

Hypno-Band

Weight Loss System™
Licensed Practitioner

The **Hypno-Band** could change your life forever. Imagine having the results usually achieved by having a surgical Gastric Band fitted but not having to go through surgery, and spending thousands of pounds!

Gastric Band surgery is not for everyone. Usually the surgery is only carried out on people classified as "*clinically obese*" and with a high Body Mass Index (BMI).

A surgical Gastric Band works by reducing the size of the stomach and therefore you eat smaller portions and feel full. Through this method it is possible to lose weight easily. The surgical method does have drawbacks however. It is very costly, typically costing £4000 to £6000 and of course you will need to go through a surgical procedure.



Lose Weight and keep it off

How does it work?

Over four sessions we take you through the process of having a gastric band fitted, only in your mind. By using suggestion and visualisation your mind will be convinced that your stomach has become smaller and that you need less food. By eating less and less often you will begin to lose weight. The process uses hypnotherapy and cognitive behavioural techniques to help you achieve your ideal weight - and stay there!

Each session in the Hypno-Band system lasts for one hour and before beginning the process a full assessment will be carried out.

Does it involve surgery? No! the HYPNO-BAND system is a non-invasive behaviour changing method using the techniques of hypnotherapy and cognitive behavioural therapy.

Does it hurt? On the contrary. The HYPNO-BAND procedure is extremely relaxing and pleasurable.

Am I suitable for the HYPNO-BAND weight loss system?

If you are over-weight and really want and are committed to losing weight then you should be suitable. The only exception would be if there is a physiological reason for your weight problems or if you are taking certain medications.

Will it work for me? The key to success is YOU! No weight loss system will work unless you are committed to losing weight. You must be prepared to change your eating habits and life-style. If you are totally serious about losing weight then it will certainly work for you. The HYPNO-BAND system provides you with the tools and ability to lose weight and maintain a healthier body.

How long does it take? The whole process takes just four one hour sessions.

Contact your local Licensed

Hypno-Band Practitioner:

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