

Choose the Programs that are right for you



Weight Loss NOW™ Jumpstart

Two sessions designed to change your relationship with food forever! 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 their weight loss path.

Weight Loss NOW™ Advanced

Many people understand there are emotional issues underlying their eating. The Jumpstart program will identify any of these issues and 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 sessions after Jumpstart, if needed or desired.

Weight Loss NOW™ Reinforcement

Available to graduates of the Jumpstart program, our exclusive reinforcement CD will soon be available. Use it whenever you want to listen and be reminded of all you are accomplishing.

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 to 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 of Jumpstart™

Weight Loss NOW™ Bariatric Surgery

Many clients come to us because they are regaining weight after successful bariatric surgery. We've designed a special program for these clients and anyone considering Bariatric Surgery; normally 4-6 sessions.

*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.

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“The Best Me Now”

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We can help you lose weight even when everything else has failed

You will not be surprised that a recent UCLA study discovered what most dieters already know – diets just don't work over the long haul.

Many people cannot stay on a diet long enough to lose the weight they want to lose. And, those who do, manage to regain the weight, and even more once the "diet" is over.

Most people who come to see us have already tried many weight loss and exercise programs.

Hypnosis works because it has a lasting impact. It is designed to help you change your eating habits and deal with the emotional eating patterns that have developed over the years. These changes need to be made at the subconscious level of the mind where emotions and habits reside. This is where hypnosis helps dramatically.

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

Hypnosis can be your tool for success!

We encourage you to call or stop by so we can answer your questions about hypnosis and our weight loss programs. We enjoy answering questions; it's part of our job. No obligation, of course.



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What past client's have to say

"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."
– Jane Lambert

"When I first came to see you, I thought maybe I was beyond help. The years of believing that I was destined to spend the rest of my life being overweight, and lacking the motivation to do anything about it were washed away. Now I am eating right, exercising, losing weight, sleeping, relaxing, laughing, loving, and hoping, more and more each day. I would recommend anyone that has a need for change or renewal in his or her life to call you. Thank you for showing me how to finally be in control. Thank you for starting me on the path to becoming the person I have wanted to be for so long." – Dani Jagucki

"Larry has lost 30 pounds and I have lost 24-1/2. 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 taking 1/2 a pill each day compared to 3 back the end of July. Our doctor is very impressed with our weight loss. My goal is to get off most medications and just feel good about myself. Thank you from the bottom of my heart for assisting us to achieve our goals. From the beginning we felt that you sincerely cared about us and wanted us to reach our goals. We are a work in progress, but inching closer every day." -- Nancy Koverman

"Where were you 20 years ago?! I have struggled with my weight since childhood. This is great. I no longer feel the need to eat when I am not hungry. I can't believe how easy it is to pass up all the sweets I used to crave daily. Your sessions have been a life altering experience for me. Thank you!" -- Judi Vidourek

How does Hypnosis help me lose weight?

Hypnosis is a proven way to change old habits! We take time to learn about you, how you relate to food, your history with weight and your eating patterns. We talk with you to formulate a plan that will work for you and create a customized hypnosis session just for you. We will work with you one-on-one and you will experience real hypnosis customized for you. Here is how it works.

There are two main factors that contribute to weight gain:

1. **Bad habits** such as eating too much, or eating the wrong kinds of foods. These bad habits can be picked up during childhood or at other times.
2. **The association between food and emotions.** Most clients can make the connection between food and emotions. For example many people have felt bored and opted for a snack to fill in the time. Some people eat because of stress. Others are emotional eaters and don't even know it.

Our approach lets you to take back control over those bad habits and emotional eating patterns, enabling you to positively change your relationship with food – for good.

The Journal of Clinical Psychology reported that:

- People who used **hypnosis** as an adjunct to their weight loss program **experienced significantly more weight loss** than those who did not use hypnosis.
- The mean weight loss was 6 pounds without hypnosis and 15 pounds with hypnosis.
- **AND hypnosis increased weight loss success substantially over time.**