

# Your Hypnotherapist Barbara DeVico...



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, the National Guild of Hypnotists, and the National League of Medical Hypnotherapists. Although hypnotherapy does not require licensing, Barbara holds several specialty certifications in hypnosis which include pain control, IBS, Fibromyalgia, hypertension and smoking cessation. She has also worked several years as a specialist in weight management and stress management.

**Barbara DeVico**

Director

***Now is the time to make  
that appointment, call us  
today!***

***Your health is our priority.***

**CALL TODAY**



Total Integration of Mind, Body, & Spirit

Healthy Body

Healthy Mind

Healthy Body

Healthy Mind

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**Healthy  
Body**

**Healthy  
Mind**



## WEIGHT CONTROL

LET HYPNOTHERAPY BRING  
BALANCE BACK INTO YOUR LIFE!

LOSE WEIGHT THROUGH A  
PROGRAM THAT REALLY WORKS.  
PHYSICAL AND EMOTIONAL  
HEALING ARE JUST A STEP AWAY

## WEIGHT CONTROL

### Healthy Body Healthy Mind

Has yo-yo dieting, gaining and losing weight, starving yourself then binging on the foods you've deprived yourself of been a familiar experience throughout your life?

Do you eat when you're sad, happy, depressed, lonely, anxious or for any other feelings? You are not alone! Many people suffer with chronic weight fluctuations; losing pounds initially, only to put them back on and even more as time goes by.

Have you ever wondered why the first three letters of the word diet are DIE? Have you ever wondered why the weight loss industry in America is a multi-billion dollar business? My theory is because of the repeated failures by people wanting to lose weight and looking for the "quick fix".

We must learn to heal our relationship with food, by understanding and changing our thought patterns, which lead to behavioral changes, and ultimately to permanent changes in our eating habits.

This program will change your weight and your life forever. Our program is a comprehensive balance of nutritional, physical, emotional and motivational counseling and hypnosis specifically tailored to the client's specific requirements. By providing the client with this comprehensive approach and the necessary tools to maintain the weight loss, the client comes to peace within and eliminates the previous yo-yo syndrome and failures. This program allows clients to enjoy normal foods without feeling deprived while establishing permanent, healthier and more positive habits and behaviors to last a lifetime.

**CALL NOW TO START ON YOUR PATH  
TO WEIGHT CONTROL SUCCESS...**

## 5 STEPS TO SUCCESS

### Visit #1

- Extensive intake procedure to establish specific issues/problems and motivations
- Viewing psycho-visual film that explains the program and the workings of the subconscious mind in detail
- Personalized hypnotherapy session and reinforcement tape to play at home
- Informational/educational materials pertinent to your issue/problem
- Telephone consultation before 2nd visit

### Visit #2

- Review of progress
- Initiation of new and additional dietary management techniques
- Viewing of psycho-visual film specific to weight control
- Personalized hypnotherapy session and reinforcement tape to play at home

### Visit #3 and Visit #4

- Review of progress
- Initiation of new and additional dietary management techniques
- Personalized hypnotherapy session and reinforcement tape to play at home

### Visit #5

- Review of progress
- Managing "difficult food days" and plateaus
- Personalized hypnotherapy session and reinforcement and refocusing tape to play at home as needed.

## HYPNOSIS WORKS!

### What is Hypnosis

Hypnosis is the original mind/body medicine during which you are given suggestions that will change your life. During hypnosis you are in a state of deep concentration and able to intensely concentrate on the issue at hand thus making the necessary changes to your behavior or thought patterns. Simply put, hypnosis is a state of increased awareness where we can bypass the conscious or critical part of our mind. This allows us to reach the unconscious aspect of the mind, in which all of our memories and experiences are stored. Reaching the unconscious mind is useful, because it knows it has more influence over our daily lives than the conscious mind. It knows how our problems developed and it often knows what resources we need in order to make the changes we want.

### How will I know if I am Hypnotized?

Hypnosis is similar to daydreaming. If you have ever just drifted off into your thoughts or experienced meditation, you have felt something similar to the state of hypnosis. People often say they feel very relaxed and comfortable. Others have said they felt nothing at all, but they still got the changes they wanted!



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