



EMOTIONAL BALANCE for the WEIGHT LOSS PROGRAM **BACH FLOWER THERAPY**

THERA™ WELLNESS embraces the holistic wellness solution of Bach Flowers Therapy as a tool to further support our clients. The Bach Flower Essences address issues on the emotional and mental levels that block a person from making changes and following the weight loss protocol.

Why Do You Gain Weight?

A relationship with food and with our bodies is a continuum. The "one day on, one day off" approach is very common as many seek and find comfort and pleasure in food.

If you have a history of failing diets and are wondering why nothing works, perhaps it is an emotional or a deeply traumatic experience that creates blockages and prevents your successful weight loss story. For example, did you know that the so-called 'donut' around your waist may signify that you subconsciously keep people at distance, which in turn can be caused by sexual traumas?

Bach Flower Therapy delivers many benefits and positive changes. When we treat our clients with the matched Bach Flowers, they can help to balance deep emotional feelings which often contribute to weight gain and prevent the success of the protocol.



Experience positive changes and outcomes of this therapy as it aids you toward your weight loss goal:

- Receive the energy you need to reach your goals.
- Release negative thoughts and feelings you have about yourself, and restore yourself to nurturing feelings of self-love and self-acceptance. You will move towards your ideal weight with ease, loving where you are and who you are now.
- Guides you through the process to adapt to the new lifestyle changes outlined in the THERA™ Weight Loss protocol.
- Helps you be more patient with yourself and your body while waiting for the desired results.
- Helps you to acknowledge your negative thoughts and emotions, and to release them rather than attempting to suppress them.
- Releases feelings of inner tensions and anxieties, delivering calmness and a sense of self-control.
- Helps you set realistic goals and expectations with no self-criticism.
- Builds self-confidence in your ability to decide properly about your diet and exercise plans.
- You will break free from the self-destructive cycle, learn from experiences and move on without repeating the same mistake.
- You will feel lighter in your body, mind, and spirit upon completing this program.

Reach your weight loss goals, be kind to yourself and have fun along the way!

START YOUR TEST AND FIND OUT HOW BACH FLOWER THERAPY CAN HELP YOU



WEIGHT LOSS QUESTIONNAIRE - BACH FLOWER

Please indicate with a **YES** or **NO** if the statement or question describes the way you feel towards food, eating, dieting, etc.

1. Are you able to say **NO** to food at social events or on any other occasions?
YES___ NO___ (**Centaury** applies if the answer is NO).
2. When you are starting a weight loss program or diet, you lack motivation or postpone it for any reason?
YES___ NO___ (**Hornbeam** applies if the answer is YES)
3. When you start a diet and fail in one meal or gain a few grams you start questioning if you should leave the entire program as it's not working for you?
YES___ NO___ (**Gentian** applies if the answer is YES)
4. Do you currently feel comfortable with yourself as you are and feel worthy of your self-love and self-acceptance?
YES___ NO___ (**Crab Apple** applies if the answer is NO)
5. Do you feel guilty if you don't follow your program every day and want to quit when this happens?
YES___ NO___ (**Pine** applies if the answer is YES)
6. Is it hard for you to deal with the changes and adapt when it comes to diet, routine, exercise, weight, rhythm, and lifestyle in general?
YES___ NO___ (**Walnut** applies if the answer is YES)
7. Do you lack self-control over food, snacks, junk food, fried food, and things you should limit or cut out while losing weight, and feel you will succumb to the temptation and sabotage yourself?
YES___ NO___ (**Cherry Plum** applies if the answer is YES)
8. Do you need strength and courage to achieve your objective when you feel depressed and snacking is the only solution?
YES___ NO___ (**Gorse** applies if the answer is YES)
9. Do you accept that losing weight takes time and effort?
YES___ NO___ (**Impatiens** applies if the answer is NO)
10. Do you feel mentally and physically tired and find it's hard to follow a protocol where you have to prepare and cook every day and it would be easier to just take anything available anywhere?
YES___ NO___ (**Olive** applies if the answer is YES)
11. People see you happy with the way you are, always cheerful, but inside you feel unhappy with your weight, you eat compulsively especially after emotional upset and you would rather eat home alone than talking about your problems or facing them?
YES___ NO___ (**Agrimony** applies if the answer is YES)
12. Do you look to others to guide you to your perfect weight? Do you have a mountain of information gathered over years of searching for the perfect weight loss plan? Are you still overweight after trying them all?
YES___ NO___ (**Cerato** applies if the answer is YES)



13. Do you find yourself trying the same sort of approach to weight loss over and over and still fall into the same old traps that lead to "failure"? Will you rush into action without thinking things through? When attempts to lose weight fail, instead of taking stock and trying to gain insights from the experience you will just repeat the same mistakes over and over?
YES__ NO__ (**Chestnut Bud** applies if the answer is YES)
14. Do you lack confidence in yourself when it comes to completing a weight loss program? Do you think you are not capable enough to reach your goals?
YES__ NO__ (**Larch** applies if the answer is YES)
15. Do you feel worried about your next meal? Are you afraid that something will happen and you won't be able to eat so you end up bingeing?
YES__ NO__ (**Larch** applies if the answer is YES)
16. Do you feel overwhelmed by the responsibilities and you look for comfort in food?
YES__ NO__ (**Elm** applies if the answer is YES)
17. Do you feel lonely and needy and turn to food as a comfort and companion?
YES__ NO__ (**Heather** applies if the answer is YES)
18. Do you feel nostalgic like you can't overcome things from your past and try to fill that with food?
YES__ NO__ (**Honeysuckle** applies if the answer is YES)
19. At times and for no reason you feel melancholic or gloomy and you eat to feel better?
YES__ NO__ (**Mustard** applies if the answer is YES)
20. Did you suffer a deep emotional trauma in the past or present and that's when your weight started to be a problem?
YES__ NO__ (**Star of Bethlehem** applies if the answer is YES)
21. Is it hard for you to decide whether you want to lose weight or not?
YES__ NO__ (**Scleranthus** applies if the answer is YES)
22. Is there deep anguish in your heart that can only be filled with food when seeking comfort?
YES__ NO__ (**Sweet Chestnut** applies if the answer is YES)
23. Do you feel stressed, in an emergency state, alarmed, distressed, or in a crisis and the only way to calm down is eating?
YES__ NO__ (**Rescue Remedy** applies if the answer is YES)
24. Are you always thinking about food, meals, sweets, snacks and that's becoming an obsessive thought?
YES__ NO__ (**White Chestnut** applies if the answer is YES)
25. Do you have a lack of interest to the point where you don't care anymore if you lose weight and have resigned to take action?
YES__ NO__ (**Wild Rose** applies if the answer is YES)

All Bach Flower Essences that tested positive will be charged onto the THERA™ pendant which should be worn throughout the Weight Loss Phase, and possibly throughout the Transition Phase as well

