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Weight Loss



Synopsis

For best results, use this CD with a healthy diet and exercise program. This CD will help keep you at your healthy weight. I recommend a balanced diet that includes low fat, high fiber, high carbohydrate, and medium protein foods. Four meals a day are best. During your diet phase, never eat less than 800 calories a day. Every third week increase this by 300 calories per day for a week. Then return to your lower level. Exercise is also necessary to boost your calorie - burning muscle. If you exercise 20 minutes after a meal, your metabolism will be boosted. For a complete program use the following products in combination: Increase your Metabolism, Self-Esteem, Joy of Exercise, High Performance Living, and Calm and Relaxed. Recommended reading Hilton Head Metabolism Diet by Peter Miller. Track 1 is a Self-Hypnosis and Subliminal Program. Hypnosis is centuries old and time-tested, and new advances make it a potent, powerful and effective tool for tough problems. You are guided into a relaxed, natural learning state. Positive suggestions then fill your mind. Your unconscious mind is guided to maintain a healthy weight. Results can occur immediately. The more you use the CD, the better it works. Track 2 is a Subliminal Learning Program. You hear only the sounds of beautiful music and ocean waves. Hidden beneath these sounds are specially designed messages. Only your unconscious mind hears these healthy, powerful messages, turning them into positive feelings and improved abilities. Body and mind adjust to being a slimmer you!

Book Information

Audio CD

Publisher: Metacom (November 11, 2000)

Language: English

ISBN-10: 0886764491

ISBN-13: 978-0886764494

Product Dimensions: 5.5 x 5 x 0.5 inches

Shipping Weight: 1.6 ounces

Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (1 customer review)

Best Sellers Rank: #5,914,671 in Books (See Top 100 in Books) #69 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Hypnosis for Diets](#) #2510 in [Books > Self-Help > Hypnosis](#) #2781 in [Books > Books on CD > Health, Mind & Body > General](#)

Customer Reviews

I really like this CD. I find the suggestions to be good, and the voice fine to listen to. I don't think I'm listening to it often enough, but I am continuing to use it. It's all good messages. Thanks!

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