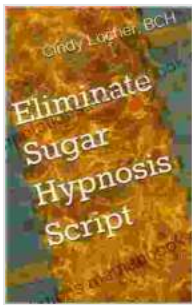


# Eliminate Sugar Hypnosis Script - Changeworks Hypnosis Scripts

This hypnosis script will help you to eliminate your sugar cravings and lose weight.



## Eliminate Sugar Hypnosis Script (ChangeWorks Hypnosis Scripts) by Cindy Locher

★★★★★ 5 out of 5

Language	: English
File size	: 2520 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 9 pages
Lending	: Enabled



Sugar is a major source of empty calories and can contribute to weight gain, diabetes, and other health problems. If you're struggling to control your sugar cravings, hypnosis can be a helpful tool.

Hypnosis is a state of deep relaxation in which you are more receptive to suggestions. This makes it an ideal way to change your beliefs and behaviors around food.

### The Script

The following hypnosis script is designed to help you eliminate your sugar cravings and lose weight:

1. Find a comfortable place to sit or lie down.
2. Close your eyes and take a few deep breaths.
3. Imagine yourself in a peaceful place, surrounded by nature.
4. Feel the sun shining on your face and the wind blowing through your hair.
5. Listen to the sounds of the birds singing and the water flowing.
6. Feel yourself becoming more and more relaxed.
7. Now, imagine yourself eating a piece of your favorite sugary food.
8. Notice the taste, the texture, and the way it makes you feel.
9. Now, imagine yourself spitting out the food.
10. Feel the disgust and revulsion as you do so.
11. Repeat this process several times, until you no longer feel any desire to eat the food.
12. Now, imagine yourself eating a healthy food, such as a fruit or vegetable.
13. Notice the taste, the texture, and the way it makes you feel.
14. Feel yourself becoming more and more satisfied.
15. Repeat this process several times, until you feel full and satisfied.
16. Now, open your eyes and take a few deep breaths.

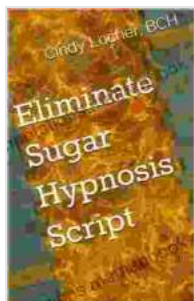
17. You are now free from your sugar cravings.

This hypnosis script can be used as often as needed to help you eliminate your sugar cravings and lose weight.

If you are serious about losing weight and improving your health, I encourage you to give this script a try.

## Additional Resources

- Eliminate Sugar Hypnosis Script - Changeworks Hypnosis Scripts
- Eliminate Sugar Cravings Hypnosis Download - Hypnosis Downloads
- Eliminate Sugar Cravings Hypnosis for Weight Loss - Amazon



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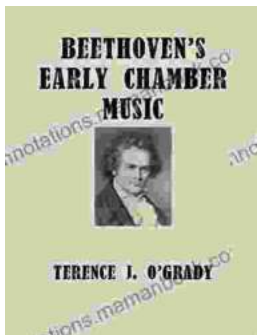
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