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Nov 13, 2008 6:01 pm US/Central

## Hypnosis Helps Some Lose Weight While Sleeping

DALLAS (CBS 11 News) — There's a way to lose weight during sleep, and some say it takes all the work out of dieting.

Christine Donohoe always has homemade goodies around, but she rarely takes a bite. Food temptations are gone, and now this 45-year-old mother of four has the figure to prove it.

She used to be a lot heavier, gaining almost 20 pounds after each baby. She ended up weighing 190 pounds after her fourth child.

"I think it makes it so much easier because it really isn't like dieting, you don't think about what you're doing," said Donohoe.

She goes to bed listening to a CD reminding her of her desire to be thinner.

She has been hypnotized. The CD she listens to as she falls asleep helps to reinforce her dieting mantra: Eat healthy. Limit fat and sugar.

"After listening to the tape, I became conscious of things and started looking at labels on cans," said Donohoe.

Dr. Steven Rosenberg is a behavioral therapist who says he's helped thousands of people lose weight with hypnosis. It's first done in his office. Then he customizes and records tapes for patients to take home, reminding them of their special issues and goals.

"As you go to sleep, you are actually getting in touch with the subconscious mind," said Dr. Rosenberg.

He says once thoughts are in the subconscious, people have more willpower and are better able to stick to a diet.

"It gets you thinking, you really don't want those cookies, you really don't want that fat, you want to lose, you want to be skinny," said Donohoe.

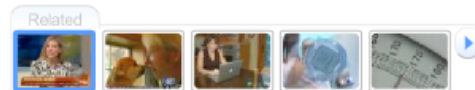
She says the hypnosis tapes made dieting easier. She lost 65 pounds in 7 months.

"I would have to say it's my subconscious working. I never had a craving, never had a desire. I just feel 100-percent better than I did," said Donohoe.

Donohoe also helps keep her legs skinny with regular workouts.

Research has shown hypnosis is generally safe and for people who are already committed to dieting. It can be helpful but doesn't work for everyone.

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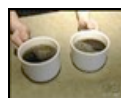
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