

## **How to lose weight without exercising too much**

### **Sophrology – The anti compulsive eating option**

**If you are a compulsive eater, eat too much or too quickly.**

**How does it work?** This relaxation method helps you manage your stress, become aware of your body, listen to your sensations (hungry, full...) in order to eat with pleasure and not automatically.

**Ideally, one session a week until the problem is solved.** After talking with the Sophrologist for 20 minutes, you do a relaxation exercise with breathing, visualisation and positive thinking. The practitioner guides using mental imagery. You can work on it again at home with a CD.

**The typical anti-craving exercise:** breathe deeply 5 times with your abdomen going out on the in-breath and coming back in on the out-breath. Then contract each part of your body from toes to head and relax slowly from head to toes. Then, imagine yourself in a positive situation where you feel light (dancing, swimming...).

*Laurence Ameu, Sophrologist at the Brides-les-Bains Spa. - Femme Actuelle Magazine – 21/02/11*