Hypnosis helped me to feel myself

Weight problems

Medical hypnosis can help with weight loss- and has nothing to do with shows.
Johanna W. has had many weight loss experiences- diets and food supplements, for example. "But everytime, I was always successful for a short time only. I always came up with excuses why to quit the particular method."
But now she had a real longterm weight loss success: Between February and May, she had four hypnosis sessions with the Medical Doctor Nidal Moughrabi.
"During this time, I lost four kilograms and could keep the weight off ever since. This will also stay the case, because I no longer overeat daily."

"The goal of medical hypnosis is to come back to a normal eating behavior with help of the power of the subconscious", says Moughrabi, who runs the 'Institute for Medical Hypnosis and Meditation' in Vienna.
"It is an art to support the client to realize the actual reason and triggers of his eating behavior- and to find his own solutions."

"Bringing to the fore"

"Every person is born with a normal eating and satiation behavior", Moughrabi emphasizes. "For many it has gone lost, but it is still stored in the subconscious. With hypnosis, we are trying to bring it back to the fore."
He was not "implanting something from the outside into the inside of a person, but connects with that, which is always present on the inside of a person anyway."
The trance state in hypnosis was a special form of relaxation, which is making it easier.

"The client keeps control of what is happening throughout the entire time and is able to discontinue the hypnosis in his own right."

The trance state was reached "mainly by talking. I support the client with my voice and an instruction- like conscious listening to one's own breathing- in order to focus the attention from the outside towards the inside and not to be distracted by anything."

However, there are also critical voices. In the book "The different medicine", from the Society of Consumers Information, there is a general statement about hypnosis (not particularly regarding weight loss):

"Hypnosis can clear off disorders and complaints for some people, but sometimes the effect subsides after a short period of time."

"This criticism is justified when hypnosis is used purely as a symptomatic therapy", says Medical Doctor Moughrabi. "Just like a painkiller relieves the pain, but not the cause, like tension, for example.

But one has to use hypnosis- just to use this comparison again- as a therapy against tension and not in order to control a symptom."

"Previously, I ate in stressful situations and also for relaxation", says Johanna W..

"Now I can feel, in which situations I would have made use of chocolate or potato chips.

I know now that this was a conditioning, but not my real need." Today, she would not eat up in order not to hurt her Grandmother's feelings.

"I am able to say 'No' now and to make a decision on my own accord about what and how much to eat."