

# **Lighten Up Victoria!**

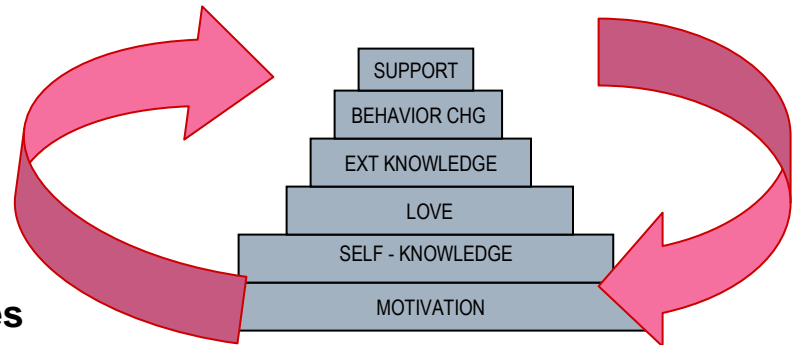
## **LUV Body Image and Weight Control Program**

5 or 8 Individual Sessions

Utilizing **Proven** Techniques in our exclusive “**Cycle of Success**” model

### **Techniques Include:**

- ❖ **Hypnotherapy**
- ❖ **EFT**
- ❖ **Reiki**
- ❖ **PSYCH\*K®**
- ❖ **And other Holistic Modalities**



**All programs include an Initial Background and Goal Setting Session AND a copy of my Weight Management CD**

**From there the program is customized to your needs and goals.**

**The following are examples of what your next 4 to 7 sessions can be focused on.**

- ❖ Exercise
- ❖ Food Addictions/Healthy Eating
- ❖ Overcoming Blocks
- ❖ Changing Behavior
- ❖ Root Causes/Healing the Past
- ❖ Food Sensitivities
- ❖ Eliminate Limiting Beliefs
- ❖ Recheck Affirmations
- ❖ Learn Self-Hypnosis

### **Commitment:**

Five (5) Sessions \$360

Eight (8) Sessions \$560

Payable at the first session by cash, cheque or credit card

**Julia B. Anderson**

**Certified Hypnotherapist , PYSCH-K® Facilitator and NLP Practitioner**

MindOverAll Hypnotherapy Centre

6 – 2628 Richmond Road, Victoria, BC V8R4S6

*Just North of Royal Jubilee in the Carrick Professional Centre*

**250-884-5031**

[julia@mindoverall.com](mailto:julia@mindoverall.com) ♦ [www.mindoverall.com](http://www.mindoverall.com)

*"By unlocking the power of your mind, we help you to help yourself"*

## Lighten Up Victoria! Testimonials

**From Bob:** " I admit I was skeptical about how effective hypnosis could be.... (but) I am very glad I had paid for 5 sessions...**My cravings for things like French fries & mounds of mashed potatoes has totally gone.** And since that day in January I have driven by the fast food places that used to call my name...**Now I am free from those deep seated habits that were a major barrier to my desire for a healthier life style...**Thanks so much for the work you do" [Read the entire letter by clicking here.](#)

**From Nadia:** "Julia exercises great judgment in **using the appropriate healing modality for each issue or situation. She is patient, experienced and flexible with her approach.** One of her greatest talents is managing to listen to the unspoken need and she is a master in communication."

**From YDR:** "I found the (weight management) program **very helpful in my understanding of my sub-conscious limiting beliefs, how to get to the heart of my food addictions, and self-awareness"**

**From Vicki:** "The average diet lasts less than 72 hours. Diets don't work without personal commitment, with .. Julia guiding you through (her) LUV Program, **she assists and strengthens your desire, determination and willpower to affect a spectacular change now.** This is a journey of personal growth and release from inhibitions. It is more than a weight loss program, **it is a Transformation Program,** engaging many techniques from various healing modalities."

**From MM:** "The LUV Program is not just a weight loss program; **it is a self-growth program and a self discovery program."**

Julia B. Anderson  
Certified Hypnotherapist , PYSCH-K® Facilitator and NLP Practitioner  
MindOverAll Hypnotherapy Centre  
6 – 2628 Richmond Road, Victoria, BC V8R4S6  
Just North of Royal Jubilee in the Carrick Professional Centre  
**250-884-5031**  
[julia@mindoverall.com](mailto:julia@mindoverall.com) ♦ [www.mindoverall.com](http://www.mindoverall.com)

**"By unlocking the power of your mind, we help you to help yourself"**