

# INTERVIEW AUSTRALIA'S LEADING WEIGHT LOSS HYPNOTHERAPIST MARK STEPHENS ABOUT WEIGHT OF ORIGIN CHALLENGE!

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With 14 million Australians overweight, Mark Stephens, Australia's leading weight loss hypnotherapist, is launching a free 60-day Weight of Origin national weight loss challenge on Tuesday, October 13, at [www.weightoforigin.com](http://www.weightoforigin.com) and taking the fight against obesity into his own hands.

"I'm here to help people shed the kilos," says Stephens, who has used hypnosis to help Australian sporting stars and celebrities and has a long list of success stories when it comes to weight loss. Recently he helped Jordan Tirekidis of Sydney shed a record-breaking 207 kg using the power of his mind. "This is an Australian record for any method of weight loss," Stephens says.

Other recent weight loss success stories include 61-year-old Joanne Gibson from Nelson Bay, who has halved her weight from 117 kg to 59 kg, and Dearne McAndrew of Sydney, who lost 43 kg, going from 115 kg to 72 kg. Both women used Mark's Think Slim hypnosis programme!

"Unlike other challenges or weight loss programmes that charge fees for participating, the Weight of Origin allows anyone who is overweight to have access to support they wouldn't normally get, and it is 100 percent free," Stephens explains. According to Stephens, being overweight is a problem of the mind. He combines hypnosis with motivation and meditation techniques to get people moving and eating healthy.

"Hypnosis is fast becoming the answer to getting off the diet merry-go-round and fixing these problems by subconsciously reprogramming thinking patterns, emotions, and motivation," Stephens concludes.

For further information about the free WEIGHT OF ORIGIN challenge and to view the trailer, go to [www.weightoforigin.com](http://www.weightoforigin.com).

TO INTERVIEW MARK STEPHENS, JOANNE GIBSON, OR DEARNE MCANDREW or to obtain still images and high res video, email [max@marksonsparks.com](mailto:max@marksonsparks.com) or call Max on 0412501601.

## ADDITIONAL and BACKGROUND INFORMATION

### Mark Stephens Quotes

"The reason most people fail time and time again is that every person who does struggle with their weight has a complex and individual range of issues including beliefs, emotions, values, motivation, strategies, stress, habits, and triggers or responses to their internal and external environment. These are the real challenges. These are the mental components to slimming that get left out of the majority of diets or weight loss programs."

"Many weight problems occur because people use negative self-talk such as: diets don't work, I don't have time to exercise, it's too hard, and I'll do it later."

"Most diets or 'weight loss' programs only address what to eat and what not to eat and/or how to exercise. The majority of people already know what to eat and what not to eat. Everybody knows that to be fit and healthy you need to move your body and exercise. The problem is staying motivated to follow that knowledge."

Stephens believes that everybody should have the opportunity to be healthy and fit regardless of their location, financial position, or time restrictions.

To assist him in making this 'the challenge to end all challenges,' Stephens has teamed up with Ivan Murray, the Master Trainer who helped Jordan shed over 200 kg, and fat-burning expert Dr Jarrod Meerkin from Measure Up, who has worked with the likes of Hugh Jackman and the Wallabies.

During the Weight of Origin, Stephens says he will hypnotise participants to eat healthy and hypnocise them to exercise.

### Dearne McAndrew Quote

Dearne, who is now 43 kg lighter, said, "People keep telling me I must have had a lap band, but it was Mark's hypnosis that saved my life. It wasn't a diet. It changed the way I felt about myself, and I will never go on another diet again."

## Joanne Gibson Quote

Joanne, who now considers herself a fitness fanatic, tells us, "I went from being depressed, unmotivated, eating terribly, and doing no exercise to someone who jogs 10 kilometres every second day. It's changed my whole life, and I'm the happiest I have been in a very long time."

## BIO

In 1990, Ju-Jitsu Black Belt, health retreat owner, best-selling author(Think Slim Allen & Unwin), and leading hypnotherapist Mark Stephens was given a possible six months to live with a rapidly growing second stage lymphoma. Mark used a wide variety of Eastern healing methods with complementary treatments, combined with the best of Western medicine, to overcome the challenge he faced.

Twenty-five years later and with a clean bill of health, he continues to travel the country and inspire people to transform their own lives for the better through his seminars and groundbreaking hypnosis and motivation programs.

## What is hypnosis?

Hypnosis comes from the Greek word "hypnos," which means to sleep. Hypnosis is really about the mind-body connection; it is a way of communicating with the unconscious mind to create positive changes.

## What is the difference between stage hypnosis and clinical hypnotherapy?

Stage hypnosis is entertainment. It is a show, and the stage hypnotist will go through a series of tests to select the most suggestible and co-operative subjects. The clinical hypnotherapist will work with anybody who needs help to change his or her situation.

## What are the most common problems hypnosis can help?

Hypnosis can help with stress, sports performance, insomnia, phobias, smoking, and weight loss, among other issues.

## How does hypnosis work?

The hypnotherapist guides the client into a relaxed state. From there, a variety of techniques can be used, including metaphors, guided imagery, and positive suggestions to help the client overcome his or her challenges.

## What can people expect?

Trance is a normal, natural state, like daydreaming or losing yourself in a good book. Don't expect to feel zonked or hypnotised. However, people can expect to feel varying degrees of relaxation.

Can somebody be made to do something under hypnosis they don't want to do?

With clinical hypnosis, you are in control the whole time. In fact, all hypnosis is self-hypnosis. You are in charge and you only accept suggestions that are consistent with your own values and beliefs.

What would you say to the sceptics?

Talk to the athletes who win gold medals. Talk to the people who have overcome depression or their phobias or talk to the people who are now 50 or 60 kilos lighter after having struggled with their weight most of their lives. The undeniable results are there.

What is the difference between the conscious mind and the subconscious or unconscious mind?

The conscious mind is the analytical, logical, reasoning mind. It is likened to the tip of the iceberg. Your unconscious is that part of your mind below the surface. Your unconscious stores your memories. Your unconscious runs the body. Your unconscious is the domain of the emotions.

Jordan Tirekidis Quotes

"In one binge, I ate 13 McDonald's quarter pounders."

"My stomach has definitely shrunk. Instead of burgers and fries, I eat salads and fish. Instead of cola, I now drink water and vegetable juices. Instead of sitting around all day and feeling sorry for myself, I move as much as I can and I feel great," Mr Tirekidis said.

"I would encourage anybody struggling with their weight to get serious, get moving, and eat healthy. If you need help, get it. This saved my life," Tirekidis said.

Max Markson

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