

# Ailsa Frank Hypnotherapy

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## **Stop Binge Drinking Hypnosis For Men...**

Ailsa Frank's Stop Binge Drinking for Men digitally mastered Hypnosis CD and MP3 download has been specially designed to help men let go of binge drinking. Lie back and relax as these 3 quick paced short tracks deliver messages deep into the sub-conscious mind, dissolving bad drinking habits into a distant memory. The listener will still be able to enjoy socialising, but will be able to be in control of alcohol. Ailsa, who is an NHS registered hypnotherapist, has helped hundreds of clients change their drinking habits using her hypnotherapy techniques now available in this product. Priced £14.99.

## **Binge drinking now affects one in four adults in the UK...**

The NHS Information Centre's 2011 alcohol report statistics make sobering reading. Drink causes a million hospital visits a year, a figure that has doubled over the last decade. Two thirds of those (63%) who ended up in hospital are men and drinking enough to do serious physical or mental harm. Put in simple terms men are twice as likely as women to glug themselves to premature senility or even death.

Binge drinking can be defined as taking in as much alcohol as possible in the shortest amount of time and is most common in young males. A popular place to start the habit is at university where alcohol is widely available through cheap drink promotions. Excess alcohol gives a fake confidence to young drinkers wanting to make the right impression in social situations or can be taken to blot out pressures. It's no wonder students take the opportunity to binge drink for cheap on a regular basis, oblivious to the risk and harm they are causing to their body.

Once caught up with the stresses of modern working life, relationships, financial pressures and bringing up children, the binge drinking habit can continue, increasing over time. The peer pressure some men feel to drink alcohol in large quantities after work with colleagues is all too common an occurrence, but is hazardous to health.

## **Understanding How Hypnosis Can Change Your Relationship Towards Binge Drinking**

Research proves that hypnosis can assist with breaking free from the cravings of binge drinking by addressing the unconscious negative emotions that have hidden the real self. Through easy to listen to hypnosis recordings, listeners can safely release the habit of binge drinking in the privacy of their own home, rebalancing their relationship with alcohol allowing their bodies to detox safely.

[NHS](#) registered Hypnotherapist and Member of the General Hypnotherapy Register, Ailsa Frank, from Hypnobalance in Berkshire, has seen many men reclaim their future and break free from the patterns of binge drinking. "Some male clients tell me they can go all week without alcohol until the weekend comes round and they then drink as much as they can on at least one of those nights, quite commonly afterwards finding themselves in unexplained situations. Inevitably, this type of behaviour puts a strain on relationships with partners. Whilst friends might think it is good fun, my clients are suffering in silence, unable to release themselves from the binge drinking trap until they find hypnotherapy which can set them free to enjoy sensible levels of alcohol." says Ailsa.

“I have seen a rise in the number of male clients approaching me for help. As the economy goes down, male binge drinking referrals have gone up. A trend that has become accepted as part of everyday life can, long term, lead to a path of self-destruction, cause liver damage or failure, certain cancers, high blood pressure and even mental disorders.”

“My CD will help listeners to change their drinking habits by reprogramming the subconscious mind, releasing cravings and building a new confidence to feel comfortable without alcohol. By drinking less, feeling better and saving time and money, listeners will improve their quality of life and relationships as they begin to once again find pleasure from working, sleeping more soundly at night and enjoying the weekends or weekdays without binge drinking.” says Ailsa.

Regularly listening to Ailsa Frank’s ‘Stop Binge Drinking – for Men’ CD, can help free negative binge drinking traits by working to relax then motivate listeners to reduce their alcohol intake, improve health and regain a more balanced lifestyle as the true self is rediscovered.

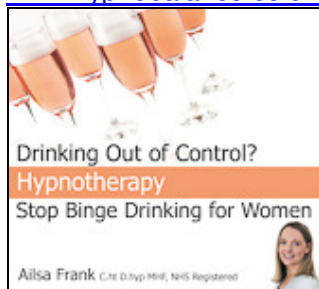
**The Stop Binge Drinking – for Men CD** and MP3 download is available from [www.hypnobalance.co.uk](http://www.hypnobalance.co.uk) or phoning 01344 622185 priced £14.99



**Know a Woman who wants help to Stop Binge Drinking?**

Women who want help through hypnotherapy to combat their binge drinking habits can do so now with this new tailored CD:

**The Stop Binge Drinking – for Women CD** and MP3 download is available from [www.hypnobalance.co.uk](http://www.hypnobalance.co.uk) or phoning 01344 622185 priced £14.99



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**Notes to Editors:**

Hypnosis opens the door to unlimited freedom by helping the listener to relax, focus and become more motivated to seek out a fulfilling life that balances work, leisure and socialising with good feelings and happiness. Hypnosis works by clearing the unhealthy clutter in the subconscious mind, allowing the listener to develop beneficial habits so that they can let go of binge drinking at a pace with which they feel comfortable.

Before training to become a qualified Hypnotherapist, Ailsa Frank worked as a Home Economist and then spent eighteen years as a Food Stylist and recipe writer. Her journey into hypnotherapy came as a direct result of being so impressed by the effectiveness of its power to radically help people create the life they aspire to and help them to look ahead with confidence. Ailsa is the author of 'Take Control of Alcohol' CD and MP3 download.

Ailsa Frank is a qualified [NHS](#) Registered Hypnotherapist, Associate Member of The Royal Society of Medicine, Member of the General Hypnotherapy Register, The Hypnotherapy Society and the National Guild of Hypnotists. [www.hypnobalance.com](http://www.hypnobalance.com) Tel 01344 622185.

Ailsa Frank is available for one to one hypnotherapy consultations at £125 per session.

***For further information, images or interviews, please contact Suzanne Howe at Suzanne Howe Communications on: +44 (0)1732 875697 or email: [info@suzannehowe.com](mailto:info@suzannehowe.com)***