

## New Approach to Weight Loss

Comments from those who have attended

"I have ceased craving crisps, chocolate and biscuits and I've lost 10lb already"

"I now feel I am in control of food and eating and not the other way round"

"I enjoyed the 4 week workshop very, very much"

"As well as losing weight, the workshop has made me feel more confident in myself"

Being overweight or obese is linked to many health problems, including heart disease, type-2 diabetes, osteoarthritis and high blood pressure. The workshop has been developed for people who have tried every conventional diet in the book and still cannot keep the weight off.

Using a combination of complementary health techniques, underlying emotional triggers are addressed, highlighting the strong associations and past patterns of behaviour that develop towards food. A powerful tool, which is easy to learn and can be self applied is taught from the initial session, enabling people to have a choice over their eating habits.