

Control Your Weight Effortlessly

THROUGH HYPNOTHERAPY



***Use the power of your mind
to change your body!***

JAN CAIMANO

Certified Hypnotherapist

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Become your healthiest weight, size and shape *without dieting!*

Have you ever lost weight on crash diets or through punishingly restrictive programs? If so, you've probably gained back all of the weight *and then some*. Or maybe you gave up in frustration without having lost any weight at all, and have convinced yourself that you'll never be able to drop those extra pounds.

Hypnotherapy helps you control your weight easily and effortlessly – even when dieting and other weight-loss programs have failed.
No points, no weighing, no calorie counting, no restrictions.

Let your subconscious mind change how you feel about food – and about yourself.

After extensive research, we have learned that the only long-lasting, effective approach to controlling your weight is to *change how your mind controls your body*.

Through safe, gentle hypnosis, you will permanently replace all of your old negative messages about weight loss, dieting and self-image with new positive thoughts, feelings and actions.

Lose weight safely (and keep it off!) with a proven weight control program.

In this program you will find that controlling your weight comes naturally as you use the power of your imagination to *maintain a positive attitude, increase your motivation, make healthy choices, develop constructive behaviors, manage stress and train your body to achieve your weight-loss goals*.

You'll also master the art of *self-hypnosis* to ensure your success after our work together is done.

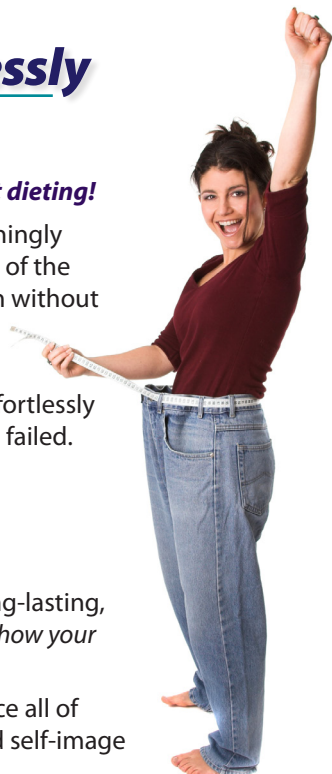
Achieve your weight loss goals by addressing your own personal issues, eating habits, and lifestyle.

Everyone's issues with weight control and body image are different. Although the *Control Your Weight Effortlessly* program provides specific guidelines for success, the parameters and objectives will differ greatly from person to person.

In our initial intake session, we'll discuss your overall physical and psychological health, your history with weight control, dieting and exercise, and your personal goals.

Working together, we will develop a hypnotherapy plan that is tailored to meet your individual needs and expectations.

To make sure we stay on target to meet your goals, we'll review the plan weekly as we monitor its success.



Gain control over your weight in just one month. Your satisfaction is guaranteed.*

The *Control Your Weight Effortlessly* program consists of four hypnotherapy sessions, completed within one month. We'll schedule the initial intake and hypnosis session and one follow-up session in the first week, then two weekly follow-up sessions. (Additional "booster" sessions are available if needed at any time.)

In each session, you will remain in complete control, remembering everything we've said and done, *and emerging from hypnosis feeling refreshed, relaxed and renewed.*

It's time to put a stop to endless dieting.

Call me at 973-657-0571 or email me at jancaimano@gmail.com to find out more about how you can control your weight effortlessly, or to schedule a 'no-obligation' initial intake session.*

**CONTROL YOUR WEIGHT EFFORTLESSLY
THROUGH HYPNOTHERAPY**

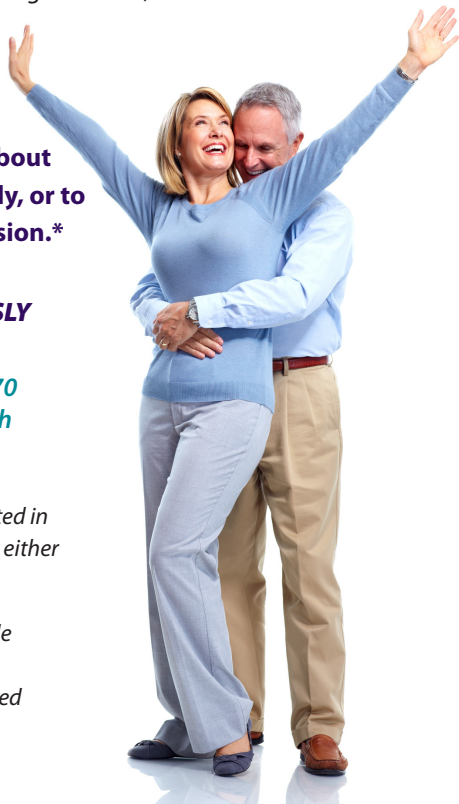
*Four sessions: Initial intake session, \$170
and three follow-up sessions, \$125 each*

\$545.00

Note: The initial intake session is always conducted in person, but follow-up sessions may be conducted either in person or via Skype if appropriate.

Free telephone and email support is available at any time until goal weight is reached.

Additional "Booster" sessions may be scheduled on an as-needed basis at \$125 per session.



With Jan's help I was able to pinpoint a real motivator for losing weight... I want to be able to spend the rest of my life enjoying an active lifestyle in which I can travel easily, walk everywhere, and explore new places.

After years and years of failed diets and fasting, I'm now losing weight steadily without ever 'consciously' making a decision to eat anything other than what I'm the mood to enjoy at the time.

Finally, I eat to live rather than live to eat!

– Pat C.

** There's no obligation to continue after the initial intake session. If, at that time, you decide that the *Control Your Weight Effortlessly* program is just not right for you, I will gladly waive my fee.*

About Jan Caimano ...

Jan Caimano has undertaken comprehensive training in advanced hypnotherapy under the direction of Dr. Suhail Jarroush, director of the Aquarian Sun Healing and Learning Center.

Certified by both the American Academy of Hypnotherapy and the International Hypnosis Federation, Jan specializes in helping her clients utilize the power of the mind to:

- * Reduce stress, anxiety, fears and phobias
- * Increase confidence and self-esteem
- * Eliminate blocks to progress or performance
- * Enhance the ability to focus and study
- * Help clients to reach their highest potential
- * Deal with anger and emotional pain
- * Address health and wellness issues
- * Change diet and exercise patterns
- * Break habits such as smoking or overeating
- * Cope with issues related to work and career
- * Examine dreams, goals and aspirations
- * Improve and understand relationships
- * Explore past lives through regression

For more information or to schedule your hypnotherapy sessions, call Jan at 973-657-0571 or email jancaimano@gmail.com today.



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Past Life Regressions . Claircognizant Insights

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