



‘DO YOU SUFFER WITH - Sugar/food Cravings? Stress Eating? Binging? Yoyo dieting?’ ‘Fact: Sugar/Fats release feel good Bio chemicals in our bodies – e.g Dopamine, Serotonin and Oxytocin – arousing feelings of pleasure, reward, comfort and safety - a **major** factor in food addiction.

‘DO YOU SUFFER WITH– Anxiety? Overwhelm? Fatigue? Mood swings? Aches and Pains? IBS? Other Stress Related Chronic Degenerative Conditions?’ Recent Research shows that suppressed emotions release Bio Chemicals called **‘IL6’** and **‘Cytokines’** causing Depression, Cellular inflammation and Degenerative Conditions. Unexpressed emotion releases **Endorphins** - numbs emotional pain but over time upsets glucose metabolism i.e Type II Diabetes.

‘ARE YOU VERY CARING of other peoples needs and feelings - often placing them before your own? Do you struggle finding time for yourself?

‘ARE YOU OPEN TO - Wellbeing, Positive Energy, Mindfulness , Spirituality and Healing alongside leading edge Science, Psychology and Research?’

‘DO YOU HAVE a true desire to learn how to compassionately and actively take care of YOURSELF and your needs on a daily, self accountable basis - In Achievable, Enjoyable and Rewarding ways?’

With Professional Leading Edge, Sensitive Guidance, Care and Support - this is a unique, 4 week, one to one Therapy and Teaching Course.

Guiding you to understand, resolve and release *underlying* factors in the above behaviours and symptoms. Being on a path of Rediscovery, Remembering, Self Awareness and returning to a YOU who can enjoy – **Clarity, Calm, Peace, Well Being – Understanding your Conscious/Unconscious Thoughts/Beleifs/Emotions Self - Awareness, Acceptance, Love, Empowered Knowledge and Useable Skills Freedom, Lightness , Energy and Liberation – Able to Connect, in the moment and to a Deeper, Present YOU Fullfillment, Wholeness , Resilliance and Satisfacriion that is not centered in food Living in Potential, Solutions and Positive Outcomes Appreciating and Creating a Life and Changes that Feels Good to YOU**

This course is £185, payable in full/or £95 deposit and £30 for each remaining session and includes :-

- * Free 15 minute Confidential, no obligation Consultation
- * X 4 Therapy /Teaching Sessions, each 1 hour. Confidential and Private - at The Lucid Therapies or if you prefer - Skype or phone from the comfort of your own home
- Recorded with your consent for you alone to keep/use for future reference : Data Protection Act
- * X 4 support phone calls in between sessions, each 10 minutes
- * 1 hour Professional pre recorded Lucid Therapies Guided Teaching Meditation/Audio.

It’s beneficial to have support whilst doing this course e.g, a trusted friend or a fellow course buddy.

Please Tel : 07972800700 or Email : ajh@lucidtherapies.com

Amanda Hollingworth, Lucid Therapies, www.lucidtherapies.com

Therapist + Teacher for 18 Years - Passionate about Expanding WELLBEING

GHSC Accredited Practitioner and Disclosure checked

Clinical Hypnotherapy + Mind/Life Coach Diploma and Practitioner

Emotional Freedom Technique (EFT) Practioner

Reiki Master/Energy Merdians Practitioner

NLP Diploma

Reflexology Practitioner

Diploma in Health Sciences

City and Guilds in Teaching 1+2 and NVQ Assessor Awards/Certificates Level 3, 4 + 5

Testimonial - ‘Working with Amanda was like finding the key to a very old padlock. Suddenly things clicked and new possibilities opened up. Finally i understand why my knowledge of food and health and how i behaved and treated my body - were very different!

I instinctively knew the changes I needed to make and have never looked back.The impact of the sessions with Amanda was far-reaching; they literally changed my outlook on life. I can’t explain how or why this works but iit does. It’s as if this is what my mind and body have been crying out for. WARNING ; working with this woman



will change your life forever.' Pam Derby