



# STOP YOUR FOOD CRAVINGS

*Turning off your desire for a food you love*

by  
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Dragonfly Transformations

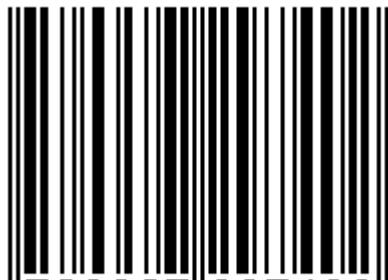
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Welcome,

Many people come to my clinic—some face to face, or some by Skype for a Food Craving session. One session will resolve up to two Food Cravings. Food is increasingly problematic for many people for a whole variety of reasons, and although many people want to resolve their Food Cravings, not everyone is able to come and see me. This is why I developed this programme.

The programme was designed to take you through the process I follow, so you can try it out yourself for your own Food Cravings in the privacy of your own home.

This book is designed to be used together with the accompanying DVD.

Neither the book or the DVD replace each other, and only by reading and viewing both formats will the whole process be covered.

The DVD lasts for nearly 60 minutes and expands, explains and demonstrates the steps detailed in the book.

Please watch the DVD in its entirety and go through the booklet *before* you attempt to do this for yourself.










If you find that in spite of your best attempts to follow the system, you still have a problem and would prefer to have an appointment with me, I will credit \$30 off the purchase price of this programme towards your one to one appointment with me. This offer is only available for you to claim within 30 days of the purchase date, and proof of purchase will be required.

I do not recommend this process to stop your cravings for alcohol or any other mood altering substances. I would also not recommend this process as a way to stop smoking cigarettes either.

Regards,

A handwritten signature in cursive script that reads "Irene".

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-  Preliminary Check
-  The Techniques Used
-  Personal Use
-  Medical Advice
-  What you need to get started
-  Steps 1—9
-  Extra copy of the form
-  About the Author
-  Your notes

# TABLE OF CONTENTS (DVD)



What is a Food Craving



Plan of Action



Preliminary (selected parts)



Live Client Session—Cheese



The steps:



How to identify the food you like



How to identify the food you dislike



How to deal with 2 food cravings



The 9 steps



How to Stop eating or drinking a food in a specific situation only



Live Client Session—Chinese Food

# PRELIMINARY CHECK

## ***You must want to do this***

A way to check if you really do want to change a food you like – I mean really like – to one you dislike, is to ask yourself

*“how will I feel if I **never** eat or drink this food again”.*

If you really don't want to this, in your heart of hearts, then it's not going to work.

You have to be present and completely in accord with a proposed change, if you want the change to work. You must be committed to it.

If you are saying

*“gosh I will miss this food or drink when ....,”*

then maybe you should not be doing this.

## ***Are you doing this yourself?***

If you are doing this for someone else – for whatever reason, then it's not going to work.

Change rests on the premise that you are changing because *you* want to

**End of Preview**