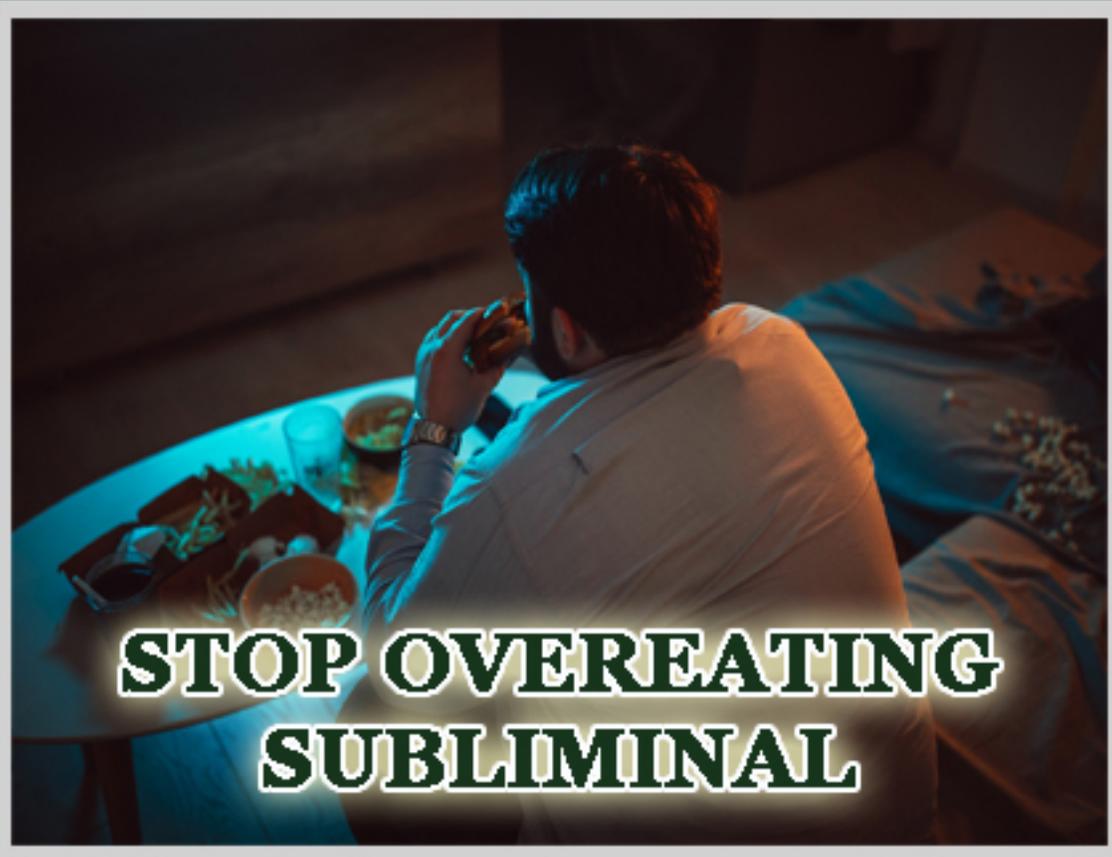


Instructions

SUBLIMINAL REPROGRAMMING



ALTERED MIND WAVES

Thank You for Your Purchase

You must wear headphones when listening to your recording to get the full benefits of the binaural beats and subliminal messages.

Never listen to while driving or any other activity that requires your attention since the binaural beats will put you in a very relaxed, drowsy state. The brain waves used in most of our recordings are the same waves your mind makes when you are sleeping or in a deep dreamlike sleep.

Listen to your recording for a Minimum of 30 consecutive days to get the full benefit. It takes your brain 26-30 days to form new neural connections, changing your beliefs in your subconscious, resulting in changing your outer world!

Set aside a time of day where you can listen to your recording. Clear your mind and either think of nothing (concentrate on your breath) or visualize your goal or desire as if it has already happened.

Think about the end result **ONLY**. Visualize it until you can feel it. If you have trouble with visualization then think of nothing at all or a past memory that made you very happy.

If you fall asleep it is ok, as your subconscious will still pick up the subliminals. A great time to listen is lying in bed right before going to sleep. It will put you in a very relaxed state of mind and you have a wonderful deep sleep!

We also have other audio programs for sale under our [Subliminal Audio Download Page](#)

You are now a valued customer and we would like to offer you a special coupon good for 50% off on any one of our other audio programs! Just enter **VIP50** coupon code at checkout. Does not apply to custom audios.

Support email – alteredmindwaves@gmail.com

Note: All these positive affirmations are recorded and repeated on this audio for the full 30 minutes. **You will not hear them as they are recorded just below the normal hearing threshold.** Your subconscious mind will still hear them without your conscious mind rejecting them.

Subliminals recorded on this audio -

I think before I eat.

I eat slowly and thoroughly chew my food.

I stop eating when I am full.

When I want to stop eating, I stop instantly.

When I feel myself getting full I stop eating.

Stopping my overeating was easy for me.

Overeating is a thing of the past for me now.

My mind has a strong and healthy connection to my body.

My life is better now that I am in control of the food I eat.

I stop eating when I have consumed a healthy amount of food.

I stop eating when I choose to because I am in control.

I stay away from unhealthy food.

I stay away from junk food.

I respect my body.

I push my plate away and stop eating as soon as I start to feel full.

I only eat when necessary.

I only eat when I'm hungry.

I only eat what I need.

I only eat healthy food.

I am completely calm whenever I eat.

I love healthy food.

I listen to my body.

I listen to my body and eat only when I am truly hungry.

I ignore any cravings.

I ignore any compulsions.

I have the strength to stop comfort eating.

I have a healthy relationship with food.

I feel good about myself.

I enjoy smaller food portions.

I eat slowly.

I enjoy nourishing meals at mealtimes.

I eat to live and stay healthy.

I eat sensibly and control my portions.

I eat just the right amount of healthy foods.

I easily stop eating whenever I want to

I easily resist temptation.
I deserve to feel good at all times.
I control what I eat.
I control the amount of food I eat.
I control my portions.
I can easily go without snacking.
I am overcoming my comfort eating.
I am motivated by my desire to be fit and healthy.
I am in total control of what I eat.
I am in total control of the type of food I choose to eat.
I am in total control of the amount of food I choose to eat.
I am in total control of my emotions.
I am in total control of my actions.
I am in full control of my impulses.
I relax and eat slowly whenever I eat.
I am in control of what and when I eat.
I am a strong person that can resist cravings.
I always stick to my regular meal times.
I always resist temptation.
I always resist bingeing on food.
I always find productive ways to deal with anxiety and stress.
Eating healthy food makes me happy.
Thank you for ending my overeating.