

Sometimes the best surprises are hidden away. Find them here.

Advertising Feature

# OUR SHOP WINDOW

## Guaranteed health and wellbeing is within reach

Imagine being able to Reach Your Ideal Weight in 60 Minutes (TM) or Quit Cigarettes in 60 Minutes (TM)?

It sounds impossible, right? That's where you are wrong.

It is possible right here in the Shoalhaven to achieve health and wellbeing with a unique system which is guaranteed.

Certified specialist hypnotherapist Therese Harding is excited to offer these programs from her office in Nowra at Be Well, Be Free.

"You will be a non-smoker at the end of our hypnotherapy session," she said.

"And in 60 minutes we reset people's minds to accept their ideal weight.

"Usually people have unconscious barriers to losing weight and quitting smoking."

Therese explained that her hypnotherapy sessions are individually tailored to get to the root of unconscious barriers.

"The Reach Your Ideal Weight in 60 Minutes program is revolutionary," she said.

"It's seven steps; it's not just a case of being hypnotised to lose weight.

"It's a holistic process. We look at unconscious triggers and why and when they appear, and with the seven steps, Reach Your Ideal Weight is a comprehensive program."

Clients are given support and guidelines beyond the initial session.

"It's not magic," Therese said.

"You can't be made to do anything you don't want to do. Clients have to want to reach their ideal weight or quit cigarettes and you've got to be here for your own reasons."

Therese said 95.6 per cent of people quit in 60 minutes and over 95 per cent of people reach their 30 days ideal weight goal and are well on their way to Reaching their Ideal Weight after one session.

However, for the rare few who do not, the program has a lifetime guarantee.

That means that if you don't reach your 30 days ideal goal weight or begin smoking again, you can return for a completely free follow-up session.

"We only charge one upfront amount," Therese said.

"If people do need more sessions they don't need to pay."

Therese, who has a background in secondary teaching, has had a lifelong interest in health.

"I learnt NLP [neuro-linguistic programming]," she said.

"Because of the inclusion of NLP language and techniques, these hypnotherapy programs are very successful and have a very high success rate."

NLP is an approach developed in the 1970s, which relies on a connection between neurological processes, language and behavioural patterns learned through experience.

These patterns can be changed to achieve certain goals.

This is what some of Therese's local clients have said about quitting cigarettes.

"I feel great being a non-smoker! How my health will change! How pleased my family will be!" Vic.

"I feel free of cigarettes, relaxed and heading for a healthier me," Christine.

"I am looking forward to enjoying the



Therese Harding from Be Well, Be Free is looking forward to helping Shoalhaven residents achieve their goals.

looks on people's faces when I say I am a non-smoker!" Jan.

"I am looking forward to being a non-smoker and not having any more cravings. I am so pleased I came. I feel better and relaxed," Naomi.

To inquire, contact Therese Harding at 81 North Street, Nowra or phone 1300 660 352.



**Quit Cigarettes**  
60 in Minutes™ **GUARANTEED!**

**Reach Your Ideal Weight**  
60 in Minutes™ **GUARANTEED!**

'Everyone is different, with unique needs, circumstances and habits. With these advanced hypnosis programs you CAN Quit Cigarettes, you CAN Reach Your Ideal Weight!'

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