



## **Virtual Gastric Band and Weight Management**

### **What is the Virtual Gastric Band?**

The Virtual Gastric Band involves a hypnotherapy procedure which brings about strong, positive and effective behavioural changes in clients who undergo the treatment programme.

The technique is non-surgical and very safe. The clinical hypnotherapist guides the client into a comfortable, tranquil state of hypnosis during which time the client never relinquishes control and remains in charge of their own faculties. The procedure gives reliable and clinically proven results in those who follow the programme. It is not a difficult programme to follow and does not involve dieting or depriving yourself of foods you enjoy.

How does it work?

During the Virtual Gastric Band procedure the clinical hypnotherapist talks directly to the subconscious mind of the client making powerful suggestions that change the client's perceptions of food and eating habits. The client is effectively retrained to listen to their bodily signals and will learn to notice when their stomach has received enough food to nourish the body instead of over-eating. Those smaller portions will satisfy the person's needs whilst allowing them to lose weight in a controlled, predictable manner.

The Virtual Gastric Band procedure is undertaken as part of a Weight Management Programme that educates the subconscious and changes behaviours including shopping for food, perceptions of foods and recognising foods that cause harm. It also brings about changes including a want to participate in safe exercise at your own pace and to drink more fluids, to help both weight loss and detoxification.

The Virtual Gastric Band is fully adjustable should the need arise to raise or lower your food intake during the programme. Once the desired weight has been reached, no further action is necessary other than continuing to enjoy newly found vitality.

The result of the programme is safe weight loss, a boost in confidence and self-esteem and a positive, optimistic outlook that the weight will remain at its new lower level. An enjoyment of a newly found level of fitness and normal intake of healthy, nutritious food with a good level of fluid hydration will also result.

There is no lengthy waiting list to get through and the programme is priced at less 5% of the average financial cost of surgical gastric band procedures in the UK\* . There is none of the surgical risk attached to bariatric surgery.

### **How much weight can I lose?**

The programme is tried and tested with clinically proven results. Some of our clients experience weight loss of up to 9 pounds a week. The weight loss continues during and after the programme until a more natural body weight is reached. Virtual Gastric Band clients have lost several stone and it really depends on how much you have to lose. An initial consultation will determine and agree achievable goals between the client and the clinical hypnotherapist.

So what have you got to lose except the excess weight? Start your journey now...

\*source: <http://weightloss.cliniccompare.co.uk/>