

## **A NEW YOU STARTS HERE!**

The Hypno-Band © is the revolutionary new weight loss system designed for those who have a high Body Mass Index (BMI).

With Licensed Practitioners in UK and Abroad, Hypno-Band Clinics can help you lose that excess weight - and keep it off!

Please contact your local Licensed Practitioner today. To find your local Hypno-Band Clinic go to:

**[WWW.HYPNOBAND.COM](http://WWW.HYPNOBAND.COM)**

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# **Hypno-Band**

## **Weight Loss System**

The Virtual Gastric Band

[WWW.HYPNOBAND.COM](http://WWW.HYPNOBAND.COM)

Tel: 020 8446 8061

## What is the Hypno-Band?

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!**

**What if you could have all the benefits of a surgical Gastric Band, without the surgery and cost? Well now you can!** By using the Hypno-Band hypnotherapy system we create a state of mind where you will believe you actually have a Gastric Band fitted! You will eat smaller portions and feel full. The Hypno-Band system is a long term solution to your weight problems.

## How does it work?

Over five 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 is 60 – 90 minutes. 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.

**Are there side effects?** No. There are no side effects associated with undergoing this procedure.

**So it's safe?** Yes! the HYPNO-BAND system is perfectly safe.

**Will I be under the hypnotherapists control?** Never. No hypnotherapist can make you do anything you do not want to do nor make you behave in a way you would not normally behave.

**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 generally takes five sessions. Usually this is achieved over 6 to 8 weeks. The first three sessions are usually a week apart. However the timing is flexible and at your convenience.

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