

# THIN Program

## General strategy

Accompanied hypnosis applied to the  THIN Program

### Phase 1 Sessions 1

I teach you how to use the rooms / psychological tools to lose weight

### Phase 2 Sessions 2 to 5

I install with Sean and you the THIN automatism

### Phase 3 Sessions 6 and 7

We are together and I show you how to LOVE yourself, to go from Comfort Zone to Comfort Zone until the end of your lose weight period, how to take stock by organising Monthly Stopover to re-motivate yourself and go from little success to little success until the end and how to live forever a THIN life in a THIN body

### Phase 4 Session 8

I accompany you to the door, but you are in command, you know how to give the orders to Sean. You feel responsible and you like it, because you know your body, you know your life and so you know that are the best person to take care of you. You use the VALANCE Manor's rooms to adapt the general THIN Program to you and to your life

## To be sure that we understood each other well

Expect to lose about two kilos per month, it will not be a linear weight loss, but with ups and downs, the important thing is that the first habits settle down, that losing weight habits starts to work in automatic and that from small mistakes to small mistakes, then little success after little success you lose weight without paying too much attention

You may begin the  when:

**- Regarding VALANCE Manor**

You have understood how the rooms / psychological tools work

Your Pavlov Bells are set up: music, perfume and CALM

Your VALANCE Manor is personalised and welcoming

You have a real bond of sympathy with Sean

You have an easier fall asleep in the VALANCE Manor's Bedroom

You have more restful nights and a more dynamic awakening

You have a more forward-looking mind

You have the feeling that you live the present moments more intensely

You have the desire to take care of you, of your life and really love you

**- Regarding THIN**

You have implemented the THIN Routine

You have identified whether losing weight is your solution

You have started to get a feel for your life after the outcome

You have read the information files

A walk of a few kilometres cannot be prepared and is not experienced as a hike of several weeks in the high mountains

So this is what you can expect  
Depending on the kilos you have to lose

You have 3 to 5 kilos to lose, count 2 to 4 months

- My experience:

You don't really need to go on a diet in the food sense, you probably have 2 or 3 kilos of old intestinal content, 2 or 3 kilos of specific fat and 1 or 2 kilos of dead fat, depending on your age

The first 2 kilos will go off the first week and may have already gone if you started the ROUTINE if they were intestinal kilos

You will then lose more slowly, kilo by kilo

By setting up Lose specific fat Boost Week, a Doctor Clarck's cure each month and one or two "4 targeted Panic's days", to restart an end of slimming that will be slow

You will have to fight for the last one, the gym or brisk walking should finish sculpting your figure.

- The information you will need:

The 4 fats including one in particular, yours, bowel cleansing, breathing VALANCE, the Panic's days, the Lose specific fat Boost Week

- The program of hypnosis sessions:

Follow the normal program

If you are anxious and therefore stressed on your stomach, think about relaxing the muscles of the anus and of the large intestine

Focus on the Book of your life to be less anxious, put more fun activities into your life and fill your time

## You have 5 to 15 kilos to lose, count 4 months to 1 year

- My experience:

It will take time and especially do it all at once, until the end

There will be stops due to fatigue, nervousness, no apparent results ... re-motivate yourself and persevere

The kilos must have settled in gradually year after year, they will not go away that quickly, there is a good chance that it is a mixture of a little everything, intestinal contents, intestine fat, dead fat, salt fat, sugar fat, lymphatic fat, lack of sport, bad eating habits...

- The information you will need:

All of them, you have plenty of time to read them

Especially psychological when there will be a plateau

- The program of hypnosis sessions

Follow the normal program, but insist on Phase 1 and 2

Repeat the VALANCE Manor hypnosis sessions every month so you don't get caught up in daydreaming!

During the first two or three months, take a tour of all the VALANCE Manor's rooms / tools at least once a week + follow phase 2 or 3

As soon as the automatism is installed and you have lost 5-6 kilos, start targeting the kilos you want to lose: one week the intestines, one week the fat salt ... depending on the result you want

And then think about going to the VALANCE Manor's film set regularly, you will realize that if you don't play your life your way, the others, as soon as they realize that you really change, will tend to want to force their staging and bring you back to your previous life

Have fun saying to yourself "Cut it, let's do it again" and listen to your voice say NO on the outside

## You have more than 20 kilos to lose

- My experience:

Your reasoning will be: "50 kilos, whoa. If I already lose 30, it will be fine!" Any excuse will do your thing so that your goal is not too big, otherwise it will become unachievable and you will not be able to convince yourself to start

You will lose the first 10/15 kilos in the first 4 to 6 months

There will be a short break, holydays, Christmas...

Then, you will lose about 10/15 kilos in 8 to 10 following months

There will be a break of a few months

You will start to think when you look at yourself in the mirror that there are a few love handles left, that your shoulders are a bit round, that.... Indeed, you will have to test certain attitudes before they become reflexes, it would be a shame to change for the worse

A few months later, you will resume the method all over again to lose the last kilos, go back to the VALANCE Manor sessions and you will lose 10/15 kilos in 7 months!

- The information you will need:

All of them! Mostly mechanical at the start, chemical throughout and psychological from the start of the second period of weight loss: you will have to learn how to really take care of yourself, find the 'other things to do' not as easy to find as you may think now and you will have to fight the imagined ridicule.

The Film Set and the Bathroom will help you a lot at this time to change the image you have of your body and the values you have on sport, sex, elegance, 50-year-old blonde bitch...

- The program of hypnosis sessions

First, follow the normal program, then follow the normal program, and then, follow the normal program and then chose the session according to your problem

## Good to know

Choose the right starting line, no need to go to sea on a stormy day!

You need to make sure that you don't have a 'weekend family meal' or seminar with "all you can eat buffet' or 'my best friend's birthday' or...

Make appointments in these three weeks for hairdresser, sauna, beautician, massage, spa weekend, outing with one or more friends, visit to a museum ... get

straight into the 'I take care of me atmosphere' and especially not in a 'diet-suffering-deprivation' headlock

Weigh yourself every morning

It won't change your weight loss, but over the weeks you will realize that life is really unfair.

You did not think you were going to lose 70 grams per day?

On average yes, but in real life not!

Because your body has a logic that does not fit well with the psychology of weight loss: it gets bigger when you think you are doing everything right, and it loses weight when you crack!

It's the average that's interesting and it's that average that must have dropped by two to three pounds by the end of the first month!

Some information so that you do not lose confidence!

- The body takes one to two kilograms in spring and autumn, water in spring to approach the hot period and fat in autumn to protect itself from the cold. You lose those pounds within a fortnight.

- A woman gains one to two kilos a few days before her period, it is a supply of water that your brain makes to replace it without you going to lose it. You lose those pounds over the next week.

- When you start the ROUTINE, you will gain two to three kilograms, it is the black psyllium seed which swells in the intestines. You lose those pounds as soon as your intestinal transit is regulated.

- If your liver is saturated it can gain three to four kilograms, it's water that it uses with bile to wash away the fat

Make wishes and plan to surprise yourself every day

The notion of wishes is stronger than that of a dream and involves less your responsibility, it is a kind of superstition that makes you want to believe it

Making a wish that must happen or come the next day also forces your brain to focus on what is happening to see if your wish is granted. If it is raised without you having to intervene, that's good, if you had to force the luck a little to make it happen, it is better: you learned that it was feasible and therefore reproducible. If nothing happens the next day, that's always good, because you focused your attention on the present moment more than usual and forgot to think about eating!

And anyway you will have forgotten this failure, for which you are not responsible, in a few days

So make a wish every night of these first three weeks, it will also force you to know what you like too