

Ailsa Frank Hypnotherapy

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Wednesday 30 November 2011

Stop Binge Drinking Through Hypnotherapy Tailored for Women ...

Lie back and relax as this 'Stop Binge Drinking for Women' digitally mastered hypnotherapy CD and MP3 download will dissolve away bad drinking habits. These quick paced recordings deliver positive messages deep into the sub-conscious mind. Ailsa Frank, an NHS registered hypnotherapist, will talk you through a series of exercises designed to help let go of excess alcohol. Ailsa has helped hundreds of people change their drinking patterns using hypnotherapy techniques which are now available in this product. Priced £14.99.

Female Binge Drinking is on the Rise ...

A recent pan-European drink survey has revealed that nearly 8% of British women (2.5M) are now classified as binge drinkers. The findings, from a study of drinking habits within six European countries, shows the gap between the numbers of men and women binge drinkers

has narrowed in relation to both consumption and problems. Alarminglly some women now also choose to starve themselves before going on drinking binges so they can avoid the calories that come with alcoholic drinks.

What once was considered a bit edgy, risky and a rite of passage for a group of teenage girls out socialising on a Friday night has lead to an NHS crisis, with alcohol related issues the cause of a million hospital visits a year, according to a report issued by the NHS Information Centre. GPs are being forced to address excess alcohol consumption issues with female patients as drinking can not only cause damage to health, such as heart and liver disease, but is now known to effect memory skills as a female brain develops that much earlier than a male brain.

Regular binge drinking for a woman of the same height and weight as a man takes a far greater toll on their body. Women simply cannot absorb alcohol in the same way as they possess a higher proportion of body fat making them far more vulnerable to the side effects of excessive drinking resulting in higher levels of alcohol being concentrated into the bloodstream.

Binge drinking affects women of all ages and backgrounds. Such unsavoury habits formed at University or with female peer groups have become part of many female lifestyles with after work drinks, nights out with the girls, or parties, seen as an excuse to get blotto.

[NHS](#) registered Hypnotherapist and Member of the General Hypnotherapy Register, Ailsa Frank, from Hypnoblance in Berkshire, helps women reclaim their future and break free from the patterns of binge drinking. “Over the past six years I have seen a sharp rise in the number of younger women worried about their excess alcohol intake approach me for advice and help to combat their binge drinking habit. I tell all of my clients, if you’ve started counting your daily units of alcohol consumption, you’re already drinking too much”

“The key triggers for women to start binge drinking later in life are more often than not, emotionally driven, be it the upset of miscarriage, a regretted termination, infertility problems, confidence issues, broken relationships or depression. With more women working whilst raising children, the stress of work and family life can also lead to responsibility overload and increasing excess alcohol consumption is often a quick fix for women make to help to blot out worries, escape daily pressures and switch off. Sadly it’s the onset of a downward spiral with many women getting drunk even before they have left the house for a night out. Some even breathalyse themselves before they undertake the morning school run” says Ailsa

Understanding How Hypnosis Can Change Your Relationship Towards Binge Drinking

Women need not suffer in silence. Research proves that hypnosis can assist in the journey to break free from the cravings of binge drinking by addressing the unconscious bad habits and negative emotions and regain clarity. 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.

“My CD will help listeners to change their drinking habits by reprogramming their 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 without binge drinking.” says Ailsa.

Regularly listening to Ailsa Frank’s ‘Stop Binge Drinking – for Women’ CD, can release negative excess alcohol habits by working to relax then reprogram 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 Women CD and MP3 download is available from www.hypnobalance.co.uk or by phoning 01344 622185 priced £14.99



Know a Man Who Wants help to Stop Binge Drinking?

Men 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 Men CD and MP3 download is available from www.hypnobalance.co.uk or by phoning 01344 622185 priced £14.99



Ends

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 Tel 01344 622185.

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