

THE MIRACLE OF CHANGE UNCOVERED



MARBELLA - Imagine being able to just change from being a smoker to a non-smoker, from being overweight to being slim? Maybe just like driving a car for twenty years on the left and then being able to simply change when abroad on holiday and be driving on the right almost naturally.

No one is born an alcoholic, or a smoker, and no one comes into this world suffering from panic attacks or with an emotional hang-up with food. The fact is all of these negative reactions have had to be painstakingly learned.

They become habits, just like the positive ones we learnt as children, such as being able to recite the alphabet or tie our shoelaces.

The good news is that it is relatively simple to change out of bad habits.

A critical element is the individual's desire to make it happen, because a certain amount of motivation is always required. People undertake to introduce change to their lives at different times and for many different reasons, some because they are scared, or lonely, others believe they have reached a crossroads in their life and feel it is inevitable. Sometimes just showing people that change is possible is all that is necessary to turn their life around.

Habits are formed in the brain by the construction of neural-pathways: think of them as motorways, the more an action is repeated, the stronger and wider the motorway becomes, resulting in less energy being required to travel along the same route. That is why for example, it is easier to carry on smoking than to quit, because any change always requires energy. Once formed in the brain, habits cannot be destroyed or taken away, but new, stronger neural-pathways, motorways, can be built alongside them. As old habits are no longer used they become weaker, a bit like grass growing over an unused road while the new habits continually become stronger and faster, literally on a daily basis.

An example of the benefit of change is in weight control, which is usually incorrectly treated by put-

ting individuals on diets. Everyone knows that dieting only treats the symptoms of obesity, never the cause. It is impossible for dieting to eliminate a person's subconscious need for excess food.

An overweight person usually over-eats because they have learned the negative habit of eating to fill an emotional void, or to stave off boredom, rather than eating out of simple, physical hunger.

The introduction of new eating habits is often all that is required.

The rapid effect on the dieter, who has spent many fruitless years striving to control his or her weight by deprivation, can be highly emotional.

The habit of smoking is exactly the same.

It is a learned response, e.g. when the phone rings, a smoker wants to light a cigarette, regardless of whether he's just put one out or not, it's just another habit.

Showing people how to adjust their habits, helping them change from being sad to happy, negative to positive, is now the subject of extensive medical research, especially the positive impact such changes can have on an individual's immune system.

At a small, British-run specialist therapy clinic in Southern Spain, they are proving that these problems and many others can be permanently corrected by bringing about change in people's lives.

There is nothing radically new in their thinking, but there may be in their approach.

They have adopted their very own, highly successful, 'triple therapy' treatment, which incorporates both hypnotherapy and NLP.

When their treatments are used on those who really do want change the level of success has been staggering, resulting in many Brits flying over for treatment whilst getting a bit of sun.

When people see and understand, maybe for the first time, that any change in life is possible, and that it can be achieved relatively easily, it's like opening a new door on the future; all of a sudden life holds unlimited new and exciting prospects for good health and personal development.

The Elite Clinic is in Fuengirola; free information is available on their website:

www.eliteclinics.com

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