

February 9, 2024

Dear Friends:

Most people who know me think that I went to Ken Thompson, Hypnotherapist, to lose weight. I did that in 2022 and lost over 70 pounds in 8 months. I have since maintained a healthy weight for the last 18 months at 60 pounds below what I had carried for over 15 years.

However, the truth is that I went to see him at the end of 2021 because I had been feeling panic in closed spaces for a few months and my wife had planned a family trip that would require my first airplane journey in 3 years. That issue was handled in two visits and just two weeks of listening to Ken's soothing voice via CD as I fell asleep and as I was waking up.

Fortunately for me I also grabbed a brochure about the startling results of Hypnotherapy assisted weight loss. My wife went first and got down to her high school weight for the first time in 40 years and has maintained within 5 pounds of that. I in turn, with her encouragement, began my journey to a healthy lifestyle.

Weight is just a number on the scale. What is of most importance is the benefits which come with that number going lower. My doctors for more than a decade had been requesting I go on Blood Pressure medicine and saying that I was pre-diabetic and needed to be on those medications. Even halfway to my goal weight all my vitals had returned to normal. At my last physical my Doctor commented that I had one of the lowest resting heart rates he had known.

The types of foods I now crave give me energy and vitality throughout the day and my quality of sleep is better. I can borrow clothes from my 18-year-old son who runs Track and Cross-Country for his High School. We go to the same road races and although he competes for the titles, I have been able to take 5 minutes off my 5K time. Recently running a 26 minutes and 46 seconds at the Atlanta Hot Chocolate Race. That was 7th place out of 93 runners in my 60-64 age group.

Ken has taught me that the mind is more powerful than we can ever imagine and when it is encouraged to work for the things we really want, anything is possible. Through his guidance, knowledge and encouragement I have been successful in activities that I thought were only in my past.

I fully recommend that you follow his program and follow his guidance. And if it is for weight loss don't worry about the cost, since you don't eat at restaurants or drink alcohol on his program you end up saving money. In other words, he charges a lot less than your local bartenders and chefs.

Gratefully,

A handwritten signature in black ink that reads "Steve Cannon". The signature is written in a cursive, flowing style with a long, sweeping underline.

Steve Cannon