



# 10

## ways to think yourself thin..

### LIKE LILY

**P**OP star Lily Allen dropped from a size 12 to an 8 after hypnotherapy, which she says reprogrammed her brain to enjoy healthy food and the gym. Try our 10 tricks from hypnotherapist Ursula James...

#### **1 EVERYTHING IS ALLOWED!**

The more you try not to think about a food, the more you will. Retrain your brain by cutting down on bad foods gradually.

#### **2 REWARD YOURSELF WITH A SIN (SUBSTITUTE INEDIBLE NOURISHMENT)**

Replace comfort food with a non-eat treat, such as a manicure or relaxing bath.

#### **3 PAUSE BEFORE SECONDS**

It takes 20 minutes for your stomach to communicate that it's full, so chew slowly.

#### **4 EAT FROM A SMALLER PLATE**

We're programmed to hate empty space, so if you eat from a big plate you'll automatically fill it up.



**BEFORE**

**5 TRICK YOUR BRAIN** Think of a favourite non-food smell and imagine breathing it in deeply for a few seconds. This triggers the brain to feel satisfied.

#### **6 THINK LIKE KATE MOSS**

It's vital to believe you can be thin – think of yourself as overweight and you'll live up to your self-image.

#### **7 GET IN TUNE WITH YOUR BODY**

Feel hungry? Imagine a scale from one to five. One being not hungry, five ravenous. Only eat if you're at four.

#### **8 SLAP YOUR WRIST**

Wear a beaded elastic bracelet and ping it hard if you crave food. This hits an acupuncture point that distracts you.

#### **9 DO IT FOR YOU**

Slimming to impress will lower your self-esteem. Reset your motivation to revolve around yourself.

#### **10 ACT LIKE IT'S SUMMER**

Hang up a skimpy sundress and visualise wearing it.

*Ursula James's Effective Weight Control CD: [www.ursulajames.com](http://www.ursulajames.com) or call 0845 055 9191.*

**BY CAROLINE JONES**