

March 2016 - Hypnotherapy

I went to Lynn not knowing what to expect as I was new to this. Lynn made me feel very relaxed from day one and I felt I was with a friend. I put my trust in her and allowed myself to slip into the sessions comfortably.

At first it feels a little strange but with each session it becomes easier to fall deep into the hypnotic state.

I saw Lynn for confidence issues and weight issues. She took me through the process with both of these at different sessions. I certainly came out in the end feeling much better about myself. That little voice that was brought to the fore in my head to think more clearly about both issues has remained with me in the longer term.

I would recommend Lynn to anyone wanting to try hypnosis and is a little nervous about the whole exercise. You will be made to feel very comfortable from your first session.

Ros - Frankston South

January 2016- Hypnotherapy

Lynn, I just want to thank you so much for the hypnotherapy session in relation to my chronic back problems of several years.

The relief has been quite literally unbelievable, allowing me to be totally free of pain medication within one week. I am somewhat astounded at this considering that you can see OBVIOUS physical issues with my spine on radiographs. Long term physio, hydrotherapy and recent acupuncture, whilst helpful, had nowhere near the effect your single, one hour session! I could not even sit down for periods longer than 5 minutes prior to your session but now can remain seated more or less indefinitely, AND, that result was immediate.

While I was expecting, or at least hoping for, some help with the hypnotherapy I am still flabbergasted at the degree of benefit and the fact that it was only one session that did the trick. My husband has been astounded at the difference.

Anyway you have my heartfelt gratitude, thanks again!

Regards,

Jenny - Redhill

January 2016 - Hypnotherapy

I first started seeing Lynn to be hypnotized to quit smoking.

Not long after i started seeing her we came to the conclusion I would not be successful with trying to quit until I worked on some deeper issues I had. I suffer with anxiety and depression. Before I started seeing Lynn I was having a minimum of 3 anxiety attacks a week, was not able to go to the supermarket without having a mini freak-out, I had been on anti-depressants and anti-anxiety medication on and off since I was 15. I am now 22. It was affecting every aspect of my life. I am also a single parent which was something I was deeply struggling with. I did 4 sessions with Lynn for my anxiety and depression which has been nothing but life changing, she help me sort out my emotions so I don't become so overwhelmed, I have a clearer mind set and can now see what I need to do to calm down and instead of being overwhelmed and having an anxiety attack I can manage my feelings and emotions. It's been 4 months since I my last visit with Lynn and my life has changed dramatically. I now only have 1-2 anxiety attacks a month, I am off my anti-anxiety and depression medication (with advice from my GP) and succeeding for the first time in the last 7 years, I have enrolled in study and my parenting has improved 200% now that I'm not so anxious and tired all the time. I don't only feel and look 100 times better but I feel like I have made a life time friend and for that I am forever grateful. Hypnosis has changed my life.

Thank you Lynn for everything you have done for me and my son.

Cindy - McCrae

July 2015 - Hypnotherapy

Thank you so much for my four sessions of hypnotherapy, having addressed the issues that were concerning me has added such quality to my everyday living.

1. This session was for sleep, I had a bad sleep pattern for some time and Lynn was amazing during this session with suggestions of how to achieve my goal a sleepless night.

For me one session was all that I needed and I am now sleeping a sound seven hours.

2. This session was for my concerns with being in noisy crowded places, I often would avoid those situations, but now I have no concerns going to crowded places and loud environments, thanks to the gentle suggestions guided by Lynn.

3. This session was for being anxious about preparing for holidays and new experiences, imagining peaceful serene surroundings and guidance how to continue this was amazing, thank you Lynn.

4. This session was reinforcing imagery of future travel and new experiences, I have practiced this and I am enjoying a happy carefree time now in my life.

Thank you so much for all your wonderful help, you made doing these sessions something I looked forward to each week, your kindness and empathy made doing hypnotherapy easy for me.

Love and peace

Jenny – Redhill

March 2015 - Mind/Body Energy Balance

My experience was fantastic,

The whole time I felt at ease and found you really easy to talk to. I did have an amazing experience of floating and stress relief. I would certainly love to go further with this.

Karen – Cranbourne South

January 2015 - Mind/Body Energy Balance

I felt very comfortable and relaxed through the whole session,

my body felt like a dead weight. I felt relaxed and refreshed initially but was very tired for the next 2-3 days. Also a heightened sense of smell which is wonderful. To feel that relaxed and at peace, also learning about my body and mind - what I can control that I thought I could not. The whole experience was positive and cannot wait to "fine tune" my body again. I had various experiences - tingling up and down my whole body, flushed face, feeling cold, some jumping from my left hand, feeling like something left my body - a weight lifted from the middle of my body, also a feeling of being a dead weight unable to move cannot wait to come again. Overall the session was a wonderful experience for mind and body, I would recommend a session for everyone.

Kerri- Langwarrin



SHEILA GRANGER
Lifestyle Engineer

Engineering Minds. Improving Lives

Press Release

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11/02/2013

Battle of the Bulge - Beverley hypnotherapist winning the war on weight

For millions of people worldwide, finding an effective weight loss programme is nothing short of frustrating.

Diets, fasting, high-protein, low-carb, calorie counting and January purges all rank high on the list of failed methods for shifting a pound or ten.

Now, it seems, alternative therapy may have the answer.

Beverley-based therapist Sheila Granger – who specialises in gastric-band hypnosis - can claim to have helped almost 3,000 people shed 61,000lbs between them – the equivalent of more than two of the tanks pictured here.

Sheila administers the therapy herself at her Molescroft surgery and has personally helped clients lose more than 2,000lbs. But she is also one of the world's foremost gastric-band hypnotherapy trainers, passing on her techniques to hundreds of people from across the globe.

Now, after commissioning a survey of only 60 of the 700 people she has trained, Sheila has revealed the results which show the staggering success of her work.

Sheila said: "I give the people wanting to lose weight the right mindset to be able to do it. Losing weight is ultimately simple, but applying the basic rules which we are all well aware of is the challenge.

"It's quite something when you take stock of what has been achieved in the last few years, I never really had a plan for this to become as big as it has but things have really taken off and I am pleased I have been able to help so many people.

"When you see just how much weight people have lost it is staggering – I really feel like I am winning the war on weight."

Results show total aggregate weight loss is 59,315 lbs (26,905kg or 4,236st) – which works out at an average of 21lbs per client.

Adding Sheila's 2,000 lbs weight loss from 2012, the overall total comes to 61,315lbs lost almost 30 tonnes. And the Abbott Self Propelled Gun (SPG) Sheila is pictured with weighs 16 tonnes.

Along with the obvious benefits of the weight loss, the survey has revealed numerous other health benefits being experienced by the clients.



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People have recorded reduced blood pressure and blood sugar levels, an increase in confidence, self-esteem, happiness, more enjoyment of exercise, stress reduction,

loss of anxiety, sleep improvement, increased mobility, a loss of depression and in several cases, an increased libido.

Sheila said: "This is the reason I do what I do, the satisfaction from helping people making a lifestyle change which improves their health and makes them happier is wonderful.

"I really get a kick out of helping people and the more I start to try to quantify what I have been doing the more I see the results are tangible.

"I wish all the people who have benefitted from what I try to do, both directly and indirectly, the very best for the future. The difficult part is losing weight, the really hard part is keeping it off."

Sheila has reached out worldwide and trained more than 700 people globally, taking on clients in the USA, Canada and even as far away as Australia.

Through the virtual gastric band programme Sheila has helped many people to shed weight. Pocklington lorry driver Peter Smith - who tipped the scales at 21 stone - had serious health risks until Sheila helped turn his life around.

He said: "Thanks to Sheila I lost nine stone and now lead a healthier life."

ENDS

LINKS

www.sheilagranger.com

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