



Overcome Binge Eating

Essentials Package

INSTRUCTIONS

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OVERCOME BINGE EATING ESSENTIALS PACK

Congratulations on taking the first step on this journey with Clear Minds Hypnotherapy.

The Overcome Binge Eating Essentials Pack is designed to eliminate emotional and stress-related triggers to over-eating. It will help you take control and lose weight, whilst encouraging you to maintain a healthy diet and lifestyle.

There are six hypnotherapy sessions included.

Listen to the sessions in the correct order to ensure you get the best results from this 3 week program.

You can create your own personalised plan after week 3 and listen to the sessions that helped you most.

This is your personal journey, best of luck!



Binge Eating Sessions and Weekly Plan

WEEKLY PLAN	SESSION 1	SESSION 2
WEEK 1	BINGE EATING MINDSET SHIFT	STOP BINGE EATING SLEEP EDITION
WEEK 2	CONTROL SUGAR CONSUMPTION	STOP BINGE EATING
WEEK 3	HEALTHY RELATIONSHIP WITH FOOD	BINGE EATING BOOSTER

There are two hypnotherapy sessions to listen to each week. Listen to both hypnotherapy sessions every day or night -for seven consecutive days.

You can play one after another or space them out and listen to them at different times of the day.

If you're limited for time just listen to one session a day. Select one and listen for four days, and the other for three.

Listen to Stop Binge Eating Sleep Edition hypnotherapy session before bed and use it to go to sleep with. Use it in week 1 every night and after that in week 2 & 3 if you need to.

From week 3 onwards you can choose your own preferred sessions to listen to and make a personalised plan that suits you.

It is important to remember when listening to hypnotherapy

These guidelines will help you get the best from listening to the hypnotherapy sessions:

Never use our sessions when you are driving, operating machinery or could be in danger should you fall asleep.

Do not use hypnotherapy if you suffer from epilepsy.

Do not consume caffeine and /or don't exercise for up to 2 or 3 hours before using the hypnotherapy sessions.

Use the bathroom before relaxing to listen to the sessions.

You may fall asleep during the hypnotherapy sessions as they work on your subconscious mind. In other cases, you may just feel relaxed.

It's preferable to listen to the hypnotherapy sessions in the evening or at night before bed as you'll be more susceptible to the cues of relaxation. This will depend on your schedule.

Wear comfortable clothing - nothing tight or itchy! Choose loose-fitting and light clothes.

Find a quiet and comfortable spot to lie down, like on the sofa or bed. You can also sit upright with your head supported if you want.

Make sure you will not get distracted during the session- kids are in bed, television and radio are off; windows are shut. Switch your phone on flight mode or silent. Prepare yourself fully to avoid being disturbed when you're ready to start.

Use headphones (earphones, headsets or AirPods) for a better surround sound and listening experience. These will also help to minimise distractions from background noise.

Wear comfortable clothing - nothing tight or itchy! Choose loose-fitting and light clothes.

Make sure you focus on one topic at a time. Repeat each session for a few consecutive days to a week in order to get the best results.

Try not to listen to more than two hypnotherapy sessions a day plus one guided meditation.



If you want more resources to help you live your best life, check out our website or follow us on Facebook.

Website:

www.clearmindshypnotherapy.com

Facebook: /clearmindshypnotherapy

You can contact us via email at info@clearmindshypnotherapy.com or Facebook Messenger or Instagram

The Clear Minds Hypnotherapy Team

