



How I Work with Clients to Release Weight Naturally with Hypnosis

REPROGRAM YOUR WEIGHT

Reprogram Your Weight

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By Erika Flint, BCH, OB | Cascade Hypnosis Center

Welcome. Let's Stop Fighting Food.

You're not here because you lack willpower.

You're here because diets and restriction don't work - not for the long term.

Reprogram Your Weight is a different approach. It's not about counting, tracking, or obsessing over every bite. It's about changing your relationship with food from the inside out - by changing the *way* your mind responds to hunger, habits, and fulfillment.

You already know how to diet. But you've likely never learned how to be free.

This is that moment.

Let's create a future where food isn't the enemy, and your body isn't the battleground.

What You Can Expect Working With Me

My style is heart-centered, compassionate, and neuroscience-informed.

This is not about quick fixes.

It's about rewiring your habits, cravings, and emotions so that food stops running the show - and you start feeling empowered in your own body again.

Together, we'll:

- Release emotional eating
- Quiet obsessive food thoughts
- Reset your natural hunger cues
- Reclaim joy, peace, and fulfillment - without using food to get there

Most clients say the mental freedom they gain is even more life-changing than the weight they lose.

How the Program Works

You'll experience a combination of powerful professional hypnosis sessions and short, easy daily practices that train your brain to stop using food as a coping mechanism - and instead anchor into what you *really* want: peace, confidence, and energy.

❖ Professional Hypnosis Sessions

- Deep, personalized work to address emotional triggers, limiting beliefs, and food attachments
- You'll feel relaxed, alert, and often surprised by the insight and change that comes forward

❖ At-Home Self-Hypnosis

- Short, effective audio sessions (15-20 minutes)
- Designed to reinforce natural appetite, reduce cravings, and build new habits
- You'll enjoy practicing and feel results quickly

❖ Three Phases of Change

1. **Happy at Home in Your Body** – Reconnect to true hunger and stop eating before full
2. **Improve Food Intake** – Shift away from ultra-processed foods, naturally
3. **Build a Life You Love** – Create new fulfilling habits that don't involve food

What Clients Say

"I stopped thinking about food constantly. That was the biggest shift. It's like I got my brain back."

"I didn't even realize how much food had become my only peace. Now I feel calm, happy, and in control."

"It's the first time I lost weight and didn't feel like I was suffering. This just feels like me."

The Reprogram Your Weight Philosophy

🧠 **Your mind is the key.**

When you rewire your brain to stop using food to meet emotional needs, weight loss becomes simple.

🍴 **You eat when you're hungry, stop when you're satisfied, and find fulfillment elsewhere.**

💡 **You stop asking food to do something it was never designed to do - solve emotional problems.**

🌱 **You start asking better questions: What would actually feel good right now? What do I really need?**

This is how real, lasting change begins.

Ready to Reclaim Your Body and Mind?

If you're tired of obsessing over food, feeling out of control, or living at the mercy of your cravings - this program is for you.

You're not broken. You don't need fixing.

You just need a new system.

One that's designed around *you*.

 [Click here to schedule your \\$95 consultation](#)

Prices for private sessions start at \$2500. This is for 6 private hypnosis sessions with Erika, and 6 months of access to our hypnosis hub for ongoing release and support. You can request extra sessions anytime you'd like. We want to make it easy for you to get started losing weight right away.

Find out if this is the right path for you, [click here](#) and fill out the form, submit the consultation \$95 fee, and I look forward to seeing you in the hypnosis office soon!

Whether it's online or in person in our downtown Bellingham office, I look forward to helping you get a new relationship with food that leads you to your weight loss and health goals of your dreams. It's all in you and I'm honored to help you access and release it.

Final Thought

If food has become your only reward, your only comfort, your only peace - it's time for something new.

Let's get your life back.

Let's help you feel amazing in your body again.



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www.CascadeHypnosisCenter.com