

## CHAPTER 46

### QUANTUM DIET WEIGHT LOSS AND FITNESS

#### INDUCTION

##### **Overview:**

The Quantum Diet is an in-depth multi-disciplinary protocol of accessing the contributing causes of over eating and replacing this unhealthy strategy and its' associated beliefs with a new and improved approach. This is the first induction for developing a new belief system and strategy to guide eating and wellness habits.

#### QUANTUM DIET WEIGHT LOSS INDUCTION

Prior to beginning – a client should stand naked and have drawn the current dimensions of their body onto paper and then draw lines of different colors to show a progressive loss of fat and increased in body tone.

Please find a comfortable position-that will be undisturbed-and will give you the opportunity to discover, how soon you will fully realize that you are sitting here comfortable, listening to the sound of my voice, while you comfortably go, into a day trance only as quickly as your unconscious mind wants...and as you do you can take a slow deep breath ....