



Plymouth Hypnosis Center

401 Germantown Pike, Suite 201, Lafayette Hill, PA 19444
Telephone: 610-397-1515

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For some unknown reason I pulled into The Hypnosis Center's parking lot. I never had given Hypnosis any thought whatsoever. I climbed the steps and met Bryan for a quick info session. I was very skeptical but because of desperation decided to give it a try. After week one I had absolutely no desire for anything sweet. I decided to follow a low carb diet and by the end of week two I was no longer eating sugar, flour, pasta or white bread. I am not sure how this works but it's definitely working. By the end of week six I had lost 12 inches and lost 17 lbs. I have a lot of weight to lose and I know it's gonna take time but I am committed to do it. It has not been hard - I just don't have the desire to eat these things

Susan Loughery 10/29/08

Signature / DATE

SUSAN Loughery

Name (Please Print)

Plymouth Meeting
Pa, Pa

City & State

Therapist

Occupation