

HYPNOTHERAPY ALLOWED ME TO OVERCOME MY STRONG CRAVINGS FOR JUNK FOOD

*JO SOMERVELL, 40,
is an actress and lives
in Colchester with
her husband and two
children aged nine
and seven*

**START WEIGHT AND
SIZE:** 14st 11lbs, size 22
NOW: 10st, size 14
TOTAL WEIGHT LOSS:
4st 11lbs

JO SAYS: When I fell pregnant I suffered awful morning sickness and found that eating was the only thing that helped. I didn't realise how bad I looked until I went to the premiere of a film I was in and saw myself on the screen. I tried dieting but I was always thinking about food and exercise was hard because I was so overweight.

So when I saw an ad for hypnotherapist Monica Black that said she could address weight problems I booked a session last summer. The hypnotherapy was lovely. While I was in



such a relaxed state Monica made me realise that because I was eating such terrible food – chocolate, crisps, doughnuts – that's why I felt awful.

I had five more sessions with Monica and I now want to eat healthily because that's what my body craves. I've lost almost five stone, I can run around with my kids, my husband is delighted and I'm finally being cast in serious acting parts.

● *Monica Black:*
www.hampstead
hypnotherapy.com

