



Are you after a 'freshchange'? positive, carefree, natural living without cigarettes.....transform your life.....

'Freshchange' Quit Smoking and Grow as a Conscious Being

- ©Allanah Bahnsen

2 successive sessions with Allanah

2 Bonus Hypnosis Audios *Normally Valued at \$17*

One month's FREE trial to [Mind Mastery program](#) to learn self hypnosis for yourself

Breathe free and easy from your first session, programmed positive withdrawal and detox of body.

Learn new breathing habits and EFT (Emotional Freedom Technique) as a self empowerment tool, address triggers such as coffee, alcohol, social occasions and underlying anxieties.

No transference to food and no weight gain.

Your investment is \$397 - full payment required up front.

Don't delay any longer; Call NOW for to make an appointment time for positive change! 0432 568 552 or email admin@balancedbeing.com.au

Hypnotherapy:

Using hypnosis, the changes you want can come about easily and effectively. Many clients have tried to change life patterns for a long time, and know that will power alone isn't working for them. This is because most of our behavioural patterns are created subconsciously. When a person experiences trance or hypnosis, they don't have to consciously think about their problem or about what the therapist is saying because the therapist is talking to the subconscious part of the client's mind.

EFT:

Emotional Freedom Technique

Self Hypnosis:

Self hypnosis for your own commitment...create your own reality through Mastering your Mind as a tool for success.

"I was a smoker for 35 years and found Allanah's techniques to be very effective in helping me quit. From the very first session I was a nonsmoker. I feel supported in my approach to remaining a non-smoker. Thank you Allanah for your help and understanding.", N M, Pottsville.

Download FREE worksheet from www.balancedbeing.com.au: 'The Secret to the Non Smoker in YOU'

Balanced Being Holistic Health

T: 0432 568 552  E: admin@balancedbeing.com.au  www.balancedbeing.com.au

ABN: 80 558 239 575