

Rewiring the Brain with RTT

RAPID TRANSFORMATIONAL THERAPY WITH
KATHRYN LINDUP



Hi, I'm Kathryn! Originally from England, I've lived in Hong Kong, Germany, and Australia, and for the past three years, I've been calling the beautiful Costa Del Sol my home. As a Rapid Transformational Therapist, I help clients unlock their mind's natural healing potential by addressing the root causes of both physical and mental challenges. I'm passionate about guiding people toward deeper, lasting health transformations!

MY OWN PERSONAL REMARKABLE HEALTH BREAKTHROUGH USING RTT TO HEAL ENDOMETRIOSIS

For 12 years, I dealt with the debilitating symptoms of endometriosis—severe bloating, digestive issues, chronic fatigue, and pain that kept me bedridden and reliant on prescription painkillers. Hormone treatments initially seemed like a solution, but the intense side effects, including anxiety and depression, led doctors to suggest additional medications to manage these reactions. Having never faced such issues before, I couldn't accept a lifetime of medications to counteract other medications' effects. So, despite medical advice, I stopped the treatment. Determined to avoid surgery, I managed my symptoms naturally

with diet, exercise, and lifestyle changes for the next five years.

I had regular scans to monitor the endometriosis, but after 12 years, I received news of new growth. I knew I had to find another way to avoid going back on to hormones or undergoing invasive surgery. One RTT session, focused on the root cause of the endometriosis, delivered remarkable results. Follow-up scans showed a reduction in growths and overall inflammation, and I now no longer suffered the painful symptoms. After five years on prescription painkillers, I was finally able to come off them entirely - in fact, I experience zero pain through my monthly cycle now! The effectiveness of RTT was so profound that even my consultant was amazed by these results achieved without Western medicine!

WHAT IS RTT?

RAPID TRANSFORMATIONAL THERAPY is a unique, multi-award winning therapy that was developed by the leading British therapist Marisa Peer. RTT combines the best principles of hypnotherapy, psychotherapy, Neuro-Linguistic Programming, and Cognitive Behavioural Therapy. This innovative approach helps individuals identify the root cause of the issue they want to overcome and quickly and effectively see

the changes they have longed for. All our beliefs and behaviours are formed through things that are said to us or things that happen to us, and it creates a blueprint in our subconscious mind that our conscious mind and body work to. "Think of it like you are the boat on top of the water and your beliefs and behaviours are lots of anchors sitting below on the sea bed. If you have a physical or mental issue that you want to move away from or change, and you can't, it's because these anchors are there stopping you from moving forward." By helping clients identify the root cause of the issues and reframing them in the client's mind, I help people pull up those anchors to unleash them from their past to move forward and create their own paradise inside themselves.

WHAT THE JOURNEY LOOKS LIKE

RTT combines the best elements of Cognitive Behavioral Therapy (CBT), Neuro-Linguistic Programming (NLP), Hypnotherapy and psychotherapy, to identify and deal with the root cause of your issue. With this approach, you gain a powerful understanding, allowing lasting positive change to take effect and transform your life!

Sessions can be conducted online from the comfort of your own home or in person if you prefer but the focus is always the same - to achieve change quickly! The majority of clients only need one session, the maximum anyone would ever need is three. RTT works to address the root cause of issues in a short time so you can move forward confidently.

WHAT CAN RAPID TRANSFORMATIONAL THERAPY HELP WITH?

Because RTT is a complete, solution-based approach, it can be used in many different ways. RTT has achieved phenomenal success in helping people overcome all kinds of challenges, including those listed below:

			
Drinking Smoking Drugs Gambling Compulsive Behaviour OCD	Eating Issues Weight issues Anorexia Bulimia Exercise Fitness Motivation	Fears / Phobias ADHD Anxiety Panic Attacks Stress Depression	Endometriosis PCOS Fertility Pregnancy / Birth Painful Periods Menopause symptoms
			
Self Esteem / Self Worth Self Confidence Achieving Goals Procrastination Exams Driving confidence	Career Issues Interview Skills Imposter Syndrome Confidence Public Speaking Memory	Autoimmune Diseases Asthma Tinnitus Diabetes Skin Problems Hair Growth	Pain Control Hearing Impairments Vision Impairments Mobility Issues Stomach issues IBS, Colitis, Crohns

INTERESTED IN LEARNING MORE?

I will be sharing tips on how you can hack your own mind in future editions of the 55+ Wellness magazine so look out for this next time!

If you would like to understand more about how RTT could help you contact Kathryn via:

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BREAK FREE AND TRANSFORM: WIN 4 WEEKS OF RTT THERAPY WITH KATHRYN LINDUP!

Are you weighed down by emotional pain, like anxiety, self-doubt, or depression, or physical challenges like chronic stress and tension? Do you find yourself thinking, "I'll never feel truly at peace" or "I can't break free from these patterns"? Rapid Transformational Therapy with Kathryn Lindup may be the breakthrough you've been waiting for.

Subscribe to the 55+ Newsletter today for your chance to WIN a 4-WEEK RAPID TRANSFORMATION PROGRAMME, where Kathryn will guide you on a journey of self-discovery and healing. You'll be empowered to rewrite your story, unleashing from your past to reclaim your physical and mental health and flourish. Your mind is key - unlock your potential today.

Take the first step toward lasting transformation—SUBSCRIBE NOW by scanning the QR code below!

MISCONCEPTIONS ON HYPNOSIS

- Loss of Control – Clients remain fully aware and in control throughout the session.
- Like Stage Hypnosis – Hypnotherapy is used for powerful therapeutic effects, not entertainment.
- Only for "Weak Minds" – Hypnosis is a natural state anyone can access.
- Mind Control – Hypnotherapists guide, but the client has the power.
- Limited Use – Hypnotherapy can help with many issues, from anxiety to chronic pain.
- Memory Loss – Clients remember most of the session; they are relaxed, not asleep.

