

Smoking / Weight Loss

All issues can be addressed with this combination approach, these often include STOP SMOKING and LOSE WEIGHT along with other issues such as lack of fulfilment, dealing with success, bereavement, phobias, anxiety, worry, pain, illness, anger, sense of loss, infertility, infidelity, eating disorders, hurt, jealousy, lack of confidence, low self esteem, past life issues, losing weight, low libido, sexual dysfunctions and abuse.

Family counselling, marriage guidance, optimise your lifestyle advice, coaching and future creating is also offered.