



Plymouth Hypnosis Center

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Been coming for six weeks I have lost 28 pounds but more importantly I have replaced many of my bad habits with good habits. I do not feel despair or that I am on a diet, but that I have the power to overcome obstacles or realize that the only obstacles are ones that I have constructed myself. I am not hungry except at meal times and have cut my meals down in portion size every week but am not hungry. I look forward to healthy snacks. I have never eaten so much fruit and veggies as I do now. No chocolate, no white bread, no french fries or second helpings. I realize these are bad for me and I will never abuse them again.

Carl Ripperger 1/7/07

Signature / DATE

CARL Ripperger

Name (Please Print)

Emmaus PA

City & State

Salesman

Occupation