**Weight Loss Tips**



**5 Tips for Weight Loss**

There are a few small changes you can make that will immediately encourage the weight loss you desire with these weight loss tips.

The great thing about making small changes is that the mind recognises changes quickly with weight loss and has a sense of achievement of goals.

1. Sit at a table whist eating a meal so you are not distracted i.e. by television. Put your knife and fork down between mouthfuls. This behaviour allows you to slow down, improve digestion and home in on the signal between the body and mind that food is being ingested.
2. Chew each mouthful thoroughly. This behaviour not only aids digestion, but enhances taste and flavour of the food which in turn encourages a recognition of satisfaction. Also, the brain registers that there is an amount/volume being ingested.
3. Have half a glass of water 10 minutes before eating. This will trigger the signal from body to mind of ingestion. It generally takes 20 minutes for the mind to recognise it is full, so you could have a full plate of food and another with only a handful of peas on it. If you eat the full plate in 20 minutes you will suddenly feel full, however, if you eat the handful of peas slowly over 20 minutes you will also receive a sense of feeling full and you would of ingested far less. Having the water before a meal starts that signal.
4. Leave something on your plate. Most people are conditioned or have learnt that food should not be wasted. By leaving something you encourage your mind to accept less. Remember – if you do not waste it then it goes on your waist!!! Of course you could store the remaining food for a later date. You will also start to recognise you require less than you thought so portion sizes can come down.
5. Snacks – Take bites, chew thoroughly, put down between mouthfuls. Make a healthier choice of snack. Delay eating for 20 minutes and then check if you’re actually hungry.

**For more information on weight loss and how hypnotherapy can help your subconscious mind to have a new, healthier relationship with food, exercise and lifestyle contact AbsoluteU on 07909 992635/ 01403 267276. Email: info@absoluteu.co.uk**