

This Toronto Man Got Serious About His Weight and Lost 85 lbs and 14 inches!

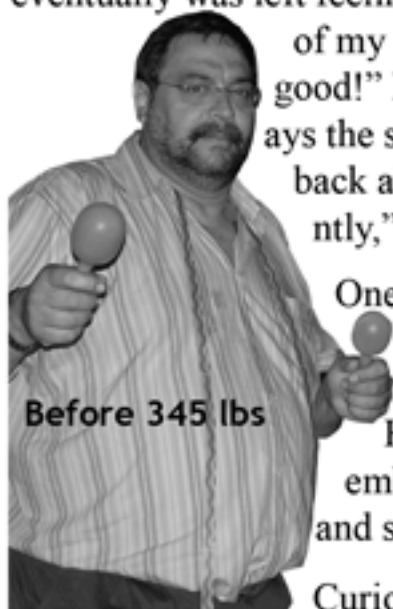
85 lbs
Lighter!



After 260 lbs

Andres Dienesch was feeling down and out. "At 345lbs, who wouldn't be?" he remarks. "I felt like I didn't have any energy anymore, I was tired and overwhelmed." Andres was carrying 85lbs of excess weight. The hotel maintenance manager and father of three had been overweight for more than 20 years. "I was eating all the time because I was depressed and bored... I was in a vicious circle!" confesses Dienesch.

He claims he did everything in the book to lose the weight, but eventually was left feeling disappointed. "I was constantly aware of my weight and how I looked and it wasn't good!" Dienesch recalls. "The results were always the same. I would lose the weight and gain it back all over again, nothing worked permanently," he reveals.



Before 345 lbs

One evening, while sitting at home and browsing on the web for a more natural way to lose weight, "I came across the HypnosisWorks website," Dienesch remembers. "When I looked at the testimonials and saw the results I thought I'd give it a try."

Curious, Dienesch booked a consultation. "I was nervous at first because I didn't know what to expect from hypnosis and to be honest I was sceptical," he says. "But by the end of the first session, I wasn't nervous anymore and it just got better. In a year, I lost a whopping 85lbs!"

Dienesch says his outlook on eating changed instantly. "My first session was excellent. Hypnosis got rid of my cravings and I started seeing results on my first day. A week later, I went out to dinner and requested some salad and baked salmon instead of the usual junk and I ended up leaving most of it on my plate," reflects Dienesch.

According to Dienesch, the program has also benefited him in ways he hadn't expected. "I'm more relaxed now and I sleep soundly at night," he continues. "I exercise every day and I have more energy at work. Even my doctor is proud of me," he exclaims. "When I saw him last, he was astonished by how I'd changed.. My blood pressure had lowered and my cholesterol levels were down!"

For Dienesch, hypnosis was the answer to a 20 year old, painstaking problem. "Hypnosis put me back in control of my life. I have more energy and I can do things I couldn't before. My mindset is different. Now when I eat, I eat because I'm hungry not because I'm bored or depressed, and I feel so much better about myself," Dienesch says. "My family and friends are impressed with how I look. I'm even giving away my 'big clothes' because I don't need them anymore."

"The difference between HypnosisWorks and other programs is that I don't have to count calories or look at the back of boxes in the grocery store," mentions Dienesch. "I eat nutritious foods, because it's what I want now. The weight comes off naturally. At HypnosisWorks they cared about me. They understood and listened to what my goals were and they were always positive about my progress."

Dienesch says hypnosis turned out to be one of the best choices he ever made. "I use the tools I learned at HypnosisWorks in every area of my life. It's been amazing. If anything is bothering me, I use hypnosis to get through it," he expands. "HypnosisWorks was a great investment. I'm ecstatic about the results and I feel like a whole new person! I'm proud of what I've achieved thanks to my program at HypnosisWorks."

According to him, the change is permanent. "There's no going back this time, I feel different from the inside, like I'm supposed to be slim," says Dienesch. "HypnosisWorks gave me the real tools I needed to succeed. I give my full support to HypnosisWorks and their programs."



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