

THE MOST EFFECTIVE HEALTH TOOL IN EXISTENCE

For Practitioners or Self-Help

15 Scripts



The Complete

Weight Loss

Script Manual

By Rene A. Bastarache, CI

Founder: American School of Hypnosis



Eating Healthy
Being More Active
Dealing with Cravings
Keeping Weight Off
Killing the Carbs
Boredom Eating

Stop Snacking and more...

The Complete
Weight Loss
Script Manual

“The Most Effective Health Tool in Existence”

THE COMPLETE WEIGHT LOSS SCRIPT MANUAL

The Complete Weight Loss Script Manual

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The materials in this manual are designed to be used by hypnosis professionals and those trained in the field of mental health. They are the author’s opinions and understanding of hypnosis. Always be sure to work within your realm of practice. Medical or mental health scripts should only be conducted by licensed professional in those fields.

It is advised that before using any of these or any other scripts, that you read through them in their entirety. You should become familiar with them **before** using them on your clients so you are aware of their content, can alter parts as necessary and do not have any unexpected surprises.

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THE COMPLETE WEIGHT LOSS SCRIPT MANUAL

Notice To Whom It May Concern:

If you find typographical errors in this book, I'd like you to realize that they are here for a reason. Some people actually enjoy looking for them and we strive to please as many as possible. Thank you!

THE COMPLETE WEIGHT LOSS SCRIPT MANUAL

TABLE OF CONTENTS

Introduction

How to Use These Scripts with Clients

How to Use These Scripts for Yourself

Eating Healthy

Reducing Your Eating Speed

Cooking & Planning Healthy Meals

Eating Impulsively

Stop Snacking

Healthy Shopping Habit Mindset

Fast Foods - Eating Healthy in Public

Stop the Sugar

Creating a Habit of Enjoying your Meals

Boredom Eating

Being More Active

Dealing with Cravings

Portion Control

Keeping the Weight Off – Maintenance

Weight Loss – Killing the Carbs (Bonus)

Introduction

The purpose of this Weight Loss Script Manual is to include all of the aspects of weight loss that are required for the success of your client. Before this manual was written we made a list of 14 topics that were vital to weight loss and created one hypnosis scripts for each topic.

Although some of the scripts may cover similar points and even be repetitive keep in mind that they were designed to be so. Habits are created through repetition. The overlapping of similar topics helps to cover many of the nuances that are needed to be addressed in the process of weight loss and becoming healthier.

How to Use These Scripts with Clients

Keep in mind that some of these topics may not be required for every client therefore pick and choose the ones that you feel are most appropriate for your client. It's important to understand that hypnosis scripts are simply a track to run on and cannot be tailored perfectly for everyone.

As a result of interviewing your client before the session you may add to or take away from the script as you deem necessary. They are only designed as a helpmate to give you guidance with the most important factors to keep in mind.

Thank you for purchasing our script manual and we wish you the best of success.

How to Use These Scripts for Yourself

The scripts can also be used very effectively and simply for self-help purposes. Your first step will be to choose the scripts you'd like to use for yourself. You may wish to use only a few or you may find every topic important to your weight loss and health regimen.

Next, read through each script to make sure they address things that are important to you. If there are points that are not change them or eliminate them.

Next step is to read the script out loud while recording it on a recording device. You can use a digital recorder or record directly to your computer. While reading it's important to

THE COMPLETE WEIGHT LOSS SCRIPT MANUAL

take your time, read slowly and pause a few seconds wherever you see the consecutive three dots. Going slowly will give your mind a chance to absorb what's being read.

NOTE: the most important part of hypnosis is the utilization of your imagination. The key to hypnosis is imagining yourself doing or being whatever the suggestions are stating.

Once you have your script recorded simply sit in a chair where you will not be disturbed for the duration of the process, turn off any telephones or other electronic devices that may interrupt, relax and play your recording.

As you're listening it's important to imagine everything that's being said as if you are an actor on a motion picture screen. Be sure that you are the main actor imagining everything with as much detail as possible. Since the subconscious mind does not understand the difference between a real or imagined memory you are effectively hypnotizing yourself with the suggestions by using your imagination.

Since repetition is an important key factor in creating habit it's important that you continue this process of listening to the sessions for a minimum of 30 days to create positive change. That's the amount of days it takes to create a permanent habit in most people.

Whether you're very relaxed or not does not matter as long as you are using your imagination. Relaxation is "not" a prerequisite to hypnosis as many would have you think.

Enjoy the process and be healthy!

Eating Healthy

By Rene A. Bastarache, CI

The problem is that a lot of what we call junk food is actually quite tasty, is easy to find at the supermarket (it's the food in the boxes), and is very simple to prepare. Changing to a healthy food regimen requires quite some effort on the part of the health seeker. This script is designed to change the mindset of the client and to steer them in the right direction so that their dreams of a healthier lifestyle can more easily become reality.

The Script:

From now on as each moment, hour, and day passes you will feel an increasing desire to eat healthy and natural foods. Whenever and wherever you see pictures of vegetables and other healthy foodstuffs you will begin to salivate at the thought and the desire to touch them ... feel them ... appreciate them ... smell them ... and eat them. You love the idea of eating natural foods ... organic foods ... foods from farms that only use sustainable farming methods. When you shop, you shop for only healthy and organic foods ... you love them ... they are so very good for you and you love the color, taste, smell and texture of such real foods.

You find it so easy to use your imagination to see yourself in your mind munching into lots of the most wonderful, tasty, healthy and natural vegetables, organic meats, fish, eggs and cheeses. See it now ... plates of beautiful organic food all for you ... so tasty ... smelling wonderful ... delicious ... mouth-watering and scrumptious ... juicy... lovely crunchy vegetables so full of flavor and natural goodness. Organic meats, eggs and cheeses all fresh from the farm to the table full of life giving proteins, vitamins and minerals ... beautiful ... wonderful ... healthy. These are the foods that you desire above all else because you know that they are good for you, your body and your mind.

You love your body and you love to treat your body well ... just like the temple you know it to be. You love to feed your body the food it loves to eat. The food it loves to eat and digest is the food your body naturally craves ... All the healthy and natural foods you now love to shop for, prepare, cook and to eat ... lovely, colorful and tasty vegetables, organic meats, fish, eggs and cheeses.

You enjoy imagining new dishes ... You love trying new things ... new healthy meals ... shopping for them and then creating them ... cooking them and then treating your body and mind to their inherent goodness. The body that you love ... the temple that is the body you love, glows from the goodness that you now, and forever more treat it with ... all the proteins, vitamins and minerals bursting forth from all the organic and natural foods that you now consume. This is beautiful ... this is wonderful ... this is natural ... this is the real you ... the new you ... and you love it.

Eating healthy and natural foods is effortless and enjoyable. You enjoy all the aspects of

THE COMPLETE WEIGHT LOSS SCRIPT MANUAL

this new way of living ... taking the time to shop carefully for them ... planning new meals ... preparing and cooking them correctly ... and most enjoyably ... eating them. You know that when your body digests all this healthy and natural food all the cells in your body burst forth in rejuvenation as realise you can now set your sights on a much longer and healthier life.

Reducing Your Eating Speed

By Rene A. Bastarache, CI

The speed at which you eat food can have a great impact upon the size of your waist. When eating it takes approximately twenty minutes for your brain to know that your stomach is full. By changing a clients' eating habit from fast to slow they will not only enjoy their meals more, but consume less calories with each meal thus resulting, over time, in the weight loss they desire. This new habit will hopefully wash over into the rest of their life. Not only a slimmer waist but a new and far more enjoyable lifestyle.

The Script:

You are in control of yourself in every way, in all situations, and at all times ... you trust life ... you relax and let go of all fears concerning change ... you are willing to change and look forward to making changes in your eating habits ... you respect yourself and like who you are becoming ... you always treat your body with respect ... you love your body and you know that your body loves you ... and what you love you treat with great respect ... you listen carefully to all the subtle messages that your body gives you ... you can tell when you have had enough ... when you are full.

From today onwards you are going to slow down the speed with which you eat your food ... you understand that by eating more slowly you will give your stomach the time it needs to tell your brain that it is now full ... and is satisfied. To do this you relax with food ... you always sit down to eat in a calm environment ... you only eat what your body needs to be healthy ... you enjoy the process of eating slowly more and more every day ... you choose to eat smaller portions at every meal ... you chew your food slowly ... you chew each bite slowly and thoroughly at least twenty times, quite deliberately, slowly, taking your time ... savouring all of the wonderful flavors.

You enjoy eating smaller portions ... you like to put smaller portions on your fork ... you enjoy eating less and therefore eating better ... you put less on your plate because you know that less on your plate is less on your waist. You know this is right for you ... slow eating ... eating slowly ... this is the change you want and the change you need. You have new found respect for the food you have in front of you ... and you always give silent thanks for that food before you start eating it. You take the time to sip water between mouthfuls ... and as you chew each mouthful, you place your knife and fork down, and out of your hands ... you swallow each bite before taking up your fork again ... taking your time ... slowing it down ... really enjoying taking your time about your meal ... when eating with friends you pause now and again to make conversation ... you take great pride in always being the last to finish.

People who eat slowly are calm and confident people ... they are winners who care about their bodies. You eat slowly ... you are a calm and confident person ... always in control of yourself in every way, in all situations, and at all times. You are a winner because you eat slowly, enjoy life and love and care for your body.

Cooking & Planning Healthy Meals

By Rene A. Bastarache, CI

Successful weight loss and improving body image is never about just eating fewer calories. It's also about choosing weight loss mentors, those that have gone before, planning and researching the correct and affordable foods and recipes, honing healthy cooking skills and then producing an enjoyable and tasty result.

This script will lead the hypnosis client through all these steps and instil the confidence and positive expectation to carry it all through to a successful conclusion.

The Script:

We know that successful weight loss has many different aspects that you can and will master. Learning from and associating with others who have had success ... weight loss mentors ... finding healthy alternatives to your favorite foods ... researching healthy recipes ... experimenting with those healthy recipes to find what works best for you ... planning meals ahead of time and shopping for the best prices to fit your budget ... and then cooking all those delicious and healthy meals. You will master all of these with great skill with ease. You are confident and look forward to doing all of these things because you like being proud of all your efforts. You know what it takes to get the body of your dreams and you are ready. Your temple awaits.

At every opportunity you take the time to approach others whom you know have had weight loss success ... You engage them in conversation and discover what worked so well for them ... You pay careful attention to what they have to say, making notes when you can ... You take the time to read health magazines and articles on healthy food alternatives for all those yummy foods you always have enjoyed so much in the past. You can imagine yourself having fun doing all this research ... You make notes and form shopping lists ... you can feel it all coming together ... you can sense and anticipate with excitement the success soon to be yours ... Feel it now ... what a great feeling ... That's what success feels like.

From today forwards you will always take time each day to seek out all the special deals advertised by the shops that you visit so as to form an accurate budget that will suit your income ... there are always less expensive alternatives available and you will find them with ease. With each shopping expedition you gain confidence in your abilities to be a smart shopper who knows their stuff ... You are aware of all the right prices to pay ... and the healthiest groceries to suit your needs. See yourself in your mind now ... imagine your shopping cart full of the most amazing foods that you are going to enjoy so much ... the foods your body will love you for ... see them now in the cart ... wonderful.

As you relax into this new and healthy lifestyle you gain confidence in your cooking abilities. You know that baking and steaming is far healthier for you than frying ... and

THE COMPLETE WEIGHT LOSS SCRIPT MANUAL

you therefore now plan all your meals around the cooking methods of baking and steaming. You now also look forward to indulging in salads often. As you cook each healthy meal you automatically associate them with a better result for you on the scales or in the mirror. This brings forth a great feeling of happiness and achievement within you. As you now treat the foods that you desire and eat with great respect and care ... you also treat your body ... your temple ... with the same great respect and care. You are relaxed, confident and successful.

Eating Impulsively

By Rene A. Bastarache, CI

In most homes today food is very easily obtainable. So easy to walk past the refrigerator, open the door, grab some leftovers. Job done. The problem is dinner was really only 40 minutes away and that food that was so readily grabbed contains the 400 calories that you didn't need. Somewhere in that equation you lost sight of your weight loss goals and you didn't think. You acted impulsively. So very easy to do where food is concerned.

This script will put a stop to impulsive eating and put the client back in control of their eating habits.

The Script:

Using your imagination now I would like you to see yourself in all of the situations that you go about in your daily life ... like driving to work ... walking the dog ... create a movie in your mind now ... going shopping ... going out to dinner ... inviting friends over ... just taking your time to see yourself doing all of these things ... going to take a shower in the morning ... perhaps just walking out to the letterbox to check the mail. Every single one of these situations had a connection ... there is something in each one of those tasks that you did each time that was exactly the same.

As you see clearly those situations ... the thing that you always do each time that is exactly the same is that you thought before you did. All of the things we do in life, that we do right, we think before we do. Before going out to dinner ... we think to check to see if we have enough money to pay. Before we walk the dog ... we think to check if it is raining or not. Before inviting friends over ... we think to check we have something to cook and some wine to serve. It is always the same in all we do, for everyone.

Whenever we think before we do we always do right. From this moment forward whenever you feel the urge to reach for food, open the refrigerator, purchase some fast food, anything to do with food ... you will do it right by stopping and thinking first. With food ... you now think before you do. Whenever you are around food of any sort you slow down ... you relax ... you slowly count to sixty in your mind ... you give yourself time ... you ask yourself ... am I really hungry? ... Do I really need this food ... right now? ... is this stuff really healthy and will it boost my body image? ... Can I wait until I get home for breakfast, lunch or dinner? You will take the time to visualize all of the healthy and nutritious foods that are worth waiting for and preparing by yourself. You know it is worth waiting to eat the healthy foods that your body ... your temple ... needs.

Your next job to do upon arriving home is to make a large sign and to place it just above the handle of your refrigerator. You will also place another sign that reads the same on your pantry door. The words you write are ... I think before I do ... and underneath ... slow count to 60 ... and underneath ... do I need this right now? From today forward

THE COMPLETE WEIGHT LOSS SCRIPT MANUAL

whenever food is encountered in your life, or you think of eating in any way, shape or form, you immediately say in your mind ... I think before I do ... slow count to 60 ... you count slowly to 60 ... and then you ask yourself ... do I need this right now? This is your personal anthem. The anthem that saves your body ... your temple ... and your positive feelings about yourself. It puts you back in control of yourself.

You say to yourself ... I think before I do ... you slowly count to 60 ... and you ask yourself ... do I need this right now?

I think before I do ... slow count to 60 ... do I need this right now?

Stop Snacking

By Rene A. Bastarache, CI

The only healthy way to snack is not to snack – end of argument. Much has been written and said lately about diets that encourage periods of fasting between eating times and there are many good and scientific reasons for this. There is the 5:2 diet, the 5:1 diet, there is the random 24 hour fast regime. The best and healthiest, with many proven benefits, is the 12:12 diet regime where you only eat between a 12 hour window of each day. This is quite easy to do as you already sleep approximately 8 hours of the day – almost there! Ad in morning ablutions and down time before bed and you're done. Sweet!

To turn this regime from just a healthy lifestyle decision to a weight loss/body image decision all that is necessary is to cut out any snacking between the three daily meals. This is fairly easy to do as the meals are close together. All that is required to make this a reality for the client is help from the hypnosis practitioner with this script, perfectly tailored to do the job.

The Script:

From today forward your weight loss focus is on eating three filling, satisfying and healthy meals each and every day. This is all you now need to eat ... three filling, satisfying and healthy meals. This is all your body needs ... all it ever wants to eat ... all it ever needs to eat. From this very moment forward you only ever desire to consume three meals within each twenty four hour period ... breakfast, lunch and dinner. These are the only meals that you eat ... they are all any person ever needs ... and all that you need ... and they satisfy you completely in every way possible.

You eat these three meals between the hours of 7:00AM*and 7:00PM*. This is all the food that your body requires to maintain optimum health and to satisfy you completely in all ways. You now take great pleasure in your set mealtimes and look forward to each one knowing that you are doing what is right and perfect for your body ... and your mind. You love your body and you know that your body loves you. Every cell within your body has intelligence ... and from now on every cell within your body knows and desires to be fed exactly, and only, three meals every day at set times between 7:00AM* and 7:00PM*. That is all the food that they want and desire for you because every cell within the temple that is your body loves you and wants the best for you, and you want and desire the best for them.

Each and every one of the three meals that you now eat between the hours of 7:00AM* and 7:00PM* will consist of healthy, natural and organic foods that will fully nourish and satisfy your body and mind in every way possible ... foods that you slowly chew ... taking the time to fully enjoy every tasty mouthful in a true spirit of gratitude and thankfulness. You eat your meals in peaceful locations and in good company so that each

THE COMPLETE WEIGHT LOSS SCRIPT MANUAL

meal is a special occasion ... a special gift of health for you and your body.

Between meals you enjoy the thought that your last meal was a healthy and tasty meal and that you are looking forward to your next one. You enjoy the periods between meals that for you are now short periods of fasting ... rest for your digestive system that it needs so very much. You feel much better now than ever before and you always want to feel this good about yourself. This is a perfect system of eating that you have now adopted ... it is a way that you can worship and thank your body for all the wonderful service that it performs for you ... your body is your temple and you take great pride in treating it as such. You and your body now love the short periods of fasting between your healthy, tasty and natural meals ... you can feel it doing you good and you can imagine that as you adopt this new and healthy system that your personal body image becomes a very positive one ... and becomes more and more positive with every passing day, and week, and month.

*** - Note to the practitioner:** These times can be varied according to the client's work schedule such as 6:00AM to 6:00PM. A short chat with the client beforehand can easily establish this.

Healthy Shopping Habit Mindset

By Rene A. Bastarache, CI

It has been said that major supermarkets already know what you will buy before you even start to shop. They have done their research and placed their products well. You can be sure that it has not all been done for your benefit – and especially not for the benefit of your waist measurements, and that's all before we even discuss what's in the food products themselves. This script will put the client back into a position of power as regards shopping for weight loss and a healthier body. It will give them the tools to shop well and shop right.

The Script:

As you are now very relaxed and calm so too will you always be when you think about shopping for, and purchasing food ... always relaxed ... always calm. You always adopt a relaxed and calm attitude when about to go shopping or to purchase any food. You know and understand that by being relaxed and calm about shopping and purchasing food that you will always make correct and considered decisions about what to buy. You enjoy healthy shopping ... and positive shopping habits. You know that the foods that you stock in your pantry and fridge are the foods you will prepare and consume. You are what you eat.

Healthy shopping, healthy eating and having a healthy body all go hand in hand. The idea of fully researching the healthiest foods for your body ... your temple ... excites you and you now always look forward to doing so ... this is the habit that you now adopt before any food shopping expedition. You conduct your research on the Internet, at your local library or you take the time to purchase books on healthy eating at your local bookshop ... you have all the information you need at your fingertips to make right choices ... all there just waiting for you to access it ... which you now do with great enjoyment. Knowledge is power ... the power to change your body image ... the power that will lead you towards your weight loss goals.

You now only ever go shopping for food after you have eaten a meal and your hunger is satisfied ... once you have eaten you may go shopping ... it is the perfect time to shop for food ... the only time that you ever shop for food.

Armed with your new found knowledge of the healthiest foods for you, you now always make a list before setting out on your shopping trip ... and you only purchase what is on your list. You made the list for a reason and you stick with it ... it is your road map to health ... your road map to weight loss. When shopping for food you only purchase healthy and natural foods that are on your shopping list. Foods that you have researched and you know that are good for you and your body ... your temple. You are a relaxed, calm and confident food shopper who always takes the time to read the labels on the foods you're about to purchase. You pay attention to sugar levels and any ingredients that

THE COMPLETE WEIGHT LOSS SCRIPT MANUAL

you have never heard of ... any chemicals or additives. If the labels list any sugar, unknown ingredients, chemicals or additives you simply place the food item back on the shelf and choose another ... always choosing the healthiest item. The power to make healthy choices is yours.

This is all part of your the new healthy lifestyle that you have adopted ... that you are enjoying. By enjoying healthy shopping and adopting positive shopping habits you know that you will achieve and see positive results in your quest for a better and healthier body ... the new you that you see emerging more and more each day.

Fast Foods - Eating Healthy in Public

By Rene A. Bastarache, CI

Eating healthy in public, especially when ordering from fast food outlets can be a real and daunting problem when a client is trying so hard to change their body image. It can take quite some bravery to stop a waiter and take the time to ask for your food to be cooked to your individual requirements. The pressure is usually there to make hasty and sometimes very unhealthy choices just to get it over and done with and to not be embarrassed by taking longer than others to make a healthy choice.

This hypnosis script will change all of that and put the health seeker back in command of the situation where they always should be, and of course, from now on will always be.

The Script:

You are now totally and completely relaxed and calm ... It's beautiful to be in this wonderful relaxed and calm state ... It's a state in which you can make considered and correct decisions whenever decisions are called for ... such as ordering food at a restaurant. From this day forward whenever you are in a restaurant or ordering food in any manner and in any place you will remember this wonderful and calm state of mind and automatically return to it. When confronted with a restaurant menu you will instantly and automatically relax and know that you have as much time as you need and require to make healthy and wise decisions about the types of food you are about to order and then consume. You are always in command of the situation. You are the boss.

As your eyes skim a menu you will always gravitate automatically to all the healthy choices available. For you, healthy food choices are your special form of fast food because you are fast to make healthy choices. When you see a menu you are so relaxed and calm about it that you can quickly make all the correct choices that are right and perfect for the health, nourishment and wellbeing of your body ... the temple that you love and respect ... that you are so proud to feed with healthy foods.

Any restaurant, any place, any time, for you all are treasure troves of hidden delights ... hidden delights of salads, fresh local produce, steamed vegetables, wraps, fresh wholemeal salad sandwiches. You delight at the opportunity to search through the menu and find these hidden gems. These are your fast foods of choice and you are always so proud of yourself for choosing them ... whenever you make a wise and healthy choice you mentally pat yourself on the back and say to yourself "well done". You imagine yourself as your very own personal cheer squad.

You are always brave and deliberately take opportunities to ask restaurant staff for special healthy dishes that you know are better for you than what you may have just seen on the menu ... you look forward to discussing with waiters how you would like your food prepared. It is interesting, fun and engaging.

THE COMPLETE WEIGHT LOSS SCRIPT MANUAL

From this day forward you will always make sure that your fridge is well stacked with food that can be quickly turned into a healthy meal when the need arises ... far quicker than ordering out or standing in a line at a fast food restaurant. You always fill your fridge with salads and cold cuts of meat that you can easily pack with you to take to your place of work or out on a picnic ... quick ... easy ... healthy ... yummy. Making your own healthy lunch at home to take to work or on an impromptu picnic makes sense to you in so many ways ... easy ... convenient ... tasty ... healthy ... and best of all, cost effective. It is another way that you respect and care for the temple that is your body. This is your new and exciting lifestyle. You are different ... you are healthy ... you are proud ... and you are strong.

Stop the Sugar

By Rene A. Bastarache, CI

Sarah Wilson, the author of the bestseller *I Quit Sugar*, says that “Sugar is more addictive than cocaine and heroin. The science is rolling in to show a lot of diseases and obesity are linked to sugar consumption.” Food manufacturers are well aware of this, coupled with the fact that sugar is a relatively cheap ingredient and we have a recipe for an obesity disaster. The good news is that it is possible to quit an addiction, yes, even to sugar – to flip a switch in your mind, to walk away, cold turkey. Some say it is the only way.

By the use of our most powerful sense, the sense of imagination, this script will allow the client to flip the switch in their mind and end their addiction to sugar for all time.

The Script:

Your taste buds are evolving and changing. They have been doing so since the day you were born ... slowly ... year by year as you have aged ... almost imperceptibly ... your likes and dislikes in regards to the taste of food has changed. Today we will change them again ... today we will change the default setting on your taste buds. It is such an easy and enjoyable change. As you relax ever deeper and deeper ... feeling calmer and calmer ... enjoying the thought of change ... you are looking forward to change. Change is good, change is healthy.

Change is very refreshing ... like gentle rain on a dry landscape ... change renews and invigorates. You know deep inside that for the sake of your health it is time to reset your taste buds. You feel very comfortable about this ... on so many levels and for so many reasons you have wanted to do this for quite some time ... and you are feeling so very good about making the change today ... you feel happy ... you feel relieved. Your body is calling out for this change. Today we will flip your sugar switch and change the default setting on your taste buds.

Now I would like you to use your very powerful sense of imagination. Imagine a hallway stretching out before you. See it now, in your mind, stretching out in front of you. There are many doors on either side of this hallway ... they all have names on them ... in beautiful blue letters. Names like teeth ... lungs ... feet ... ears ... all the departments, the control centers, of your body ... your temple.

Soon you will begin walking down the hallway, and with each step that you take you will relax ten times deeper than the step before. You can now see your destination ... it is the doorway marked Taste Buds in that wonderful blue writing. It is exactly ten steps away from you. You move forward now relaxing ten times deeper with each forward step. Count them now ... 1 ... 2 ... 3 ... deeper and deeper ... 4 ... 5 ... calmer and calmer ... 6 ... 7 ... step after relaxing step ... 8 ... 9 ... and 10. You see before you the door marked Taste Buds and you grasp the door handle and turn it and enter.

THE COMPLETE WEIGHT LOSS SCRIPT MANUAL

You can now see before you a bank of white switches. They are your taste bud switches. They control the tastes that you like and prefer. They all have an On and an Off setting and they all have a name. See the one marked savory? ... good ... and next to it is salty ... and next to salty is chilli ... then pepper ... and there is the one we have come to change ... the switch marked sweet. This switch is in the On position. You and your body need and want for this switch to be in the off position. You feel a sudden and exhilarating feeling of power come over you. At last, you are now in the possession of the power for change. Feel it ... so very, very powerful. The change you have been wanting to make for so long ... that your body, your temple, wants and needs ... the change that will refresh, renew and invigorate your life.

Your hand raises and your finger is outstretched. You love this ... you want this sooooo much ... your finger touches the switch ... and presses ... the switch for sugar snaps to off. You are free. Feel it now ... that's right ... you feel the tingling in your tongue as your taste buds are reset ... you really did it ... your taste and desire for sugar has been permanently set to the off position ... it is done.

Creating a Habit of Enjoying your Meals

By Rene A. Bastarache, CI

One of the easiest and least widely known ways to increase the circumference of your waist is to eat your meals far too quickly. The stomach takes up to 20 minutes to signal to the brain that it is full. Adopting a slow eating regime enables us to take the time to chew our food thoroughly enough to allow proper digestion to begin, therefore releasing more of the goodness inside the food and making for far less stomach upsets and digestive problems.

Of more importance, of course, is the mental aspect of taking your time over a meal. How we go about preparing and then eating our food is a very good indicator of how we also relate to and care for our bodies. This script is all about adopting a slow eating pattern, packaged with making a meal an uplifting experience. This will result in a new attitude towards better eating equalling a better body image.

As I eat, so I look.

The Script:

As you are now completely and totally relaxed I would like you to really feel this feeling of relaxation ... feel it now throughout your body ... beautiful ... let that feeling wash all over you ... that's good ... it is wonderful to feel so calm and so relaxed all over. From today forward whenever you encounter the opportunity to eat you will instantly recall this wonderful feeling of complete calm and relaxation. Whenever food appears you immediately remember, and instantly, without being consciously aware, drop into this wonderful relaxed and calm state that is now indelibly imprinted on your subconscious. The desire for food is a signal to you to slow down and relax ... there is plenty of time ... you have all the time in the world to eat your food. Taking your time about your meals is a luxury you allow yourself and your body ... a special gift you give yourself ... a period of calm just for you ... a time to meditate upon the goodness of all the natural and healthy foods you now feed yourself. You look forward to eating because it is a signal for you to slow down, relax and take your time.

As each day passes you find yourself becoming more and more particular about you place of eating. You only desire to eat in places of peace and quiet ... places where you can appreciate and enjoy your meal to the fullest by being calm and relaxed and eating slowly. You now make every effort to seek out and arrange places where you can eat your meal with the maximum of enjoyment ... places where you can and will take your time about your meal. These are places of comfort, happiness, good friends and family where eating slowly is the right thing to do.

Eating slowly gives you lots of time to fully enjoy all the healthy foods you have chosen to eat ... all those fresh, natural, organic foods you have purchased to fuel your body ...

THE COMPLETE WEIGHT LOSS SCRIPT MANUAL

your temple. You love to take the time to study all the different colors on your plate. All of the reds, the greens, the oranges, the beautiful yellows. Every day from now on you take your time chewing your food slowly, deliberately allowing yourself to enjoy all those wonderful textures and tastes ... you gain all the nourishment possible from your food by chewing slowly ... taking your time ... savoring all those delicious flavors ... relaxing and being calm about your food.

When you eat your food slowly you are filled with feelings of love ... love for the food you eat ... love for the relaxation and calm ... love for your peaceful meal times ... love for the flavors and colors ... love for the new body you are creating ... your temple.

Boredom Eating

By Rene A. Bastarache, CI

Food can become a great pacifier and activity for people when they have become bored. So easy to reach for a yummy leftover in the fridge or that chocolate bar grabbed in a hurry at the checkout. Unfortunately, it is most often the meals we end up having between our meals that can be causing a great deal of our body weight issues. By the end of a day those snacks (even if healthy in nature) can add up to another complete meal – a complete meal of snack foods! Time to change to a snack-free lifestyle and reap the rewards.

The Script:

Breakfast, lunch and dinner ... these are the only meals that you and your body need or wish to eat. When you prepare and then eat these meals you make sure that the foods involved are healthy, nutritious, tasty and satisfying. Because the foods involved in your three daily meals are fully satisfying you can go from meal time to meal time totally snack free ... you feel full and complete ... your hunger is always satisfied by eating only three healthy meals each day. From this moment forward you live snack free.

You enjoy living a snack free lifestyle. You have more free time ... you accomplish more ... you save money ... your body, your temple, feels good to live in. You begin to notice positive changes when you look in the mirror ... positive changes to your body image that you are very proud of. Your life is changing in many positive and enjoyable ways. You feel more confident as each day passes ... you are feeling emotionally stronger and stronger. With your new confidence and inner strength you now search out new and interesting things to do. You love being snack free ... time for new activities ... you now look forward to seeking out new and enjoyable activities.

Boredom is a thing that happens to other people ... you are far too busy enjoying all that life has to offer. Now that you eat three healthy and satisfying meals each day and lead a completely snack free lifestyle you have the energy to try new things. As you relax ever deeper and deeper imagine this new you ... see yourself starting new hobbies ... meeting new friends ... catching up with old friends. Let your mind wander now and consider some of the things you have always wanted to do. Boredom is a thing that only ever happens to other people. You are an energetic, confident, and emotionally strong person who has and enjoys three satisfying and healthy meals each day. That is all you ever need and want from this moment on.

Your between meal time, your snack free time, is the time that you give your stomach and intestines the gift of time to digest your three daily meals and then to rest. You feel very good about this arrangement ... it suits you as your body image is now undergoing positive changes day by day. This rest time between meals is now your activity time ... your achievement time. You live and enjoy an active lifestyle and your mind is full of

THE COMPLETE WEIGHT LOSS SCRIPT MANUAL

positive thoughts and emotions. In your quiet times you fill your mind with these positive thoughts:

I live and enjoy a snack free lifestyle

I eat and enjoy three tasty, healthy, nutritious and satisfying meals each day

I am an active person who enjoys many daily activities and live an active lifestyle

I happily rest my stomach and intestines between meals. I know it is good for me.

I love my body, my temple, and I protect it by living snack free.

You are an energetic, confident, and emotionally strong person who has and enjoys three satisfying and healthy meals each day. They are all you ever need and want from this moment on.

Being More Active

By Rene A. Bastarache, CI

Becoming more active in our day to day lives is of paramount importance if we are to properly care for our bodies. They were designed to move and to be active. Nothing destroys health more than inactivity. Fortunately, opportunities to be more active abound – they are all around us. Just a little bit of imagination is all that is required. This script will do just that. It is designed to open the clients mind to the everyday activities that they may currently be ignoring, but may just be the golden gateway to a more active and healthy lifestyle, perhaps leading to the body of their dreams.

* If the client has led an very inactive lifestyle, or is under a doctor's care for any condition, the practitioner should recommend the client seek a full check-up with their doctor before up-stepping their daily activity levels.

The Script:

As you listen to the sound of my voice you are relaxing deeper and ever deeper down ... and as you relax ever deeper a portal to a new and greater understanding of the needs of your body opens within your mind. You can understand now what a marvellous machine the gift of your body is ... for it is indeed a great gift. You can now understand how lucky you are to have been given the gift of this wonderful body of yours ... the temple that your mind resides within. It's potential is truly unlimited.

Your body must be cared for and looked after ... just as you would do with any precious gift. When we are active ... moving our bodies ... we are showing gratitude ... for our bodies were designed to be active ... to move. Being active is a way we care for our bodies ... it is now the way you show care for your body ... for you truly love your body ... you only wish the best for it ... and the best for your body is exercise. Exercise is everywhere ... it is all around you ... everywhere.

Just using your imagination now as we go on an adventure looking for and finding all the ways that you are now able to exercise throughout your day. Whenever you go to the mall or your local shops and park your car you will deliberately park at the furthest point away from the mall entrance ... this is a golden opportunity to enjoy the activity of a walk. See yourself in your mind always parking a good walks distance away from all of your destinations. Walking is a beautiful and relaxing activity ... and you and your body, your temple, love it.

Finding exercise opportunities around your home or place of work is very easy and costs nothing. From today forward you will always find and take the time to wash and clean your car ... making sure to vacuum it out. You will find and make time for tending to your garden ... pulling weeds ... mowing lawns ... pruning trees ... sweeping paths ... wonderful ... outside ... fresh air filling your lungs. From today forward you have a new

THE COMPLETE WEIGHT LOSS SCRIPT MANUAL

attitude towards cleaning your house ... you now love vacuuming your floors ... dusting ... polishing. All these things are activities ... that move your body ... wonderful and gentle exercises that are so good for you ... they are free to do ... and you will love the results.

As you are now a healthy eater of natural foods you will now love preparing your meals from scratch ... cooking is an excellent activity that moves and feeds your body. You will unplug your dishwasher and now enjoy washing the dishes by hand ... this is a wonderful upper body exercise that you now enjoy doing ... you dry all the dishes by hand ... you now love anything that creates movement for your body ... and you take every opportunity to do so.

If you are watching television ... when the ads come on ... you will make use of this time by getting up out of your chair and going outside and taking three deep breaths ... exhaling slowly each time ... you will take this golden opportunity to stretch to your full height and walk around before returning to your program.

Let your mind wander now and imagine all the new activities that you now allow yourself to do and enjoy. Walking in the park ... walking to your friends house to visit ... painting ... joining a dance school or club ... for you, there is no limit ... you have all you need ... your body ... and you

Dealing with Cravings

By Rene A. Bastarache, CI

People who have become accustomed to eating large amounts of food over extended periods of time can find it very difficult to bring their hunger back under control. This script will embed into the clients subconscious some of the proven methods to bring their hunger back under control, enabling weight loss to occur, but still leave them feeling satisfied with what and how they are eating.

The Script:

Water is a wonderful drink ... it is the drink of choice of all healthy people ... just plain natural water ... it is now the drink of choice for you ... you now enjoy drinking a minimum of two litres of fresh, clean water every day. You understand that drinking a glass of water just before each meal helps to fill you up and stop you from overeating. Drinking plenty of water flushes and helps to eliminate all the toxins from your body. Water makes you healthy ... and you love to drink plenty of it all throughout your day ... you can feel it doing you good ... so very good for the health of your body ... helping you to think more clearly. From this day forward you will always drink a minimum of two litres of fresh clean water every day.

Imagine walking around your home and everywhere you look are positive statements that help you to feel good about yourself ... that help you with your weight loss goals ... positive affirmations that keep you on track with your healthier lifestyle ... improving your body image. As you can imagine that in your mind you will now make that a reality in your life. Every day you will make one new positive affirmation and place it where you can easily see it ... keep doing this until they are all around your home. Positive affirmations such as ... water is good for me, I love drinking water ... I eat healthy foods, they are good for me ... I love my body and it loves me ... I only eat as much food as I need ... I eat three healthy and satisfying meals each day ... I love preparing healthy food ... three healthy and satisfying meals each day is all I need ... I treat my body like a temple and only eat until I am full. As you read these positive affirmations the meaning of them will sink deeply into your subconscious and become your reality.

From this day forward the only foods you will stock in your fridge and pantry are healthy, fresh, natural and satisfying foods that fill you up with nutrition ... all that you will need to eat ... all that you will find yourself ever wanting to eat. These foods always fill you up and keep you satisfied throughout your day until your next meal. Whenever you travel or are away from your home you will pack your own healthy and tasty meals from your own supply ... always making sure you have plenty to choose from and making sure to pack enough to fill and satisfy your hunger until your next meal. If you have to purchase food when you are out and about you will take great care to purchase only fresh healthy food ... foods such as salads, fruit or meals that are cooked meats and vegetables ... wise choices that help you to lose weight, uplift your body image ... foods

THE COMPLETE WEIGHT LOSS SCRIPT MANUAL

that fill you up and satisfy your hunger until your next meal ... foods that make you feel good about yourself and your body, your temple.

Portion Control

By Rene A. Bastarache, CI

Many of us went through childhood with mothers who told us that we had to eat all of our dinner and to leave an empty plate. “Think of all those starving people”. Mom meant well, of course, but the truth is that you don't have to eat everything that is served to you or that you cook for yourself. You only need, and should only eat until just satisfied and no more. What is truly wasteful is eating beyond your physical needs. This script will give your client a new attitude towards portion control.

The Script:

As you listen to the sound of my voice you relax deeper and deeper ... so deep now that you will understand on every level of your mind that eating less than what is served on your plate is good for you. It's just a habit that you will adopt from this day forward ... whenever food is served to you, or you prepare food for yourself, you will always leave some of it on your plate ... it is your new way of enjoying food ... you get great enjoyment from only eating until you are satisfied and you always make a point of leaving a portion of food on the plate ... it makes you feel good ... it makes you feel clean and healthy.

As you leave a portion of your food on the plate you feel powerful ... you have gained power over yourself ... over your bodily desires ... you are in control of your emotions ... you know what is good for you and your body feels so much better when you leave portions of your meals and push them away. This is your new habit. With this new habit your body image is changing. You have the power to change ... and you are exercising that power ... the power to change the way your body looks in a most positive way.

Only cooking what you need is very sensible and this is what you do from now on ... it is the new and healthier thing that you do without having to even think about it ... just cooking or preparing exactly what you feel you need to feed your body. When you serve this food up and eat it your new habit kicks in, and after you have eaten just enough to feel satisfied, you push the plate away with a portion of food left on it. Every time that you do this you automatically visualize your new slimmer, healthier and fitter body ... the wonderful new body, your wonderful new temple that this new habit is helping to bring to you ... and you feel so very proud of yourself.

From now on when you have cooked or prepared your meals you will serve the food onto the plates in the kitchen and then bring them to the table ... you only bring the plates to the table leaving the rest in the kitchen. You only eat what is on your plate and you deliberately and habitually leave a portion of food on the plate at the finish of your meal. This is your proud statement to yourself that you are in control of your eating ... this is a very positive way in which you are changing your body into the temple of your dreams.

THE COMPLETE WEIGHT LOSS SCRIPT MANUAL

Keeping the Weight Off – Maintenance

This hypnosis script rounds off the previous thirteen scripts by running through all of the weight loss tools the client is now in possession of. It connects all the dots leading to the best of all outcomes – keeping the weight off permanently.

The Script:

What you have attained or achieved in life must be maintained. And so it is with your weight loss objectives ... all that you have achieved must be consolidated and maintained. For you there is no longer any limit to what you can and will achieve ... you have set yourself free ... given yourself permission to be the very best you can be.

You have come to understand that your body is the temple in which you reside ... and you now treat it with all the care that you possibly can ... you are what you eat and you ensure that all foods you eat are foods aligned with your weight loss objectives. You understand the importance of goals and the importance of using your imagination to see yourself as you will be once your weight loss goals have been achieved.

You now only desire healthy, fresh, natural and nutrition packed foods ... they are your master key to weight loss ... you know that they are always tasty and easy to prepare. You research the best foods and places of purchase and then plan your meals ahead of shopping wisely at stores you can trust. You enjoy the process of preparing healthy meals which you take lots of time to eat ... slowly chewing each tasty mouthful, relaxing deeply as you do so.

You know the importance of thinking before reaching for food between meals. You have your magic formula that saves you every time. You say to yourself ... I think before I do ... you slowly count to 60 ... and you ask yourself ... do I need this right now? This is the anthem that saves your body ... your temple ... and your positive feelings about yourself. It puts you back in control of yourself. You now look forward to and enjoy three satisfying and wholesome meals every day ... they are all you ever want and need.

When eating at restaurants you choose wisely every time ... proudly choosing the healthiest meal on the menu ... you now possess the confidence and courage to ask the waiter for healthy alternatives to what they offer. When picnicking or lunching out you now always pack your own healthy lunch made from the natural and nutritious foods you stock at home. The sugar switch in your mind is now permanently in the “off” position ... just where you want it ... and love it to be. You love this new lifestyle ... the snack-free lifestyle of the weight loss champion that you are. You live and enjoy a snack-free lifestyle.

You have come to appreciate the importance that activity plays in your life and you have now up-stepped all levels of activity in your life ... wonderful and gentle exercises that are good for you. Your body loves and appreciates this ... it rewards you whenever you

THE COMPLETE WEIGHT LOSS SCRIPT MANUAL

look in the mirror.

Water is good for me, I love drinking water ... I eat healthy foods, they are good for me ... I love my body and it loves me ... I only eat as much food as I need ... I eat three healthy and satisfying meals each day ... I love preparing healthy food ... three healthy and satisfying meals each day is all I need ... I treat my body like a temple and only eat until I am full ... these are some of the wonderful affirmations that you now live by.

You always make sure to drink your two litres of water each and every day ensuring to drink a glass of water before each of your meals ... the meals that you always leave a portion of on the plate. This is the new you ... the new you that eats slowly until just satisfied.

Healthy shopping has become your forte ... your strength. You enjoy healthy shopping and you have adopted positive shopping habits. Once upon a time you had a battle on your hands ... but now you are leading a victory march towards the new body that you have imagined for yourself. Your imagined scenarios have now become fact for you as day by day you win the weight loss battle. You are confident ... you are proud of all your weight loss efforts and victories ... you possess new-found courage and strength to finally inhabit the body ... the temple ... of your dreams. For you, dreams do in fact, become reality.

Weight Loss – Killing the Carbs (Bonus)

By Rene A. Bastarache, CI

Latest dietary research is changing the way we look at weight loss. What was once considered a healthy diet, that is, a diet high in carbohydrates, low to moderate levels of protein and almost no fat, is actually the diet that is causing the obesity epidemic. This script will help anyone who would like to lose weight by adopting the new low carbohydrate paradigm.

The Script:

To see changes in yourself and especially in your body ... you understand, at a very deep level, that you must make some important changes in your lifestyle ... wonderful and enjoyable changes ... you will enjoy all of these new changes ... tasty changes in your eating habits. Your desire to change is very strong ... you know that by following a healthier diet you create a better lifestyle for yourself ... the necessary will, strength, resolve and intention already exists inside of yourself ... you are worthy of these changes ... you have what it takes to do it ... and success is yours.

You are conscious and aware of every food choice you make ... your body is your temple and you proudly take all care possible with your temple ... your body is special and important to you ... you live each day with purpose and intention and you only give your body the nourishment that it needs.

From this day forward you will see carbohydrates as food that only other people eat. From now on whenever you eat any food that is a carbohydrate, you will leave it alone ... you will shy away from eating carbohydrates of any description ... they are foods eaten by other people. You are unsure why this is so ... but you just accept it as fact ... it is a healthy fact for you ... it is better you leave them alone as they are food for others only. You eat a low-carbohydrate diet from now on ... it tastes so much better ... you are a very proud low-carbohydrate dieter ... it is the key to your desired weight loss ... the important changes you need and want to make in your body ... the good changes that lead to positive self-esteem ... the new positive you. For you, less carbohydrates in your diet equals lower weight on the scales.

Carbohydrates are foods that other people eat ... low carbohydrate vegetables, protein and fats taste great and are the foods you eat.

You happily accept that low carbohydrate vegetables sooth your insides, protein is the staff of life and that the fat in your diet powers and protects you ... they are good for you and will make you slim ... they are the food of choice for you from now on. Low carbohydrate vegetables, protein and fats always taste great ... carbohydrates are only eaten by other people. Food is your body's fuel ... you always choose your fuel wisely and never overfill your tank. Your body loves you for that and serves you well. Low

THE COMPLETE WEIGHT LOSS SCRIPT MANUAL

carbohydrate vegetables, protein and fats fill you quickly and taste great ... you only eat the smaller amounts that you really need as fuel for your body ... you love your body and your body loves you ... carbohydrates are foods eaten by other people.

You search out low carbohydrate diet food lists and you follow them strictly ... they are the key to your success. You desire, purchase, and consume only foods that are low in carbohydrates ... they are healthy for you and they taste great ... they always lead to weight loss ... the weight loss you want, need and desire.

Carbohydrates are foods for other people ... low carbohydrate vegetables, protein and fats taste great are the foods you eat ... are good for you ... and make you lose weight.