

Hypnotherapy and Weight Reduction

More than a decade of controlled scientific studies and analytical reviews show that hypnotherapy, in conjunction with proper exercise and nutrition, can enhance weight reduction and help keep the weight off longer. A review of studies published in leading medical journals between 1985 and 1998 offers compelling evidence that hypnotherapy is the added ingredient that helps people stay on track with weight control.

Here's what the studies found:

- Hypnotherapy is effective in weight reduction when used in conjunction with behavioral therapy.
- Effective hypnotherapy programs generally consist of six to eight or more sessions of group or individual hypnotherapy.
- Study participants who scored highest in hypnotizability had the most significant weight reduction results.
- In studies comparing a control group to a hypnotherapy group, the group exposed to hypnotherapy lost more weight and keep the weight off longer.
- Hypnotherapy helped people correct faulty thinking and associations around food and helped them get control over non-hunger-related eating.
- In a study comparing behavioral therapy to hypnotherapy, both groups of participants showed the same results at the end of the study. At follow-ups at eight months and again at two years, however, only the hypnotherapy group continued to lose weight.
- Hypnotherapy can be administered by a therapist or via hypnosis tapes or self-hypnosis; all three methods proved effective.
- Hypnotherapy helped study participants remember specific weight reduction goals and behavioral recommendations.
- Unlike most programs, which focus only on diet and exercise, hypnotherapy might include suggestions for ego strengthening, decision making, stress management, self-soothing, mental rehearsal, and enhanced motivation, all of which are helpful in successful weight management.



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