

Bless the Day...

I bless the day I started at Positive Changes. I opened my eyes after my first session and knew hypnosis was my answer.

In three short weeks, I had lost 23 lbs. My energy level skyrocketed. Three months into the program, I had lost 50 lbs. For the first time in my life, I was actually enjoying long walks and exercise. After seven short months, I had lost 100 lbs. and dropped 5 dress sizes! It was a milestone I never dreamed I'd reach.

Hypnosis did away with my cravings, night binges, and poor eating

habits. I have no desire for the chips and sweets that had made me fat. I take pleasure in preparing healthy, nourishing meals. I never feel deprived. I relax and savor the flavor of food. Today I am 149 lbs. lighter! I exceeded my goal!

If I Can Lose Weight, So Can YOU!

So if you are considering the



"When I see an overweight person on the street, my heart aches for them. I want to say, 'If only you could be where I am now.'"
Ellen Bragg After Shedding a
Staggering 149 Lbs.!

Positive Changes free hypnosis screening, I say to yourself the biggest favor and GO! Talk to them. Then decide if this is what you want to do. If you want to be a thin person, you can be. You can feel good about yourself again.

Ask yourself the questions I asked myself - What will happen if I

stay fat? Suppose I gain even more weight? Then pick up the telephone and call Positive Changes. It'll be the best gift you ever give yourself! Call 905-890-1818 now.

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.

OUR NO-RISK GUARANTEE

Your success is our top priority. If at your first program session you are not satisfied for any reason, we will refund 100% of your money. No questions asked. You risk nothing.



Call Now for your **FREE** Hypnotic Screening

Mississauga ☎ 905-890-1818

☎ Brampton 905-454-7400

☎ Hamilton 905-383-3500

Our Programs Guarantee Results!