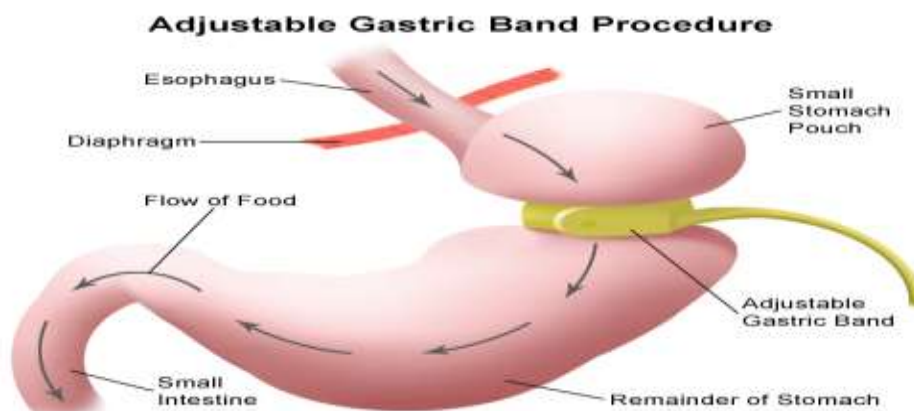


## The Virtual Gastric Band Procedure – Eight Golden Rules for Success

Hypnotically, your stomach has now been shrunk to the size of a golf ball. In order to aid your weight loss journey and gain control over how and what you eat/drink follow the 8 golden rules to success. They will help with the psychological impact of your Gastric Band, and also your past relationship with food. As you change your mind, so will your body's shape/size

**DECIDE NOW TO TAKE RESPONSIBILITY FOR YOUR OWN SUCCESS BY FOLLOWING THE 8 GOLDEN RULES**

**“CHANGE YOUR THOUGHTS, CHANGE YOUR MIND, CHANGE YOUR LIFE”**



### **Dealing with Head Hunger**

Head hunger refers to a condition whereby you *think* you need food but your body is not actually the one demanding energy. Something else is triggering you to think you require food, most likely it is an emotion.

Here are SIX ways to deal with “head hunger”:

1. Take a sip of water
2. Wait it out (about ten minutes)
3. Exercise – walk, stretch etc
4. Concentrate on deep, slow breathing
5. Tell yourself the feeling will pass
6. Eat a little bit of something nutritious (choose protein first)

### **Give Yourself Support**

It is important to recognize as you go through this program that you will frequently have to be your own support. To do so requires that you take ownership of the process. In other words, make this **YOUR** weight loss program. You are in control of your THOUGHTS, ACTIONS AND BEHAVIOURS. Choose now to DECIDE that you are going to give the band that has been placed around your stomach your attention.

One of the first assignments in the program is a worksheet that gives you clarity into your ideal shape and size. Your ideal shape and size is your goal! NOT the number on the scale. Remember that you have lifetime access to this program so use the audios, the videos, the craving buster techniques until you reach your ideal shape and size.

It very well may be that others will notice your progress before you do. So keep going! You will be successful! Just do the things that make other people successful – eat slowly, stop as soon as you are satisfied, drink plenty of water, move your body just a bit more than you do right now and you will have what you want aswell.

## **1. BUY SOMETHING NEW**

One very powerful psychological technique that I will be using is called the law of concentrated attention. Basically, it means that if there is something in life that you really want, **then behave in a way that you already have it** – and you are very likely to actually get it.

So, go out at your earliest opportunity and purchase an item of clothing in the size that you want to be. It has to be something brand new and NOT something that you already have from your past that no longer fits. It does not have to be anything expensive.

When you get it, hang it in your closet so you can see it every day, or put in your dresser drawer or place where you will see it often. It will be the reminder of what you are choosing to achieve.

## **2. LISTEN TO THE SELF HYPNOSIS AUDIO RECORDINGS**

The SELF HYPNOSIS AUDIOS in this program utilizes a multitude of the latest mind management techniques and is a VERY important part of our work together. It is absolutely essential that you listen to the current week's audio at least once a day (more if you can) for the duration of this program. The audios will create new neural pathways in your brain causing you to have new automatic attitudes and associations towards food and how you eat. REPETITION of suggestions is the KEY to the success of this program.

Increase the effectiveness by listening while wearing earbuds or headphones. You need to sit in a comfortable chair or rest on your bed. **IMPORTANT – NEVER LISTEN TO THE AUDIOS WHILST DRIVING OR OPERATING MACHINERY.**

## **3. EAT SLOWLY AND CONSCIOUSLY – SNAP OUT OF YOUR EATING TRANCE**

Enjoy every mouthful of food AND slow your eating down; chew your food thoroughly (approx. 15-20 times a mouthful). Put your cutlery down between mouthfuls; and or put your hand held food down between mouthfuls. If drinking a “Shake” chew each mouthful! Otherwise your brain will not release the signals that you are feeling full and satisfied or worse no recognize the calories that you are taking into your body.

Sit or stand and become AWARE by focusing on the food that is front of you. Eating in front of the TV, computer, electronic device, while reading a book or doing your work, doesn't allow you to be fully conscious of what and how much you are eating.

## **4. STOP EATING AS SOON AS YOU FEEL COMFORTABLE**

## **5. EAT ONLY WHEN YOU ARE HUNGRY – UPTO 3 TIMES A DAY**

Choose protein first! If you are hungry and you DON'T want protein, then ask yourself are you truly hungry? As your portion sizes will be dramatically reduce, you will be able to invest in QUALITY proteins and other natural foods.

## **6. TAKE SOME MULTIVITAMINS – REACH OUT IF YOU WOULD LIKE INFORMATION ON WHAT I RECOMMEND**

## **7. DRINK PLENTY OF FLUIDS – WATER IS ALL YOUR BODY NEEDS**

## **8. EXERCISE**

Move your body for 30 minutes per day. As you will be eating less than your body needs to function, it has to make up the difference by burning reserves. Your body will metabolize unused muscle and you may lose muscle mass and strength. Exercise force your body to burn the fat instead of unused muscle. Walk, skip, and dance around the house – MOVE!