

## Ending a Lifelong Love Affair with Chocolate

By Susan D. Mustafa

Like so many people I am skeptical about hypnosis. I've heard the stories about people hopping up and down on one leg and clucking like a chicken, and I certainly never wanted to put myself in a position where someone could induce me to make a fool of myself through hypnosis. So it was with more than a little trepidation that I went to a, "[I Can Make You Slim NOW! Hypnosis/Nutrition Seminar](#)," with Certified Hypnotist and Wellness Coach For Women, Linda Allred, but anything for a good story, right?

I had interviewed Linda the day before, and her enthusiasm for helping women to lose weight and become healthier through hypnosis was somewhat infectious. The testimonials she showed me from numerous women throughout the years backed up her claims. It was obvious that she believed in her ability to help others and loves what she does. But still, I wasn't convinced. I didn't think I could be hypnotized, nor did I think it would work to help me lose weight.

Linda asked me what my biggest weight loss issues were, and I responded, "chocolate and cakes and ice cream and sweets of any kind." It's true. I have a horrible sweet tooth and would weigh next to nothing if it weren't for those late night bites of chocolate that I can't seem to resist no matter how hard I try. Linda suggested not buying such snacks when I go to the grocery, but that hardly seems right. I mean, if they weren't there, I might just wander around the house searching for them until I was forced to go to the store at midnight. There was, however, this nagging thought in the back of my mind that maybe she did have a point. I decided to let her hypnotize me to see if it would work.

But as I sat in a room with about six other ladies and television and radio personality Ed Buggs, who has lost 18 pounds on Linda's program to date, I began to wonder how she would be able to hypnotize all of us at once. She began by telling us to inhale and then exhale slowly. "Tell yourself to let go," she said, over and over. I could feel myself relaxing, letting go as she had instructed. Before long, every muscle in my body was so relaxed I could hardly move. And when she told us to pretend that we had a thick rubber band wrapped tightly around our fingers, I found that I like everyone else in the room could not make my fingers move apart. That is, until she told me I could.

And then it was my eyes, closed tightly and pretending that I had heavy sacks on my eyes feeling weight as she instructed. I could not open my eyes

no matter how hard I tried...until Linda told me I could. Yes, she had managed to hypnotize me in a room filled with people. I was impressed.

Then she sent me to another room to recline in a Lazy Boy chair and listen to one of her [hypnotic weight loss CDs](#). Her voice, mesmerizing in its tone, wooed me into believing that chocolate was not good or bad. Chocolate was simply unimportant, it just lost its "seductive appeal." But that could not be. How could chocolate be unimportant?

I left the seminar feeling very relaxed, more relaxed than I've felt in a long time, and for me that was worth being hypnotized. I also left with the CD so that I could be hypnotized any time I wanted—Linda's soothing voice telling me each night that I could be healthier, that I didn't need chocolate.

About a week later, I realized something absolutely crazy. I had not had one bite of chocolate in seven days. It didn't matter that there was a little dish of Hershey's kisses sitting on my counter or that an Almond Joy was hidden in a drawer just waiting for me to find it. I hadn't thought twice before turning down a piece of chocolate cheesecake on my mother's birthday. It wasn't that I didn't want chocolate anymore. I just didn't think about it anymore. For one week of my life, chocolate had become unimportant.

Linda tells me that I need to keep listening to the CD because it takes 28 days for the mind to make a behavior a habit, so it will take 28 days to permanently erase my taste for sweets from my conscious mind. And she should know. Many years ago, Linda's life was filled with stress to the point that she would wake up with chest pains in the middle of the night. She was also overweight and lost 40 pounds to become the slim, healthy lady she is today. She says hypnosis changed her life, and now she is paying it forward through helping other people realize their dreams of a healthy lifestyle and better stress management.

To that end, she has combined her years of education with her desire to help women lose weight and created a [Weight Off NOW Self-Hypnosis Home Study System™](#), which includes more than 180 pages filled with worksheets, practical tools and techniques to promote weight loss, a hour and a half DVD, and eight self-hypnosis CDs which correspond to the eight chapters in the home study system. Chapters such as "I am Slim and Trim," "The Power of Belief," "Your Road Map to Success," "Have a Love Affair with Your Food and Eat Less," "Train Your Inner Critic to Be Your Best Friend," "Visualize Your Success Plan," "The Universal Laws of the Mind" and "Enrich Your Spirit" teach women how to not only make healthier food choices, but how to use the power of positive thinking to reach their goals and live a happier life.

"Women have to learn to love, like, and respect themselves," Linda says. "They have to learn to stop listening to their inner critic, the one that says, 'You are fat and ugly,' the one that leads them into depression and bad eating habits. This program is about retraining the mind to think positively to achieve results. The conscious mind only makes up about 10 percent of the brain. The subconscious mind makes up 90 percent, so when you get the conscious mind out of the way and use hypnosis to reach the subconscious, you can achieve whatever goals you set for yourself. The inner critic gets out of the way."

Well, I have to say, I'm a believer now and can't wait to go back after I finish losing weight to conquer my next horrible habit through hypnosis. Yes, Linda says she can help me quit smoking. And this time, I believe her. Linda Allred, Certified Hypnotist and Wellness Coach for Women, is an expert in the art of self-hypnosis and whole food nutrition. She is CEO of Linda Allred LLC and is passionate about empowering women with the right tools to live their dreams and reach their full potential by learning how to use self-hypnosis, understand "The Laws of The Mind," training your "inner critic" to be your best friend, and improving their health.

Linda hosts monthly Hypnosis/Nutrition Seminars and free tele-seminars. For more information about purchasing her Weight Off NOW Self-Hypnosis Home Study System™, please visit [www.LindaAllred.com/weightoffnow](http://www.LindaAllred.com/weightoffnow) or call (225) 275-2451. To receive her **FREE Report "Why Diet's Don't Work,"** and her free biweekly ezine, "Living Well With Linda," visit her website at [www.LindaAllred.com](http://www.LindaAllred.com) or email her at [Linda@LindaAllred.com](mailto:Linda@LindaAllred.com).

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