

How Can We Help You?

- Weight Management
- Smoking Cessation
- Self-Esteem issues
- Anxiety Management
- Public Speaking
- Relationships
- Memory Enhancement
- Eating Disorders
- Phobias
- Habit Cessation
- Health & Wellness
- Study Habits
- Procrastination
- Stress Reduction
- Motivation
- Insomnia

For all the information you need to decide if now is the time to make that appointment, call us today!!!



Total Integration of Mind, Body, & Spirit

Healthy Body

Healthy Mind

**Healthy Body
Healthy Mind**

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Torrance, CA 90506

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Fax: 310-375-4662

Email: helthibodi@aol.com

*Healthy
Body*

*Healthy
Mind*

**Get Into Shape!
Stop Smoking!
Eat Healthier!**

**Total integration of mind,
body, and spirit.**

Tel: 310-519-5744

Our Philosophy in Our Mission

We are Healers motivated to contribute to the well being of our clients.

Our success is represented by a more balanced life, lasting positive feelings, and better choices that our clients are able to make, thanks to our cutting edge solutions.

Through Personalized Counseling, Neuro-Linguistic Programming, Hypnotherapy, and Health & Wellness Coaching, we aim to empower our clients in achieving a healthier lifestyle.

Barbara DeVico
Director

Move On With Your Life

Whether you are experiencing challenges with your weight, smoking, relationships, habits, or fears, Healthy Body, Healthy Mind can provide you with the knowledge, skills, tools, and techniques to overcome these issues and help you lead a more balanced, happier life.

Our techniques shorten the course to helping you achieve your goals and gain permanent and positive changes in behavior, attitude, habit, and motivation.

You only have one life. Let's make it the healthiest and happiest we can! Learn what is stopping you from getting what you want.

At Healthy Body, Healthy Mind we will incorporate those healing techniques specific to your problem so you can get what you want and *move on with your life*.

Our Commitment Through Our History

Barbara DeVico holds a degree in Medical Social Work from California State University, Long Beach and has done graduate work in both Educational Psychology and Special Education. She is a certified Clinical Hypnotherapist, Neuro-Linguistic Programming Master Practitioner, and a Health and Wellness Coach. She is a member of the American Board of Hypnotherapy and the National Guild of Hypnotists. Barbara specializes in smoking cessation, and has also been working with eating disorders and nutrition for several years with tremendous results.



Barbara DeVico