

Healthy Weight Management with Clinical Hypnotherapy Solutions

Eating Well - Feeling Satisfied - Regaining Control – Individualised and Tailored for You

We offer two healthy weight management programs. The programs do not include food or food plans. What you decide to eat will be completely up to you. For most people changes occur naturally once they see movement towards their goals. Both programs are similar and effective. You can choose if you want to have the virtual (imaginary) gastric band fitted or not. They will both assist you in achieving your goals as they are catered for your specific needs. The programs will change current over eating habits. The virtual gastric band is very successful in controlling this.

Here is some information regarding the Virtual Gastric Band Program

The Virtual Gastric Band [VGB] is a program that was pioneered by Shelia Granger from the United Kingdom and it has become a very successful way to healthily manage your weight.

Sheila's initial trial was conducted on 25 participants with positive outcomes for 24. After their first three sessions they had recorded a combined weight reduction of 14 stone. That's about 89 kilos. All 24 also reported to have changed their eating habits and behaviours.

Shelia has been able to help many people in the UK to achieve their health goals and her success is now worldwide as seen in the media.

After completing the Virtual Gastric Band training from Sheila, I can offer this program to you should you wish to take control of your choices by managing your weight and living your best healthy life.

What is VGB?

The Virtual Gastric Band program was designed to simulate the Gastric Band or Lap Band procedure performed by surgeons, without the need for the actual operation to take place.

Surgery involves an adjustable band being positioned around the top of the stomach that creates a smaller pouch with the goal to prevent overeating and reduce weight.

In no way does The Virtual Gastric Band program replace surgery as for some it will be necessary to have the actual operation.

VBG can work in conjunction with Gastric Band Surgery. The surgery addresses the physical needs whilst the VGB program works on mind management and emotions, creating new habits and behaviours. For these reasons they work very well together.

There has been success with combining the program with other health care professionals when providing assistance with eating disorders.

The first session is where the imaginary band is fitted and you will be given some important guidelines to be followed, just as you would if you were to have surgery.

Healthy Weight Management is a non-surgical solution to healthy weight management achieved by working with your unconscious mind and utilising Clinical Hypnotherapy.

Suggestions are given to your unconscious mind and your unconscious mind runs with this belief and enables changes to occur naturally.

You will feel satisfied on these programs making your goals achievable.

How does Clinical Hypnotherapy work?

The unconscious mind is responsible for controlling our habits and behaviours. The programs work with this to make changes with the way you think about food and alters your habits and behaviours accordingly.

Clinical Hypnotherapy convinces your unconscious mind that there has been a change that is congruent with your beliefs and goals.

It persuades your unconscious mind to modify eating patterns, portion sizes plus other unhelpful behaviours together with an increase in willpower as the desired changes begin to take place.

The programs have been structured to work effectively for any person whom is looking for a healthy way to manage their weight, to regain control and to feel satisfied.

They are catered specifically to your needs to succeed as you achieve your healthy weight goals and for these reasons the programs can work to:

- moderate overeating
- reduce excess weight
- manage undereating
- correct irregular eating patterns
- feel satisfied

Healthy Weight Management can help to create a better relationship with food and establish new regular eating habits and behaviours.

Dieting vs Eating Well

Crash diets don't work. Usually, they require radical changes. Enthusiasm to follow the diet is lost.

Boredom and hunger set in with feelings of missing out. Constant thoughts about food whilst becoming angry and frustrated. The cycle ends with overeating favourite comfort foods.

Break this cycle now.

These programs are not diets.

They are about making small realistic changes that are easy to maintain without feeling as though you are missing out and being able to maintain a regular lifestyle eating as you choose.

It regulates behaviour by introducing new ways of looking after yourself, giving you back control and leaving you feeling completely satisfied. You will be self-correcting old habits and behaviours along the way to make long lasting changes.

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What's involved?

Both programs consist of 4 sessions. It is vital that all four sessions are completed to achieve long-lasting change.

The first session you will be given some important guidelines to be followed. Following these guidelines will improve your success at achieving your healthy weight goals.

During the course of the program, you will receive personalised recordings to support you through your program and beyond.

We will also address any behaviour modification that will help you to keep on track to meeting your goals.

Overall, with the VGB program you will find yourself satisfied with the new changes in you.

Your benefits from the Programs

You will be free from

- feelings of missing out and deprivation
- going hungry
- costly surgery
- surgical risks
- on-going medical treatment
- pain
- side effects
- lost time
- recovery
- worries

When you say YES to either program this will mean to you

- regaining control
- feeling satisfied
- reduction of excess
- new healthy habits
- a different dress size
- a different notch on your belt
- fitting into clothes for special occasions
- being here for your kids and grandkids
- positive change
- goals achieved
- looking and feeling good
- a healthier happier you!

The Goals of our VGB Program are to work with you

- to correct eating patterns
- to adjust portion control
- for behaviour modification
- to reduce the risk of Type 2 Diabetes
- before the need for Gastric Band Surgery
- for further assistance with or after surgery
- to improve health and happiness

Small changes. Big results!

Eating Well

Feeling Satisfied

Regaining Control

MANAGE YOUR WEIGHT NOW!



To Take Control and Manage Your Weight
Call for an Appointment Now

Healthy Weight Management

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**Our Healthy Weight Management Programs
are individualised, achievable and goal
orientated.**

**Both programs are a solution to a problem.
Resetting habits and behaviours making small
realistic changes you can live with.**

**The setting of big goals will be broken down
into smaller more manageable and achievable
goals.**

This way nothing is too big or too hard.