

# What Are "The Four Crucial Components for Successful Weight Release"? (Notice that I used the word "release" instead of "loss")



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## Crucial Component Number 1:

What does "Self talk" mean when it comes to your relationship with food and your body?

You'll be amazed at what you hear when you start listening. Self-talk is so important because what we say to ourselves at the conscious level our subconscious mind takes literally. It becomes our self-instruction and very often we're giving our mind the wrong instructions. Let's take the words "lose" or "loss" for example. Subconsciously we don't like to lose anything and if we do we will try to find it again – even if it comes to weight. So use the word release instead. Let's take the word "need". How many times have you said to yourself "I need this chocolate? I need this \_\_\_\_\_." When in essence you don't need – you just want it. If you tell yourself you need something over and over again you begin to believe it's true. Then the connection or draw towards that food will get stronger instead of weaker

which make it harder to make healthy choices. At those moments try being honest with yourself. "I want this because I feel I deserve a reward." "I want this because I'm bored or lonely." Or whatever the truth is in that moment. That honesty will help you understand how you're using food and will allow you to find other, healthier things to address your emotional need. How many times have you told yourself "I'm fat", "I have big hips", "I'm never going to look like that"? Every time you say those things to yourself your subconscious mind takes you literally and works to achieve those instructions instead of what you want to achieve. So, be aware and be careful of how you talk to and about yourself.

## Crucial Component Number 2:

What is the "food-mind connection"?

Your mind started forming connections to food when you were just an infant being breast or bottle fed by mom. Food = love, food = comfort, food = attention, food = safety & security, food = happiness. Depending on how you were raised more and more connections formed over time. Food = scarce, food = a reward, food = celebration, food = family, food = company and entertainment. Connection after connection forms until food is connected to everything – so anytime we need love, or company, or comfort or reward, we turn to food.

What we don't realize is that none of those connections are true - none of those feelings came from food – they came from the people who were there when we were eating! Food is simply FUEL for our bodies and until we understand our unique connections around food and disconnect them we will continue to be drawn to food for the wrong reasons.

## Crucial Component Number 3:

What is the "food-emotion connection"?

We all experience a wide range of emotions every day. As a society we've never been taught the purpose of our emotions or how to deal with them. So our natural tendency is to try to stuff them down or distract ourselves away from them. And, because of all the connections our minds have formed around food over time – because we really think its comfort, or company or happiness -- we try to use food to serve the purpose of stuffing, numbing or distracting. And yes, it may appear to work temporarily, but what it's really doing is creating more of an old emotional reservoir that we need to hold at bay. A vicious cycle that causes us to eat far beyond our bodies needs for fuel. If you think about food as fuel for your body like gasoline for your car – when your car has engine trouble you're not going to assume it just needs more gas, nor will you stop at the gas station when your tank is still three-quarters full,

or fill it beyond capacity. But that's what we do with food.

## Crucial Component Number 4:

Does our weight serve a purpose?

For many of us, our weight serves a purpose and until we understand that purpose the weight will stay. Two classic purposes, that excess weight serves are protection and punishment; protection from unwanted attention or advances and punishment for our past mistakes.

Can any diet help you understand these four crucial components? Hypnosis, which is a conversation with your subconscious mind, will allow you to become fully aware of your negative self-talk, your specific connections around

food, your emotional reservoir and any purpose your excess weight is serving. With my help, it will help you create healthy change in those areas which will translate to a healthy relationship with food and a healthy body.

Lisa Zaccheo is the owner and senior hypnotist at Mind Matters Hypnosis Center in Canton, CT. She has additional certifications in Complimentary Medical, Clinical, Child & Adolescent, Forensic and Regression Hypnosis. For more information or to schedule an appointment, call Mind Matters Hypnosis Center at (860) 693-6448 or visit MindMattersHypnosis.com.



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Note: Some issues require a Doctor's referral

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