



The Eyes of Horus

Empower your inner self to mental, emotional and spiritual solutions using Hypnotherapy and NLP

Decrease Stress and Decrease Weight

Stress impacts everyone. You actually need stress in your body for it to function properly. So when you talk about stress you are actually referring to excess stress in your body. This excess stress comes from your mind; from your thoughts and emotions. When you are rushing around and feeling stressed, if you stopped for the moment and asked yourself what you are actually feeling, you would be able to come up with the different feelings and emotions that make up your stress.

Dr Marilyn Glenville in her book *Fat Around the Middle* suggests that when woman are stressed they put weight on around their middle. Your body reacts to the stress by getting your adrenal glands pumping out hormones to get you moving as part of the fight – flight syndrome. This is where your body thinks it is being threatened. When you stop or slow down, the adrenal glands stop pumping. If you are constantly stressed, your body will store fats and sugars to deal with the fight and flight reaction when it happens in the future. It stores it around the middle because it is close to your liver which converts your sugars and fats back to energy to run away.

To reduce your excess weight around the stomach, you need to release the extra stressors in your life. There are a number of ways to do this, which can result in your middle reducing.

Hypnosis is a great way to distress. All my clients are given a CD to listen to which is a hypnotic beach relaxation. Hypnosis is safe and has no side effects. It also works on relaxing both the mind and body. When my clients listen to it at night they find they fall asleep easily and have a very restful night. This enables the body to de-stress and build up its immune system.

Yoga is another great way to release excess stress as it works with both the mind and the body. After a yoga session, due to the movement and the breathing you find you feel more comfortable and relaxed.

Make sure the body is getting the right nutrients it needs to combat oxidative stress, especially if you exercise. Exercise is also a great de-stressor but it can cause the body to build up oxidative stress, so you need to release this after you exercise. Eating raw fruits and vegetables can help with that.

So, as you release all the stress from your body and your mind, you feel comfortable and your body no longer needs to store the excess weight around your middle.

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