

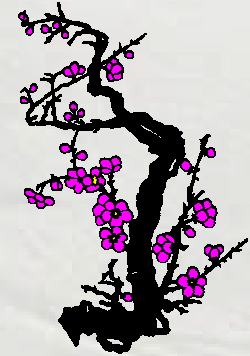


Hypnosis in the media

Hypnosis A safe and potent pain reliever,
Consumer Reports, 1/05
The healing power of hypnosis,
Prevention, 3/06
Mind over medicine,
Time, 3/27/06
The New Medicine,
PBS, 3/29/06
7 Myths about Hypnosis,
Self Healing, 10/06
What Works,
NBC Nightly News, 11/27/06

Edward C. Robb, CCHt.
Certified Clinical
Hypnotherapist

Psychotherapy through
Hypnosis



Ed Robb, CCHt, is certified by the American Council of Hypnotist Examiners, the International Medical and Dental Hypnotherapy Association, the National Guild of Hypnotists, and the International Association of Counselors and Therapists. He received his training as a Counseling Clinical Hypnotherapist at the Colorado School of Counseling Hypnotherapy, Longmont, CO (www.coloradohypnotherapy.com).

Ed also has specialty certifications in Hypnotic Pain Management and Cellular Release Therapy™, and has received an advanced certificate in Emotional Freedom Techniques (EFT).

Weight Management

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314 S. Clarkson
Denver, CO 80209
(303)733-9962

ed@edwardcrobb.com
www.edwardcrobb.com

Obesity in America

Obesity is the fastest growing health concern in America. Today, more than 65 percent of adults in the United States are overweight or obese. Obesity puts people at increased risk for chronic diseases such as heart disease, type 2 diabetes, high blood pressure, stroke, and some forms of cancer.

The large number of people with obesity and the serious health risks that come with it make understanding its causes and treatment crucial.

What are the risks to my health from being overweight?

Weighing too much may increase your risk for developing many health problems. If you are overweight or obese on a body mass index chart, you may be at risk for:

- * Type 2 diabetes
- * Heart disease and stroke
- * Cancer
- * Sleep apnea
- * Osteoarthritis
- * Gallbladder disease
- * Fatty liver disease.

You can lower your health risks by losing as little as 10 to 20 pounds.

How can hypnotherapy help me?

You've heard the popular mythology - Fad diets work for permanent weight loss; Certain foods, like grapefruit, celery, or cabbage soup, can burn fat and make you lose weight; Natural or herbal weight-loss products are safe and effective; Skipping meals is a good way to lose weight; Eating after 8 p.m. causes weight gain; Eating red meat is bad for your health and makes it harder to lose weight, to name a few.

According to the National Institute of Diabetes & Digestive & Kidney Disease, they are myths. You CAN lose weight, keep it off, eat a healthy diet, exercise, AND have a happy and fulfilling life. You learned the eating and exercise habits that have contributed to your weight problem. You can unlearn them!

Hypnosis is a safe and effective way to program your subconscious so you eat responsibly, watch the size of the portions you eat, let your body use up the excess stores of fat, and exercise appropriately.

*Don't let yesterday use up
too much of today.
...Cherokee saying*

How can I lower my health risks?

If you are overweight, losing as little as 5 percent of your body weight may lower your risk for several diseases, including heart disease and diabetes. If you weigh 200 pounds, this means losing 10 pounds. Slow and steady weight loss of 1/2 to 2 pounds per week, and not more than 3 pounds per week, is the safest way to lose weight.

To lose weight and keep it off over time, try to make long-term changes in your eating and physical activity habits. Choose healthy foods, try to do at least 30 minutes of moderate-intensity physical activity on most days of the week, preferably every day.

Has hypnosis been accepted by the medical community?

Hypnosis has been accepted by the American Medical Association (AMA) and the American Psychiatric Association for use by trained professionals. The British Medical Association accepted hypnosis as a viable therapeutic tool in 1958, the same year it was accepted by the AMA.