

# Dagmar Herzog method

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What is the Dagmar Herzog method? The Dagmar Herzog method (DHM) is an emotional exercise and weight loss goes to the cause. The cause is usually in the wrong eating habits: an addictive behavior that is often programmed in childhood in the subconscious. The food was experienced in connection with happiness. The addiction is not directed at the food but the food associated with the feeling of happiness.

The Dagmar Herzog method (DHM) is working with emotions. Each emotion is a hormone (neurotransmitter) that go as messengers to the brain and programmed to behavior patterns. It is not hooked on the drug, but according to the feeling of happiness that is associated with the drug. Positive thinking, affirmations and suggestions that are essential in order to install new programs are positive, even in this program is an important element.

Forever slim - no more diets No more diets, bad conscience and yo-yo effect The easiest way to happiness and a healthy, lean body The "mental weight loss training" everything is allowed, just not a diet! The program loses its meal replacement function As the food is not more frustration, but lust is. Why eating mostly on the second day of the head. As you can lose weight without diet and discipline when eating in 6 months up to 25 pounds. Why you can not eat as many sweets and fats. Why is the dehydration and digestion of endorphins are strongly encouraged. Why is increasing by an emotional training program's services. How to degrade anger and stress and thereby brings the metabolism in high gear. Psychosomatic complaints, such as for example Tinnitus, migraine and eczema are relieved or cured. Anxiety and stress are reduced. Diets and slimming products only treat the symptoms of obesity. The cause remains unchanged. The result is: you take any diet too quickly again.

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