



Hypnosis & Hypnotherapy

Learn how the latest techniques in hypnosis and hypnotherapy can help you succeed in any area of your life.

mederiwellness

Stress Reduction • Weight Loss without dieting
Pain Management • Insomnia
Smoking Cessation • Improving your Self-Confidence
Sports Enhancement • Remove Test Anxiety

Stop Smoking for Good with Hypnosis

Hypnosis has helped millions of people easily quit smoking for good after the first session, without gaining weight and without the need for willpower. Hypnosis allows you to change your subconscious mind to match your conscious desire to be a non-smoker.

A study presented October 22, 2007 at the annual meeting of the American College of Chest Physicians found that hypnosis was more than twice as effective as quitting "cold turkey," and over three times as effective as nicotine replacement therapy (NRT).

Lose Weight Easily with Hypnosis

Hypnosis can help you lose weight easily and permanently without dieting. Hypnosis allows you to easily let go of your cravings for sweets, unhealthy snacks or emotional eating patterns. In hypnosis your subconscious mind accepts and creates new healthy patterns and habits. Stop feeling bad or beating yourself up, because the fact is willpower doesn't work. Hypnosis helps you eliminate the self-sabotaging behavior and thoughts that are keeping you from true positive change in your life; and because each session is customized for your specific needs, your eating behavior changes after the first session.

The Journal of Clinical Psychology reported that in a recent study weight loss subjects who utilized hypnosis as an adjunct to their weight loss programs experienced significantly more weight loss than the subjects who did not use hypnosis. The mean weight loss was 6 pounds without hypnosis and 15 pounds with hypnosis. The benefits increased substantially over time.

Hypnosis and Self-hypnosis for Stress Reduction, Anxiety, Pain and Better Sleep

Hypnosis can help you reduce stress and anxiety in your life. You will learn how your mind processes pain and how you can reduce or even eliminate chronic pain, back pain, migraines, and joint or muscle pain. Learn what your mind does when you sleep and how hypnosis can help you fall asleep fast and achieve deep and restful sleep through the night.

"Dear David, I want to truly Thank You! I came to you for relief from stress, and what I didn't realize was how much stress I was under. After talking with you, I felt a certain amount of relief, but after the Hypnosis Session - WOW! Immediate relaxation set in. My sleep pattern has improved, my mood and overall demeanor is unlike I have ever experienced. A week later on the follow-up session what a difference, I felt like a new person. You have helped me to put myself "first". Thank You! You are truly sincere about what you do. I appreciate all that you have done."
-Jo Kopchak

"Dear David, I came to you to stop smoking and also for anxiety. I would like the world to know how much you have helped me, I am no longer a smoker, no urges to smoke, no anxiety. I feel WONDERFUL. I am in control of my life for the first time in many years. This has been the most rewarding experience and so unlike what I expected. David you are awesome!!! There are no adequate words to describe how much I appreciate what you have helped me to become, A NEW NON-SMOKER, RELAXED, ANXIETY FREE, HAPPY AND ALL WITHOUT TAKING ANY MEDICATION. Thank you."
-Wanda Keller

"I thought I would be a hard nut to crack when it came to quitting smoking. I smoked for 37 years. I was tired of cigarettes controlling my life. I couldn't sleep more than 1-2 hours at a time, my hair and clothes smelled. I tried many times to quit smoking. I attended a group hypnosis session, tried the nicotine patch and attempted cold turkey. Nothing worked. Nothing until I met David Prudhomme. My session with David was the most relaxing, easy and effortless way to put a stop to my addiction. I find that I have much more energy and I sleep more soundly. I do not have the urge to smoke and I can be around people who do smoke and it doesn't bother me. If I can do this, anybody can!"
-Bev Kroff

"Dear David, I came to you to lose weight. Through hypnosis you helped me eliminate the things that triggered my overeating. Gone is the anxiety, stress, loneliness, low self-esteem and shame. You helped me find forgiveness and self-confidence and I now feel a glow about myself with peace, happiness, love and contentment. I'm excited for each day and have new energy. I'm eating healthier and getting slimmer. Thank you. You have done more for me than any counselor or psychologist."
-Jane Lambert



David Prudhomme

Director of Mederi Wellness
Certified Hypnotherapist
National Guild of Hypnotists
5-Path Certified Hypnotherapist
7th Path Self-Hypnosis Certified Trainer

For an appointment or more information please call

419-341-1858

FREE Consultation

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"I would like to take this opportunity to thank David Prudhomme and his practice Mederi Wellness for helping me with insomnia. I have been pleased with the results and am pleasantly surprised how hypnosis is helpful in many other areas of my overall wellbeing. I recommend David Prudhomme to anyone who would like to improve their lives, change habits or, in my case, improve sleep."
- Tally Gallogly

"My migraines are completely gone after just one session. I'm sleeping better and I feel wonderful."
- Renee Konzen

"I have Multiple Sclerosis and have suffered from trigeminal neuralgia for the past 3 years. The condition caused me to have severe pain that required me to be on 4 pain pills each day. After learning that hypnosis works very well to control pain I decided to work with David Prudhomme. After the first session I experienced relief from my pain. During the second session David taught me techniques to control my pain, and I have been able to stop my pain medication. I am now pain free and I am even sleeping better."
- Fred Genzman