Three Effortless Strategies

to Kickstart Your Weight Loss- Even Before Our First Hypnosis Session!

Leticia Oliveira, Professional Hypnotist

EASY WAY TO LIVE WELL™

WELLNESS HYPNOSIS

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Hello there, I'm **Leticia Oliveira**, and I'm thrilled you're here. If you're looking for natural, sustainable ways to start shedding those extra pounds—even before our first hypnosis session—then you're in the right place. In my practice, I specialize in helping people overcome a variety of challenges including **weight loss** and **Irritable Bowel Syndrome (IBS)** through the power of hypnosis. But you don't have to wait until our first meeting to begin making progress toward a healthier version of you.

In this short guide, I'll share **three straightforward actions** that can help you **lose weight** without restrictive diets or frustrating food rules. Each tip is designed to be easy, practical, and effective. Even better, these simple strategies can set the stage for the deeper, transformative work we'll do together during our **hypnosis sessions**.

As you read, you'll see several opportunities to **schedule a free 20-minute discovery call** with me. If you're ready to jumpstart your journey toward better health—whether you want to address weight loss or tackle the discomfort of IBS—I'd be delighted to chat with you. Let's see if my unique hypnosis techniques could be the right fit for your goals.

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1. ADD Nutrient-Dense Foods (Don't Subtract)

The Principle

One of the most common mistakes people make when trying to lose weight is to focus on what they have to "give up." But guess what? Restriction often leads to frustration, which can ultimately sabotage your progress. Instead, I encourage you to **add** something beneficial to your meals—particularly lunch and dinner. A simple step is to include a **healthy salad or a portion of vegetables** at the beginning of each meal.

Why It Works

- **High in Nutrients**: Fresh vegetables are packed with vitamins, minerals, and fiber, which help stabilize blood sugar and keep you feeling satisfied.
- **Fewer Empty Calories**: By filling up on nutrient-dense foods first, you naturally reduce your appetite for less nutritious options that might add unnecessary calories.
- **Positive Mindset**: When you focus on what you're gaining (energy, nutrients, and flavor) rather than what you're giving up, you're less likely to feel deprived.

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Practical Tips

- **Start With Salad**: Place a small salad on your plate as an appetizer. Think leafy greens, colorful veggies, and a drizzle of olive oil or a light vinaigrette.
- **Colorful Variety**: Aim to include different colored vegetables—like carrots, bell peppers, tomatoes, or cucumbers—to maximize nutrient variety.
- **Flavor Boosters**: A sprinkle of seeds, nuts, or goat cheese can make salads more appealing, so you'll actually enjoy eating them!

By making this simple switch, you can begin your weight loss journey without the stress of giving anything up.

Ready for a bigger transformation? Schedule a free 20-minute discovery call to learn how my hypnosis programs can help you take this principle to the next level—and experience sustainable weight loss that lasts.

2. Hydrate with Purpose

The Principle

Did you know that **thirst** can often masquerade as **hunger**? Many people confuse the subtle signals from their bodies, leading them to eat more when a glass of water might have done the trick. Proper hydration supports digestion, energy levels, and even mental clarity—all of which play critical roles in weight management.

Why It Works

- **Appetite Regulation**: Drinking water before meals can help you feel satisfied sooner and prevent overeating.
- **Boosts Metabolism**: Adequate hydration has been linked to a slight increase in metabolic rate, helping you burn calories more efficiently.
- **Supports Healthy Digestion**: Water keeps your digestive system running smoothly, which is especially important if you also struggle with IBS or other digestive issues.

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Practical Tips

- **Drink Before You Dine**: Have a glass of water about 15–20 minutes before each meal to help curb excessive hunger.
- **Set a Water Goal**: Aim for about half your body weight (in pounds) in ounces of water daily. For example, if you weigh 160 pounds, try to drink around 80 ounces of water.
- **Track Your Intake**: Use a reusable water bottle marked with measurements or a simple water-tracking app to ensure you're hitting your daily target.

Making a point to stay hydrated not only aids in weight loss but also sets the stage for a **healthier gut**—a crucial aspect for those who also deal with IBS.

Want a comprehensive plan that addresses both weight loss and digestive issues? Book your free 20-minute discovery call with me, and we'll discuss how hypnosis can offer you real, lasting solutions.

3. Make Movement Mindful

The Principle

"Exercise" can be an intimidating word, especially if you're imagining grueling boot camps or hours on a treadmill. But you don't have to overdo it to see results. Instead, approach movement with mindfulness. Even short bursts of activity can accelerate weight loss when they're done consistently—and with the right mindset.

Why It Works

- **Consistency Over Intensity**: Sustainable change often comes from small, repeated efforts. A 10-minute walk after dinner done every day can be more beneficial long-term than hitting the gym hard once a month.
- **Stress Relief**: Gentle movement lowers stress hormones like cortisol, which can contribute to weight gain when left unchecked.
- **Enhanced Body Awareness**: Being mindful during physical activities—feeling your muscles work and your breath flow—can help you tune into your body's cues, including hunger and fullness signals.

Practical Tips

- **Walk It Off**: Go for a 10-to-15-minute walk after meals. Not only does it help with digestion, but it also keeps your metabolism revved up.
- **Mini-Workouts**: If you're short on time, break movement into smaller increments: a 5-minute stretch in the morning, a brisk 10-minute walk at lunch, and a short yoga session in the evening.
- **Make It Enjoyable**: Dance in your living room, play with your kids, or even do light gardening—anything that gets your body moving while keeping it fun.

When you incorporate mindful movement into your daily routine, you set the stage for a lifestyle that supports **natural weight loss** and **greater well-being**.

Need extra motivation or guidance? Schedule your free 20-minute discovery call to explore how we can combine mindful movement with **hypnosis** techniques for unbeatable results.

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How Hypnosis Fits In

You might be wondering how these tips tie into my **weight loss** and **IBS** hypnosis services. The truth is, these simple strategies work even better when combined with the **deep, subconscious shifts** that hypnosis provides. While these actions will give you a powerful head start, hypnosis addresses the underlying **thought patterns and habits** that often sabotage your progress.

Benefits of Hypnosis for Weight Loss

- **Reduced Cravings**: We can work to "reprogram" your subconscious so that you naturally gravitate toward healthier foods and smaller portions.
- **Stress Management**: Hypnosis helps you handle emotional stress that may lead to overeating.
- **Increased Motivation**: You'll find it easier to stay consistent with exercise and mindful eating.
- **Lasting Changes**: Because hypnosis targets subconscious behaviors, the results tend to be long-lasting.

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Hypnosis for IBS Relief

- **Mind-Gut Connection**: Stress and anxiety can worsen IBS symptoms. Through hypnosis, you'll learn to calm your mind and, in turn, soothe your gut.
- **Symptom Management**: Techniques that reduce tension in your digestive system can alleviate bloating, cramping, and irregular bowel movements.
- **Better Quality of Life**: By addressing the root causes of IBS flare-ups, you gain the freedom to enjoy social events, travel, and work without constant worry.

If you're looking for a holistic approach that can tackle both **weight loss** and **IBS** challenges, my hypnosis programs offer an integrated solution. Let's see if we're the right fit—book your free 20-minute discovery call with me today, and let's talk about how my personalized hypnosis techniques can help you achieve real, lasting transformation.

Ready to Take the Next Step?

You now have **three effortless strategies** to start losing weight:

1. **Add nutrient-dense foods** at the start of your lunch and dinner.
2. **Hydrate with purpose** to avoid confusing thirst with hunger.
3. **Make movement mindful** rather than punishing.

These might seem simple, but don't underestimate their power to make a genuine impact on your health journey—even before we dive deeper with hypnosis.

However, **the real magic** happens when you pair these strategies with **professional hypnosis** sessions that address the core beliefs and emotional triggers affecting your weight and digestive health. If you've been feeling stuck, frustrated, or overwhelmed by conflicting nutrition advice and countless "diets," it might be time to explore a **mind-body approach** that truly aligns with your goals.

I'd love to hear more about your personal challenges and aspirations. **Schedule your free 20-minute discovery call** to find out how hypnosis can serve as the catalyst for the change you've been seeking—whether that means finally shedding those stubborn pounds or gaining freedom from IBS symptoms.

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Don't wait another day to invest in a healthier, happier you. Let's embark on this journey together, and I'll guide you every step of the way with my expertise, compassion, and unwavering support.

Here's to your success and newfound confidence,

Leticia Oliveira

Professional Hypnotist – Specializing in Weight Loss and IBS