

Choose the Program that is right for you



Diabetes Management NOW™

Two sessions designed to put you in control of every aspect of your diabetes management. You will see immediate results after the very first session. A week later we will adjust and reinforce so you are in total control. This is where everyone starts. Many people find it is all they need to get on with life in control of their diabetes.

Once you understand how easy and powerful our programs are, you may want to come back for some of our other programs.

Weight Loss NOW™ Advanced

Many people understand there are emotional issues underlying their eating. Our Advanced Program is designed to eliminate the root causes of over-eating. Clients completing this program often say they feel less stressed and more in control of their emotions, their eating and their life. Normally 2–3 additional sessions, if needed or desired.

Weight Loss NOW™ Booster

Some people like to come in periodically for in-person reinforcement. This is especially helpful for clients with more than 40 pounds to lose. They find this gives them added confidence along their weight loss journey. The Booster program is designed for your use whenever you want – one session at a time, anytime.

Weight Loss NOW™ Weekend Retreat

Immerse yourself in our powerful, positive methods for lasting weight loss. Learn about the latest, most practical science on food choices, exercise, positive thinking and self-hypnosis. Meet others who are committed to getting control of their eating and their lives, just like you are. For graduates only.

Stop Smoking NOW™

Stop smoking after only one session. That's right, most of our clients do! Just in case you have any difficulties, we offer you a free second session within 6 months.

*Helping you shift
from where you are to
where you want to be*

Hypnosis can help you with the following and more:

Weight Loss	Stop Smoking
Stress Reduction	Excessive Worrying
Self-confidence	Relationships
Self-esteem	Public Speaking
Test Anxiety	Anger Issues
Shyness	Stage Fright
Pain Management	Sports Improvement
Abuse Issues	Sexual Issues
Concentration	Procrastination
Drug Abuse	Alcohol Abuse
Fears	Relaxation
Motivation	Mood Improvement

Call or email to schedule your appointment.

Mederi Wellness LLC

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“The Best Me Now”

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Learn to harness
the full power of your mind
to control your diabetes!

We are:

Certified
Diabetes Motivational Coaches

Certified
Stress Reduction Specialists

Certified
Consulting Hypnotists

We can help you get your diabetes under control.

It's easy and it works; we do it every day.



www.MederiWellness.com

What past client's have to say

Larry has lost 30 pounds and I have lost 24-1/2 pounds. Yes, I claim every part of a pound. It has been easy for both of us and our change in eating healthy has become a way of life. I can't tell you how much better we each feel and the energy that we now have. My sugar numbers have improved tremendously. I am only taking 1/2 a pill each day compared to 3 back the end of July. Our doctor is very impressed with the weight loss for both Larry and me. --Nancy

*I came to you to lose weight and was shocked that my morning blood sugar readings decreased almost immediately. I thought they might go down **after** I lost all my weight but never dreamed they would go down just from changing my daily habits and lowering my stress. I feel so much better and I feel in control of my life again!*

I have lost 50 pounds and am now off of all of my medication for Type II diabetes! I have been on diets all my life and was truly amazed at how easy the weight came off after hypnosis. I was taking 9 pills a day and now I am down to just 1 blood pressure pill – which is half the strength it was before. I look forward to riding my bike every day and am no longer craving sweets. I feel so much better. My doctor is shocked that after 6 years of telling me to lose weight, I finally did it! And it was soooooo easy!
--Ruth

How Does Hypnosis Help Me Control my Diabetes?

Hypnosis can help you control your diabetes in 3 important ways: We can help you:

1. Follow your doctor's dietary instructions
2. Make the lifestyle changes your doctor wants you to make for your health
3. Reduce your stress – including the stress involved with having and managing diabetes

Hypnosis is a proven method for helping people change bad habits into good ones. These bad habits may include eating when you are not really hungry, giving in to cravings for certain foods, not exercising or not taking your medications regularly. We will talk with you about what you are doing that you don't want to be doing and what you are not doing that you do want to be doing. Then we will tailor a hypnosis session to help you make healthy changes in your behavior. The changes will take place immediately! After hypnosis, you will be amazed at how easy it is to manage your diabetes and to get yourself on the path to health.

And hypnosis is a powerful stress reduction technique. We will teach you how your mind and body work and a method you can use to instantly reduce stress anytime you want.

Physical and mental
STRESS
can send your blood
sugar out of control.