



# nurturing life hypnotherapy

**Carolyn Arnold** discovered hypnotherapy in 2007 when pregnancy escalated her terror of hospitals and birth.

Taking a course in HypnoBirthing™ — The Mongan Method completely removed that terror and actually had her looking forward to the birth!

Wanting to help others experience this positive change, she retrained as a clinical hypnotherapist in 2010.

Further advanced training led her to specialise in techniques to help women improve their fertility to improve their pregnancy success rate.

She specialises in weight loss techniques to overcome emotional eating, working with clients to achieve long term health improvements.

Carolyn says “We easily acknowledge that our negative emotions can lead to illness. Science is only just discovering a tiny fraction of our capability for improving our health through the power of thought. “

Carolyn was one of the first UK Associates for [Asea Redox signalling molecules](#) health supplement.



Originally from Belfast, Carolyn now lives in Newport, Wales. She is married to Jon, mum to Edwyn and an delighted home provider for second-hand dogs from Dogs Trust rescue centres.

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## Press Coverage

### May 2011

Carolyn talking on Radio Wales about HypnoBirthing, following the news of the NHS trials into hypnosis for childbirth.

[HypnoBirthing BBC Radio Wales 190511](#)

### September 2010

Wales on Sunday [interview](#) re weight hypnotherapy and Skype

### April 2010

Wales on Sunday [interview](#) re HypnoBirthing™

### April 2010

Pick Me Up Magazine



# What are people saying about Carolyn?



## ***Last year, I lost 40 lbs working with Carolyn Arnold and I've kept it off.***

Since I was 4 years old, I've been an emotional eater. I used to eat when I was sad or anxious to comfort myself. I used to eat when I was happy to celebrate. Pretty much if I was feeling an emotion, there was a food to go with it.

It's been 15 months since we worked together, and in that entire time, I haven't done any emotional eating. I enjoy my food, but it isn't required to comfort me. I don't find myself standing in front of the cupboard wanting to eat something to make the anxiety go away.

I didn't expect that I would be able to be hypnotized, and I certainly didn't think that the key was one locked away in my memory. Carolyn's hypnosis broke the link between comfort and eating. I highly recommend her.

**- Bridget Pilloud, [www.intuitivebridge.com](http://www.intuitivebridge.com), Portland, Oregon**



## **I have had several weeks of no sweets, but lately the tests have been really amazing.**

I have been at some wonderful dinners, and afterwards the waiter has been bringing out some incredible trays of sugary delights. They smell, and look so tasty, but I have no desire for them.

My neighbor knows of my sweet tooth and shows up often with terrific sweet surprises. Yesterday she appeared at my door with warm cupcakes from this famous bakery. Now these were one of my all time favorite treats, and yet I took some, put them aside for others, and ate none myself.

I just didn't have that craving, or desire to eat anything sweet.

**-Candy Boroditsky, CEO, [Reiki Fur Babies](http://ReikiFurBabies.com), Venice Beach, CA**

## Dany Griffiths

"I also attended sessions with Caz for weight loss and therefore have also had first hand experience of her caring and expert skills as a therapist. She has an amazing gut instinct for what is right for you as an individual and a very relaxing voice that I could happily listen to in trance a whole lot more."

May 31, 2011

**Top qualities:** Personable, Expert, High Integrity

## Anny & Michael's birth story

I just wanted to let you know how well the birth went and to say THANK YOU for taking us through the hypnobirthing course as it played a huge part in our successful birth.

ps – Michael used the breathing techniques to help him relax just before his driving test and passed first time!



High res photos available on request

## Get in Touch

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- [Follow Carolyn on Twitter](#)
- [The Nurturing Life Facebook Page](#)
- Skype: Nurturing Life
- [LinkedIn](#)

## Private Consultations

Face to face consultations are held in Carolyn's home at the following address:

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