

Kristin Volk Funk, Certified Clinical Hypnotherapist, To Speak on Quitting Smoking and Weight Loss at Healthy Life Expo

Kristin Volk Funk, Certified Clinical Hypnotherapist, with New Health Visions (www.newhealthvisions.com) will speak on How to Quit Smoking and Weight Loss using Hypnosis at the Healthy Life Expo 2006.

(PRWEB) January 18, 2006 -- Kristin Volk Funk, Certified Clinical Hypnotherapist, with New Health Visions (www.newhealthvisions.com) will speak on How to Quit Smoking and Weight Loss using Hypnosis at the Healthy Life Expo 2006.

The 3rd Annual Healthy Life Expo will be held Friday and Saturday, February 3 and 4, 2006 at the Minneapolis Convention Center Ballroom, Minneapolis, Minnesota. The Expo features the latest products, services and information for living life to the fullest.

According to Kristin Volk Funk, “Hypnosis is not about giving up control, but about gaining control of your thoughts and actions. I will address this empowering treatment for addiction recovery for the two most common addictions of smoking and overeating.”

Hypnosis is a powerful technique used to help people take control of smoking and overeating addictions without the use of prescription drugs or restrictive diets. Medically sound, this technique is easy, safe and enjoyable, and is a natural state of physical relaxation and mental attention. Individuals will learn to re-focus their minds to embrace life affirming activities, become tobacco-free, eat sensibly and enjoy a healthier lifestyle.

Ms. Volk Funk boasts a 90 percent quit smoking rate with just one session.

Kristin Volk Funk of New Health Visions is a certified Clinical Hypnotherapist with Masters and Bachelors degrees in psychology. For more than 20 years she has been teaching people how to take control of their thoughts, feelings and actions with hypnosis. Ms. Volk Funk is available for speaking engagements and large group hypnosis sessions. She has also produced a series of self-hypnosis recordings that are sold via Internet stores. For more information visit www.newhealthvisions.com or call 651-644-6454.