

## Who will hypnotize me?

It is now commonly accepted that all hypnosis is really self-hypnosis. When you follow the instructions of a hypnotist, you will actually be hypnotizing yourself.

David Prudhomme is a highly trained and qualified hypnosis professional. He is certified and registered with the National Guild of Hypnotists.

David is bound by professional ethics and the laws of the state.

In addition he has undergone advanced professional training and achieved additional certification in the advanced hypnotherapy system called 5-PATH™.



He is also a certified teacher of 7th PATH Self-Hypnosis. Rest assured that he will treat you with respect, and that your visits are completely confidential.

Call today so that David can answer any questions that you might have so that you can learn more about hypnosis and hypnotherapy. This will enable you to decide whether hypnosis and hypnotherapy is right for you.

## Hypnosis can be your tool for success!

We encourage you to call or come into The Kenny House and ask us questions about hypnosis and our services. We enjoy answering questions. It is part of our job.

### Hypnosis can help you with the following and more:

- |                 |                   |
|-----------------|-------------------|
| Stop Smoking    | Weight Loss       |
| Anxiety         | Stress            |
| Remove Fears    | Relationships     |
| Remove Habits   | Alcohol Abuse     |
| Drug Abuse      | Childbirth        |
| Motivation      | Stage Fright      |
| Public Speaking | Pain Management   |
| Anger Issues    | Sexual Issues     |
| Abuse Issues    | Self-Esteem       |
| Concentration   | Self-Confidence   |
| Test Anxiety    | Shyness           |
| Procrastination | Improve Mood      |
| Improve Sports  | Children's Issues |
| And, More...    |                   |



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[www.mederiwellness.com](http://www.mederiwellness.com)

## stop smoking with hypnosis

Learn how hypnosis and hypnotherapy can help you succeed.



mederiwellness

*wellness through hypnosis*

hypnosis • meditation training • self-hypnosis training  
motivation & habit modification • stress reduction



**David Prudhomme**  
Director of Mederi Wellness  
Certified Hypnotherapist  
National Guild of Hypnotists  
5-Path Certified Hypnotherapist  
7th Path Self-Hypnosis Certified Trainer

For an appointment  
or more information please call

**419-341-1858**

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## Hypnosis has helped millions stop smoking.

Hypnosis is a tool that can help you, just like it has helped millions of other people, to take back control and stop smoking for good.

When you are ready to quit for good then you are ready for hypnosis, and David Prudhomme is a professional Certified Hypnotherapist who wants to help you stop smoking.

## Will I gain weight?

Gaining weight when you quit smoking is not inevitable. If you are concerned about gaining weight when you stop smoking, let David know and he can provide you with the proper hypnotic suggestions and information so that you will be able to stop smoking without gaining weight!

## Two customized programs to choose from.

As the director of Mederi Wellness, David offers two programs because it is his experience that a "one size fits all" approach does not provide the effectiveness of offering a more flexible and customized program.

One approach is called the **Accelerated Stop Smoking Program**. This program requires 2 sessions to complete, and provides a much greater effectiveness than any one-session stop smoking program.

The other program takes a more thorough and therapeutic approach. It takes much more into consideration than those aspects of smoking, which are mere habits.

Most smokers recognize that their smoking habit is more than just a habit, and that stress and other emotions can play a major factor. When these smokers are under stress or experience other emotions, the drive to smoke can become much stronger.

**The Stop Smoking Hypnotherapy Program** is designed to help you reduce the level of stress you feel in your life, while at the same time provide you with powerful hypnotic suggestions that will make it easier for you to stop smoking.

You will also learn about "The Secret Language of Feelings" which will help you to better understand how habits and emotions interact. With this approach you will learn tools that will help you know what to do when life's stresses arise. Once you have quit smoking, you won't need to go back to smoking in order to cope with the ups and downs of life. You can finally be free for life.

With this more therapeutic and educational approach, David can also offer you the opportunity to learn 7th Path Self-Hypnosis®. By learning self-hypnosis you can be confident that you can reinforce the work done with your hypnotherapist if ever you are tempted in the future.

As a bonus, once you learn self-hypnosis you can use it to make any kind of positive changes you want to make in the future, such as: removing other bad habits, improving motivation, improving sleep, and much more.



# mederiwellness

hypnosis • meditation training • self-hypnosis training  
motivation & habit modification • stress reduction

wellness through hypnosis

**The Accelerated Hypnotherapy program may be right for you if:**

1. You have quit in the past with little difficulty.
2. You have successfully quit smoking by using hypnosis before.
3. You are highly motivated to stop smoking.

**The Hypnotherapeutic Program may be the right choice for you if:**

1. You tried to quit before but failed because you became very irritable or emotional.
2. You tried to quit before but failed because you gained a substantial amount of weight.
3. When you think about quitting smoking it makes you feel nervous or emotional.
4. Quitting smoking is like giving up an old friend.

There is no need to decide before you call. It is best if you call the office and speak to David so he can help you to decide which program is best for you.

**Hypnosis can help you succeed when nothing else has worked!**

Hypnosis has helped so many people stop smoking when nothing else has worked.

If you have tried and tried again to stop smoking without success, then give yourself the opportunity to learn more about how hypnosis and hypnotherapy can help you to stop smoking for good, so that you can finally be free of the old self-destructive habit.