The British Academy of Hypnosis

The Hypnotic Mind Band

Module Eight – The Gastric Band Scripts

Hypnotherapy Scripts
Client Support Questionnaire

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The Hypnotic Mind Band Weight Loss Manual, Notes and Scripts

The Gastric Band Operation Overview – Hypnotist Notes

The real surgical Gastric Band operation involves placing a band around the top region of the stomach. The band creates a small pouch at the top of the stomach that can hold approximately half a cup of food, approximately 12 times smaller than normal. When full this sends a message to the brain that the entire stomach is full. The effect is that the patient feels full more quickly and for a longer period of time, eats smaller portions and so loses weight quickly.

The fitting of a surgical Gastric Band results in most patients achieving a steady ongoing weight loss until they reach their target weight, as agreed with their surgeon, however a physical gastric band is not without dangers.

The gastric band procedure is not always appropriate for everyone; it is usually limited to those with the highest BMI over 35 and not is suitable for some people due to the anesthetic risks.

Other people may be put off due to a fear of hospitals or the length of time it may take to recover. On top of this it can be complicated and risky and often leads to discomfort and many unpleasant and painful side effects.

Over 80% of patients will experience one or more of the following symptoms:

• Nausea and vomiting
• Reflux or regurgitation of food
• Slipped band
• Obstruction or blockage
• Constipation.
• Diarrhea
• Difficulty swallowing

As you can see there are many complications to consider when thinking of having a Gastric Band fitted. The cost alone can reach around £8,000 and it is still not a magical solution. Big lifestyle changes will still need to be made.
**The One World Hypnosis Hypnotic Mind Band – Hypnotist Notes**

Having an imaginary gastric band fitted during hypnosis is an ingenious way to help overweight people lose weight without undergoing any of these dangerous and expensive surgical procedures.

The Hypnotic Mind Band is designed to create a different relationship with food for the subject. This mind reconditioning means eating healthier, eating smaller portions, eating slower and drinking more water. Drinking less alcohol can also be included in the hypnosis scripting.

Again the Hypnosis Gastric Band is not a magical fix for being overweight. It still requires life changes.

The incredible success stories of having a hypnosis gastric band fitted have been well documented in the news recently with a reported success rate of 80 per cent, which is higher than actually having the surgical procedure, which only works for 70 per cent of people.

This programme is based on 4 hypnosis programmes or sessions, which can be taken on consecutive days, over a couple of weeks or even longer if the patient wishes. A follow up session is also recommended 8 weeks after the fitting of the hypnosis gastric band.

As you go through the weight loss programme with your subject you will have the option to tighten the band to increase weight loss or to loosen the hypnosis band to decrease the weight loss or even follow a hypnosis script to remove the gastric band if necessary.

It is important to incorporate some behaviour therapy into the pre-surgery sessions with your patients. Therapy can help them to understand what food really means to them, and to realise when they eat and why they eat. Once they can begin to recognise the events in their life that trigger emotional eating, they can start to work on finding new ways to deal with those events. This in conjunction with the gastric band will make weight loss so much smoother for the subject.

It’s important to recommend the subject seek the advice of their doctor before making any radical changes to their lifestyle as a safety net for you the Hypnotherapist. It is usually recommended not to lose weight too fast as this can be risky in itself, however the doctor will be able to advise the patient better on this aspect. 1 or 2 pounds of weight lost each week would be a guide.
Your first few clients will be the most important in terms of going the extra mile and making a good impression. If their weight loss is a success, they will go on to recommend all of their friends and this will work wonders for you and your follow up business.

As a guide to sessions this programme suggests the following therapy.

4 Session Guide
Session One – 1 Hour
Session Two – 1 Hour
Session Three – 2 Hours – Band Fitting
Session Four – 1 Hour – After Surgery

Session Five – 1 Hour - Tighten / Loosen / Removal

The suggested price per session is £150.
5 Hours of Hypnosis would cost £800 for the complete programme.
Programme One – Hypnotist Notes
At the first programme session, it is necessary to gain background information about the patient’s attitude to food and diet, their BMI and to examine the history of their weight gain. It is also useful to ask about their willingness to make the necessary life changes and also their general, mental health.
It is desirable for the client to have a target weight to work towards and to know what their ideal weight is.
Some leading questions to ask may include;
Do they always leave a clean plate?
Do they give themselves larger portions than the rest of the family?
Do they eat until they feel uncomfortable?
Do they reward themselves with food treats?
Do they eat when upset/stressed?
Do they have clothes in the wardrobe they would like to fit into again?
Do they have a photograph looking the way they want to look?
Do they have an image in their mind of how they want to be?

If you find any causes for over-eating such as emotional or comfort eating, these will need to be resolved in the first couple of sessions. It is useful for your patients to keep a food diary to record their food and liquid intake, exercise and any comments. It may be an idea to ask your subjects to bring this record to each session, when you can briefly review it to help monitor their eating habits and keep track of their improvements. It is a tool or a starting point for their weight loss journey and will help them to get the greatest benefit from their treatment.

You can ask the patient to explain why they hate being fat, and want to be slim again. Ask what they see when they look in the mirror and how does it compare to a few years ago. Has their health been affected by their weight, can they do less now than previously was possible?

It’s important for the patient to accept that weight loss occurs through three main actions:-

1. **The reduction in food consumption.**
2. **Eating healthy foods.**
3. **Exercise.**
4. **Good nutrition**

These 4 aspects are a necessary part of the success of any hypnotherapy session. The hypnotic gastric band will help the patient to deal with their weight issue through his or her own willpower.
Creating a clinical environment.
When conducting a hypnotic gastric band fitting it is important to create a clinical environment where the subject believes something special is happening. The following instruments may be helpful.

**Digital Blood Pressure Monitor**
Digital blood pressure monitors are available which simply give you a reading without having to calculate it yourself. High blood pressure can lead to a shortened life expectancy, however dietary and lifestyle changes can improve blood pressure and decrease the risk of associated health complications. If you find out that your patient has very high blood pressure, you should suggest that they also see their Doctor, as it may be necessary to treat them with medication to avoid fatal problems.

If the patient has high blood pressure, it might motivate them to eat less anyway, although many people are informed of the health risks associated with being overweight, yet it doesn’t improve their attitude to weight loss.

**Digital Pulse Monitor**
Resting heart rate can be taken by using a pulse monitor. Again these can be purchased from most chemists and it is actually a very useful piece of equipment for a Hypnotherapist to own because you can monitor the patients pulse rate through hypnosis and hopefully, the more relaxed they are, the slower it should become, approximately 40 per minute is the base rate when a healthy person is asleep, so during hypnotherapy it will likely be a little higher.

**Biofeedback Meter**
Alternatively you could use a GSR biofeedback monitor if you have access to one. Electrodes wired to pads that are taped around the fingers connect this devise. The GSR meter is attached to an electrical device which gives a reading displaying an indication of how relaxed the client is through Galvanic Skin Response through the subjects sweat from the skin.

The use of these tools are very beneficial to you the Hypnotherapist and also give you a massive advantage through the power of placebo.
The Power of Mental Health and Nutrition

Now it’s time for you to really understand the power of what you are playing with. When we are born we inherit our DNA from our parents. Identical Twins have identical DNA. So here is the question. Why are they different? Identical Twins can be very different indeed! Different physical looks, different illnesses, and different character but yet still identical DNA. Today science tells us that only 5% of Illnesses are genetically inherited and so the story of bad genes being past from your parents are somewhat of a myth.

95% of your genetic code is created by your life style!

Your genetic code is changing all the time. Science now tells us that there are 3 things that are constantly changing your physical genetic code.

1. Your Location. Mental and Physical

2. Your Nutrition

3. Your beliefs

Now you see that when you are using hypnosis you have the ability to physically change the body. This is powerful, powerful stuff and should never be underestimated!
Nutrition
Now you see how important nutrition is. What you eat will physically alter your genetic code. When you eat junk food you are deliberately harming your individual cells. Bad nutrition will stress your body at a cellular level creating stress and breakdown releasing free radicals and bringing cells out of harmony and balance.

When you are fitting the Hypnotic Gastric Band it is so important that you help your subjects with their nutritional requirements.

Weight loss is simple. Forget about all the fad diets and lets concentrate on the facts.

Your body has a metabolic rate. This is the rate that your body uses energy at rest. Every individual has a different metabolic rate.

Let’s say your metabolic rate is 2,500 this means that at rest you will burn 2,500 calories a day. So if you eat more than 2,500 calories the extra energy will be stored as fat. Eat less than 2,500 calories and you will lose weight. Simple.

When you fit the hypnotic gastric band you are effectively quartering your subjects meal size. They are going to lose weight fast.

This is where your sensible monitoring is so important to the process.

The Hypnosis Process
I highly recommend that you purchase a set of scales to monitor your clients process. Without the scales you are really not sure what is going on. The weighing scales should be able to monitor Weight, Body Mass Index, Bone Mass, Fat, Muscle Mass, Metabolic Rate, Visceral Fat and Hydration. These scales are available from most stores and are not expensive. They can be bought online for around £40.

Sometimes your subject may not lose weight because their hydration and muscle mass has increased which is wonderful and the scales will show their true achievement. Weighing your subjects and knowing their goal is vital to the success of the program.

Ensuring your subjects health is paramount and so you need to monitor their diet. Cutting out the junk food and eating healthy food will ensure your subjects have the nutritional requirement for a healthy body.

Included with this script program you will find details of a healthy eating plan. The plan simply gives a few ideas for healthy eating.
The Healthy Eating Plan

As part of my coaching training I have successfully completed training as a nutritionist and I am available for your support. Most of us know what we should be eating and the foods that are bad for us. As Tony Robbins said “It’s not knowing what to do, it is doing what we know!”

What we eat changes our genes. There is a reason why the government tells us we need to eat our 5 a day.

Nutritional Shakes, Soups and Smoothies
The Hypnotic Mind Band must not be fitted until your subjects are successful in all areas of the first 2 hypnosis sessions. If they are not successful with all the points do another session before fitting the mind band. Just like a physical gastric band if you do not reduce the food intake the physical gastric band will snap. The Hypnotic Mind Band will also mentally snap and your subject will fail.

The Hypnotic Mind Band Script is designed to shrink a subjects stomach so they feel full faster, eating less food.

After fitting a real gastric band the person will go onto a calorie controlled diet and for several weeks will only eat liquidised meals. When I fit a Hypnotic Mind Band I recommend that my subjects follow a similar plan to encourage fast, safe, controlled weight loss.

This doesn’t mean a subject will ever starve. In fact it’s the opposite. For healthy weight loss it is important to keep the metabolism healthy, building muscle and burning more calories. The process can become complicated but I am here for your support.

I use the hypnosis process to help the client follow 1 of 2 healthy eating programs.

For most people the first program will be the most suited for successful weight loss. The second program is more for a nutritional body for perfect health.
Program One – Weight Loss
For powerful weight loss I recommend the subject has a nutritional shake for their breakfast. Breakfast is a vital meal for the body and it’s the time to kick start the metabolism for the day.

Many breakfast products are high in fat and sugar and so they are unhealthy and tend to give the body an early morning sugar rush. A sugar rush is often a short spike of energy that the body cannot cope with and so it releases insulin to level the spike out often resulting in a massive dip in energy shortly afterwards bringing you crashing down to earth. A nutritional shake can offer you all the nutritional requirements your body needs to start your metabolism and offer you a steady energy release for the morning, perfect!

I then recommend a healthy protein snack mid morning followed by a second nutritional shake again for lunch.

The afternoon requires a second nutritional snack followed by a health dinner.

5 Meals A Day
Morning – healthy shake to kick start the day
Mid Morning – Protein Snack
Lunch – Healthy Shake
Mid Afternoon – Protein Snack
Dinner – A Healthy Meal

Nutritional Requirements
The fact is that today the foods we eat in most cases leave our bodies lacking in the vitamins and minerals that we require.

I recommend to all my subject a multivitamin to help boost their requirements. In many cases a multivitamin will be a great start but if your subject has specific health requirements or allergies they will tell you.

I don’t want to go too deep into nutrition with this training program. If you are unsure and you require support please feel free to contact me and I can help you source any nutritional products required.

You may be thinking I am not sure if my subjects will want to supplement their food with a shake. I am quite sure they would be quite happy with a shake if it had a burger with it!

Committing to a health program is vital for their success. They don’t have to commit. There is always the option to just stay fat.
Program Two – Healthy Eating
Once your subject is well on their way to losing their weight they would transfer to a healthy eating plan which would basically mean dropping the midday shake and replacing it with a healthy meal.

It is still important to have those midday protein snacks to keep your metabolism going and also important to keep that multivitamin going.

5 Meals A Day
Morning – healthy shake to kick start the day
Mid Morning – Protein Snack
Lunch – A Healthy Meal
Mid Afternoon – Protein Snack
Dinner – A Healthy Meal

OK lets take a look at the full Hypnosis Weight Band Script.
**Programme Script One – 1st Pre Operation Hypnosis Session**

Take a nice big deep breath and allow your eyes to just close down. As you settle down deeper into this lovely calm and peaceful feeling just be aware of how comfortable and relaxed your body is. It’s such a wonderful feeling to be calm and relaxed nothing else matters right now, nobody wants you right now and nobody needs you right now so all you need to do is to relax and unwind and let go.

And if your mind begins to wander away to some pleasant thoughts then that’s okay. Because nobody wants anything at all right now, nobody needs anything, there’s absolutely nothing to do but relax and enjoy this wonderful awareness that is developing within you, right now.

In your mind you see yourself walking down a beautiful staircase. The staircase is light and bright. There is a handrail for your safety for you to hold onto if you feel you need it.

As you step down the staircase you just seem to relax more and more with each and every step you take. Relaxing more with every number that I count down.

Ten – relaxing more and drifting deeper.  
Nine - with each breath you take you relax more.  
Eight – feeling wonderful.  
Seven – relaxing more and drifting deeper.  
Six – your mind relaxing and letting go.  
Five – drifting more.  
Four – relaxing more and drifting deeper.  
Three – feeling wonderful and calm inside.  
Two – almost at the bottom of the stairs now.  
One – stepping down, relaxing more, drifting deeper.

At the bottom of the stairs you find yourself relaxed and calm. In front of you find a large door that you open easily and step inside.

You find yourself inside the control room of your mind.

From here you can control everything within your mind and through the power of your mind you can change your body.

In the control room of your mind you imagine a large comfortable chair where you sit down and relax.

For a while now you have wanted to lose some weight. You feel that your size is getting to a point where it is unbearable; you must simply lose some of the excess pounds you have gained to continue the life you are used to.
Your life has quite literally come to a standstill and you are at a crossroads where you must decide which path to take.

I want you to visualise that path right now and we can decide together which path is right for you.

Imagine that you are standing at a fork in the road. You see 2 pathways in front of you. One forks off to the left and the second forks off to the right. All around you are beautiful green hills and the sky is bright blue, the sun is shining down and it is a beautiful day. As you look behind you, you can see the path that you have been taking throughout your life.

Immediately ahead of you the road splits equally into two. You stand in front of the fork in the road thinking about which path to take.

The road bending to your left is the old familiar road. It is lined with sweet, chocolates, crisps, takeaways and all your other favourite foods, you can help yourself to as much as you like with no worries. It also declines gently downhill and it is certainly an easy path to follow, at least at first. However you can see further on the path loses some of its brightness and in the distance there is a hospital and further past that the path ends and there is a cemetery.

The road to your right is a tougher, uphill road that is a struggle to climb and you can see that it will take quite a bit of will power. However once you have climbed the up hill road, you can see that the struggle will be over and after that it will be plain sailing. The road is lined with trees and bushes laden with the most delicious smelling fruit. In the distance you can see children playing in the park, waiting for you to join them, perhaps they are your future children or grandchildren.

Now you can clearly see the second road leads to happiness, peace and contentment and you realise that there isn’t really much of a choice to make. If you carry on the way you are going your life will be short with very little to look forward to. However if you chose to change your life for the better and at first it may be a struggle, but it will certainly be worth it.

Now in your mind, take the first steps down the path of your choice. You know that these first few steps will change your entire future.

The first steps to a new you have now been taken.

Now that you have taken the pathway to a new future it is time to begin visualizing the new you.
It is your new thin body. See this in your mind.

Looking the way you want to look and wearing that clothes that you have dreamed of wearing for so long. You are looking excellent. Fit and healthy.

You look and feel so happy to have achieved your goal size and that image of yourself sticks itself permanently inside your head.

See how comfortable you feel. Notice how confident you are and how good it is to be this size.

And now bringing yourself back to the present you, you find yourself choosing not to eat junk food. You start to cut it out of your diet completely and once you have gone a day or two without it the thought of junk food starts to repulse you slightly. If you had a million pound racehorse, would you feed it the rubbish you feed yourself? How much are you worth?

If ever you are tempted to eat something you know you shouldn’t, the image of yourself looking great, and wearing the clothes you want to wear, looking fit and healthy instantly pops into your head and you know that if you give in you would be taking a step in the wrong direction, down the wrong pathway, away from the slimmer, healthier you.

Nothing you eat will ever taste as good as the feeling of being slim.

You eat to give your body energy, and as soon as the tank has enough fuel, you stop eating. For you know that in a few days your stomach will simply not be big enough to eat a large meal again, you are simply preparing it for that event.

And as you picture that thinner, slimmer, healthier you in your head you realise that you do have the determination to achieve your goals. You have stopped over eating, stopped eating the wrong type of food and get your body to look like that picture in your mind.

Life is too precious; you want to be healthy to be able to enjoy everything it has to offer. You now find yourself eating less, your stomach gets fuller on much less and it is actually easier than you ever believed possible before.

And these suggestions are firmly embedded in your subconscious mind and grow stronger and stronger each and every day, every day you eat healthier food in smaller portions because you do not want to follow that downhill pathway.
You now accept that you can do this, the image of that slimmer you stays in your head and motivates you every step of the way. You can’t wait to look that way again, it is a desire that is with you to stay.

Now each and every time you hear my voice during a hypnotic session you will find that you can go faster and deeper into a comfortable trance and receive more and more benefit from all the suggestions given.

When the time comes for your gastric band hypnosis session you will be so deeply and comfortably relaxed and able to visualise everything that is said. You will be so deep in hypnosis that you will strongly believe after the session is over that you have experienced an actual gastric band surgery procedure. The effect that this will have on your life from that moment on will be so pleasantly dramatic that you will have no desire to overeat or eat the foods that have caused you to gain weight in the past.

And as you drift down deeper and deeper into hypnosis, your mind has become so very receptive to what I say and to everything that I suggest, your subconscious mind will be listening intently.

These suggestions will travel so deep and have such a lasting impression on your subconscious mind that nothing will erase them.

They continue to grow stronger day by day.

And as these suggestions sink deeply into the unconscious part of your mind, they will become part of your everyday life. They will begin to influence the way you think, the way you behave and ultimately the way you eat.

For a while now, you know that you have been eating too much. Perhaps you were just putting too much food on your plate and trying your hardest to finish it all so as not to waste it. Or maybe you keep going back for second and third helpings even though you know that you were full ages ago.

But all that is going to change now, all with the power of your mind.

Did you know that there is a delay between the signals from your stomach saying it’s full to your brain registering what the stomach has said?

And it’s because of this delay that many people continue to eat during a meal, which not realising that they are already full. Therefore they eat too much, and the body doesn’t want to waste the valuable food and stores it as fat.
So the first thing to do to overcome this problem is to eat more slowly. There is no point in eating your food fast.

That is an instinct that comes from the human primitive days, when food was so scarce that if you happened to come across some you would eat it all up very quickly so that no one else would come along and take it from you. But you know very well that that will not happen to you.

As you eat your food more slowly, you really begin to taste it for the first time. You start to find pleasure in the flavour of food and not the quantity. It tastes so nice whilst it is in your mouth, and once you have swallowed it, the taste and the pleasure disappears, the food could have been anything, all it does then, is to fill up your stomach. You aim to chew every mouthful 15 times before swallowing, and to place your knife and fork down between mouthfuls so that you can concentrate on enjoying the food more.

Some people can’t wait to eat and then when they get the opportunity for food they eat so fast they don’t even have time to enjoy the food.

Now you eat slower you enjoy the food more.

And because you are now eating slower, you find yourself eating less, as your stomach has more time to communicate with your brain. And if you find that you are half way through your meal when you are full, you simply put down your knife and fork and stop. The waste doesn’t bother you.

You would rather that food was in the bin than stuck to your hips or stomach.

And as you become more in tune with what your stomach is telling you, you realise that eating to a scheduled timetable doesn’t work. You are putting food in your stomach when it isn’t even hungry. So you decide to only eat when your stomach tells you that you are hungry.

You start to eat in tune with your stomach. You’ll find you’re rewarded in many ways, better health, greater pride, a slimmer body, a confident feeling, alert and focused all the time.

When it gets to lunchtime, you place your hand on your stomach and ask: ‘Am I hungry?’ If you are not, then you wait until you are to eat the meal.

You find that large portion sizes start to look unappealing even when it’s your favourite dish. The plate looks like it is groaning under the weight of the food that just can’t be eaten.
You only eat as much as you physically need and you are in tune with your body so when you recognise that it has had enough to eat you simply just stop eating. When you stop eating in this way you notice how positive and confident you feel.

And whilst you are eating, a picture crops up in your mind of a thinner, slimmer, healthier you and it helps you to realise that you do have the determination to achieve your goals. Your body now meets with your own approval and you are so glad that you stopped eating in excess.

Every day you're moving closer and closer to this new image of yours. Every day you're more determined and motivated to achieve your goal. You eat only when hungry.

And these suggestions are firmly embedded in your subconscious mind and grow stronger and stronger every day.

Now it is time to leave the control room of your mind.

In your imagination you see yourself at the bottom of the staircase and begin to walk up the stairs.

In a moment I'm going to count the numbers from one to five and at the count of five you will be wide-awake, feeling wonderfully motivated with all of these suggestions deeply rooted inside your subconscious mind where they continue to grow.

One – becoming lighter and lighter
Two – stepping up the stairs, feeling lighter and lighter
Three - coming slowly back
Four - eyelids beginning to flicker
Five - eyes open wide-awake and feeling wonderful
Programme Session Two - Hypnotist Notes
The subject will come back motivated and eager to continue with treatment. If each treatment is to occur on simultaneous days, then they won’t have had a chance to lose any weight, but you can ask them how they got on at dinner last night.

Before you begin the Hypnosis sessions begin with A.P.I.E. as usual and evaluate the first session and its effects.

Ask a few questions such as; what did they eat? How big was the portion size? Did they leave any on their plate? How did they feel during and after the meal? Did they take their shake for breakfast to kick start the metabolism? Did they have their protein snacks through the day?

Weighing your subject will tell you exactly how they are doing.

Discuss how much food is required based on how active the patient is. By cutting down on the amount they eat they will see a proportionate amount of weight loss.

Also discuss portion sizes; the recommended portion size is roughly the same as your fist.

In the next session, which should last approximately 2 hours, you should try to concentrate purely on the present.

Ask the patient if they think the gastric band is going to work. If they are unsure, it is your job to convince them during this session that it will. If the person believes in it, then their mind will make it work. If they don’t believe in it then they may try there hardest to go against your suggestions.

Explain to the patient that they need to take responsibility for their actions and to identify, understand and, ultimately, stop their damaging behaviour.

In this session you will need to be harsher than the first, you need to make the patient realise how much they are damaging their health and potentially shortening their life.

Being overweight has serious health implications and the patient needs to realise this and do something about it. Being overweight causes similar health problems to obesity, but to a lesser degree. The risk of death is thought to increase by 20 to 40 percent among overweight people and being overweight at age 40 cuts life expectancy by three years. Being overweight has been linked to cancer, as well as many other diseases.
They have made a very important step in coming to you today, but this is just the start and they will need to be focused and determined.

On the other hand, they should not spend their life thinking about food and being overweight there is so much else to occupy their thoughts. They just need get it under control in the short term and then they will be free to get on with their life without this very big shadow over their head.

The following script is a second pre-hypnotic script to the gastric band script. It will start them thinking about having a smaller stomach prior to having the gastric band fitted.

I have suggested here the use of a couple of props, which have successfully been used by Hypnotherapists so far. A cricket ball or similar which is also recommended for the gastric band session and something larger such as a melon to get some visual idea of the stomach size before and after the gastric band session.
Programme Two – 2nd Hypnosis Script
Induce and deepen the state of trance and take the subject down to the control room of the mind.

Now settle yourself into a comfortable feeling, because soon, very soon you’re going to feel more comfortable than you’ve ever felt before. And as you drift deeper and deeper down I want you to feel yourself just sinking in the chair. Relaxing more and more and rifting down deeper and deeper than you did last time.

All I want you to do is to enjoy this comfortable feeling, make it real, intensify the warm, pleasurable feelings. Increase the colour of any images you might perceive, allow yourself to become really absorbed in this experience.

And whilst you're doing this I’m going to be speaking to your unconscious mind. And of course, you don’t even need to listen to me, because your unconscious mind hears everything that it needs to hear. So continue allowing yourself the comfort of these fantastic feelings and as you do so you’ll find that those feelings and my words will take you deeper and deeper into this lovely hypnotic trance.

For you are so happy and relaxed that you are ready to receive and act upon the suggestions that you are about to hear.

Because in the past you know that you’d been eating and drinking too much and now is the time to end this pattern of behaviour. You are so determined, in fact that you decided to seek help with your problem.

You continue relaxing down deeper and deeper.

In a moment I’m going to ask you to imagine certain things, and you’ll find that imagining these things will relax you even more and with each breath that you take and each word that I say you will find yourself drifting deeper and deeper into a calm relaxing feeling. And as you imagine that you are actually there any sounds or smells simply intensify your visualisations.

In the control room of your mind you imagine a large screen and images begin to appear on the screen.

The first thing I want you to imagine on the screen is that you can see an image of your own stomach as if it were being projected onto the screen in front of you.
You can see every aspect of your stomach. The colour of the outside walls, the texture and the way it is always moving.
And as you look up at the projection on screen, you see that something is happening. The image of your stomach is shrinking, slowly but surely shrinking, ever so slowly, but definitely getting smaller.
And you instinctively know that this is what is actually happening to your stomach.

As you have already started to eat smaller portions, you stomach has started to adapt to this and getting smaller and smaller to accommodate only the reduced amount of food.

The stomach is an amazing organ. When relaxed and near empty, it has a volume of about half a litre. After eating, it usually expands to hold about a litre of food, but it can hold as much as 2 to 3 litres.
So I want you to imagine exactly how much your stomach will shrink by in total.

You imagine the pictures on the screen.

Now in your imagination, imagine two objects in your hands. Imagine in one hand is a melon and this represents your large existing stomach and in the other is your new miniature replacement stomach, which will be the size of a cricket ball.

I want you to concentrate on the size and the weight of the two different stomachs. Can you imagine how much the larger stomach has been weighing you down? And how when it starts to get empty, you feel hungry again?

By reducing the size of your stomach you will also reduce the frequency that you get hungry, as your stomach will require less food to keep it full.

Your larger stomach existed so that your body was able to process more food however you have now made that important decision that you no longer want to process as much food, so your stomach will adjust as necessary.

Now that your stomach is shrinking, you will find that you want to eat smaller portions and to eat less often. You do not have the same requirements as before, since you have decided to use up some of the food reserves you have been carrying around for so long.

And before long, you will find that you will feel very uncomfortable if you do eat too much. This is because of your new smaller stomach. Once you have filled it up, food has nowhere else to go, so it tells your brain to stop eating which in turn gives you the feeling of being uncomfortable and not wanting to eat anymore.
And as you start to get your portion sizes under control, you find that your taste buds are also changing they recognise the delicious taste of nutritious food and food that is fatty, sugary or starchy become unappealing to you.

Even alcohol loses some of its appeal, after all it is full of calories, full or sugar and doesn’t provide the body with any benefits it starts to taste like what it actually is, a poison. And as you drink less alcohol, you find the weight drops off you with so much more ease.

From now on you are changing your eating habits and your lifestyle. You already feel much, much better. You choose to only eat the amount of food needed to meet your physical requirements. As you continue to reduce your portion sizes you notice how your body gradually burns the excess weight that you have been storing. In turn your stomach becomes smaller and the desire to eat more diminishes. And these suggestions are firmly embedded in your subconscious mind and grow stronger and stronger day by day.

You enjoy drinking water. Water tastes great and satisfies your thirst quickly. Drinking more water bring you more in harmony with the feelings of your stomach. You notice easily if you are hungry and require food or maybe you are just thirsty and require a drink. You enjoy a drink of water before you eat and you drink less whilst you are eating the meal itself.

Water tastes and feels good. Before you eat, you enjoy drinking water. After the water you check to see if you are still hungry or were you just thirsty. If you are no longer hungry you wait a little longer before eating.

Its time to leave the control room of the mind.

You lift yourself up from the chair and walk over to the doorway to leave the control room behind.

Good, now when you’re ready, I’m going to count from one to five and at the count of five you’ll be wide awake, feeling wonderfully invigorated and ready to allow these suggestions to work for you.

One – becoming lighter and lighter.
Two – stepping up the stairs, feeling lighter and lighter with each step.
Three - coming slowly back.
Four - eyelids beginning to flicker.
Five - eyes open feeling wonderful.
Programme Three - The Hypnotist Operation Notes
Now it’s time for the virtual gastric band operation. This session should last for approx. 2 hours.

It’s important to make the patient feel like they are in hospital. Some therapists have consulting rooms that are very clinical, almost like a doctor’s surgery or hospital. Whist this would be great for this particular type of therapy, it is not very practical for many Hypnotherapists, especially if working from home. Do what you can.

Whilst the patient is under hypnosis with their eyes closed, visualising they are in hospital, they still have full use of their smell sense. TCP is a good ‘hospital smell’ or a similar disinfectant, to give the clean sterile smell of hospital. You can waft some around, or perhaps have some bowls nearby containing TCP so that the smell is in the air.

Remember that if you actually clean with it or rub it into something permanent then the smell may remain for some time to come, which may not be desirable for your following subjects.

You may like to experiment with ‘hospital’ sounds. These may range from a general background sound to quiet beeps of machinery and also remember that music is often played in operating surgeries to calm the nerves of the surgery, so relaxing music would also be acceptable.

Props you may like to purchase a few cricket balls (or tennis balls), or perhaps you can think of something of a similar size that you can personalise to your hypnotherapy practice, maybe even a stress ball. You can give one to each patient and tell them that their stomach will be roughly the size of this ball, and to put it in front of them on the table every time they eat so that it is constantly in their mind not to overeat.

When they are sitting in a restaurant with a cricket ball or stress ball in one hand and the menu in the other, it should really help them to focus their mind.

Ask the patient to lie back in the chair and close their eyes, dim the lights and close the blinds, play the music and command them to sleep!
Programme Three – 3rd Script - The Hypnosis Operation

Once again follow the control room induction and deepen script.

And so, with your eyes closed down, you feel ever so calm and comfortable, ever so relaxed and detached. And as you feel yourself becoming more and more calm, and more and more relaxed and more and more detached you can allow yourself to drift a little deeper, just drift a little deeper into comfort and relaxation.

Relaxing into a very calm and peaceful feeling, a very relaxed sort of feeling drifting deeper and deeper into that calm relaxing feeling. Relaxing more and more, sinking down into that warm, soft, velvety feeling. Just enjoying this wonderful calm relaxation. A relaxation where nothing else matters, relaxation where there’s nothing at all to do but relax and let go. So just relax and let go, relax and trust in the sound of my voice.

In a moment I’m going to ask you to imagine certain things, and you’ll find that imagining these things will relax you even more and with each breath that you take and each word that I say you will find yourself drifting deeper and deeper into a calm, relaxing feeling. And as you imagine that you are actually there any sounds or smells simply intensify your visualisations.

As you lie here in the control room of your mind. The first thing I want you to imagine is yourself waking up in your own bed on the morning you are due to have your gastric band fitted.

You are feeling slightly hungry, you haven’t eaten since the previous night, but you know that the feeling of hunger means you are one step closer to achieving the weight loss you have desired for so long. You have a calm state of mind because finally you will be able to address the weight problems that you have struggled with for the past few years.

You get out of bed and prepare yourself to go to the hospital. You have already packed your overnight bag, so all you have to do is get dressed and clean your teeth and wash your face. You really want to go through with this surgery, you can’t wait to lose weight and so you get ready feeling happy and optimistic.

As you travel to the hospital, you are so happy that this day has finally arrived. You have been waiting for it for so long and you are so eager to start losing weight.

In your imagination you arrive at the hospital.
You see in your mind the receptionist. The Receptionist checks you in and takes you to your own personal room. It is very sterile looking, not much else in the room other than a bed and hand washing facilities and there is a distinct clinical smell all around you.

You are told to change into an operating gown.

As you lie on the bed resting and thinking about what the future holds. A Nurse comes in to see you. She takes your blood pressure, heart rate and temperature and fills out the necessary paperwork. She asks you a few questions and informs you that it will be over in no time at all.

Then the Anesthetist and the surgeon come to collect you with a hospital trolley. They give you a bracelet to wear and explain what is going to happen.

The Anesthetist tells you to learn to trust and rely on the band, let it become your friend, and work with it so that it can do its job for you, helping you successfully lose weight.

The Anesthetic is about to be administered, an area on the top of your hand is rubbed with cold alcohol and then you feel a scratch as the Anesthetic is given. (You can simulate this with some cold water and cotton wool and then gently prick the top of hand with something sharp.)

You will not feel any pain once the anesthetic takes effect.

You start to feel pleasantly woozy as you are wheeled down to theatre to have the gastric band fitted. As you travel down the hospital corridors you can hear the noises of a busy hospital, distant chatter and the beeps of medical machinery and all the while the Anesthetist and Surgeon are chatting to you and putting you at your ease.

You enter the operating theatre and see yourself in a brightly lit, modern theatre, surrounded by banks of modern technology, with the most advanced equipment at your disposal. All of this equipment is absolutely spotlessly clean and sterile. You can really smell the antiseptic solutions now. The bright lights make you want to close your eyes. You drift off slightly although you are still aware of what is happening. A partition is place on your chest so that you cannot see what is happening and everyone prepares for the gastric band to be fitted.

You are asked if you are feeling OK and find yourself nodding in response. The Surgeon tells you that he will explain what is happening every step of the way.
Despite what lies ahead, you are not at all anxious as the Anesthetist starts work and the surgeon prepares his scalpel for that first incision.

The first thing he is going to do is to make a small incision of less than 1/2 inch near the belly button. You can feel something happening but it feels more like he is drawing a line on your stomach with a pen and there is no discomfort at all.

He then tells you that he is pumping carbon dioxide into your abdomen to create a workspace. A small camera is then placed through the incision into the space created by the gas in the abdomen.

The camera sends a picture of the stomach and abdominal cavity to a video monitor. The surgeon tells you that he has a good view of the key structures in the abdominal cavity. He then makes a couple more small incision in your stomach into which he inserts his long handled instruments. As he watches the video monitor, he can see exactly what these instruments are doing and so can complete the gastric band procedure.

The Surgeon creates a small, circular tunnel behind the stomach and inserts the gastric band through that tunnel. The band is then locked around the stomach.

You feel a slight tugging of the band as it is tightened around your stomach.

The operation has gone extremely well and the wounds are being stitched. You are now too sleepy to care and drift off in to a gentle sleep, happy in the knowledge that everything went well and finally you will begin to lose weight quickly and easily.

When you wake up the next day you find yourself back in the original room where you put your gown on. You are feeling surprisingly well. There is a slight throbbing in your stomach as if it is bruised, but it doesn’t really hurt and you know that it will soon wear off.

Your door is open and you can hear the clatter of plates and the smell of hospital food drifting down the corridor.

You realise that you really must be feeling better as you are starting to feel a little bit hungry and so you should be after all you haven’t eaten for the past day.
You were expecting a plate of food like everyone has but instead a bowl of soup is placed in front of you nevertheless it looks absolutely delicious. You start to sip it savouring the flavour; you know that you can only eat smaller portions now, so enjoying what you do eat is more important now than the quantity.

You eat five or six spoonful’s’ of food before you start to feel full and you realise that you cannot take anymore which is a good thing. It means the operation was a success and you feel wonderful.

The Doctor and the Nurse come in to check on you. They tell you that now you have had the gastric band surgery you will not be able to eat large portions anymore, and remind you that it is especially important that what little you do put in your mouth is healthy so that you still receive the essential vitamins and minerals that you require.

They then wheel you off to have a barium x-ray that checks the gastric band has been fitted correctly. It is a smooth and simple process and before you know it, they tell you that the operation was a success and that you can be discharged from hospital.

You can’t wait to go home and start your new life. You thank the doctors and nurses who looked after you and make your way home.

And when you get home you find the same thing happens to you as it did in the hospital. The size of the portions that you can eat has dramatically reduced. Your hunger is quickly satisfied and you find that you just don’t need as much anymore. You take care to ensure that the food you do eat is healthy and nutritious just as the doctor prescribed and you eat slower with more chews in between mouthfuls.

You soon find the extra weight is falling off you; you are starting to look healthier and slimmer than you have done in a long time. You are so happy with the new look you that you continue with your improved eating habits and the more you stick to it the better you look and the better you feel. You are so pleased that you have had the gastric band operation it really has changed your life, you are now so much more confident in everything you do. You enjoy drinking more water before meals. You notice that the water satisfies you more than ever and often after drinking a glass of water you decide not to eat, as it was the water that you needed and not food.
And these suggestions are firmly embedded in your subconscious mind and grow stronger and stronger day by day. You will feel exactly as if you have had this operation in real life all the memories will stay clear in your mind.

It is time to leave this comfortable chair and to wake from this beautiful feeling of relaxation.

In your imagination you leave the control room of the mind.

In a moment I’m going to count from one to five and at the count of five you’ll be wide, wide-awake.

One – becoming lighter and lighter.
Two – stepping up the stairs, feeling lighter and lighter
Three - coming slowly back
Four - eyelids beginning to flicker
Five - eyes open wide-awake and feeling amazing.
Program Four - After Surgery Hypnosis - Hypnotist Notes.

On the following page we will look at an after surgery script. This script can be used at any point after the gastric band operation to reinforce all the given suggestions for weight loss.

This script could also be altered slightly to create a hypnosis CD for your subject to listen to after they have undergone the surgery.

This script can also be delivered in person by the Hypnotherapist and incorporate the gastric band tightening or loosening scripts that also follow.
**Program Four Script - After Surgery Hypnosis.**

Begin with the control room hypnosis induction and deepen as usual.

Nothing you eat will ever taste as good as the feeling of being slim.

You eat to give your body energy, and as soon as the tank has enough fuel, you stop eating. For you know that your stomach is simply not big enough to eat a large meal again.

And as you picture that thinner, slimmer, healthier you in your head you realise that you do have the determination to achieve your goals. You have stopped over eating, stopped eating the wrong type of food and now you get your body to look like that picture in your mind. The picture of you looking and feeling in perfect health.

See yourself in much slimmer fitting clothes, feel how good you feel. Hear what people are saying about you, and it feels so good. See yourself fitter now, exercising more and enjoying going out and about with family and friends. Really expand on this and enjoy the wonderful feeling that this gives you. Your family and friends are really proud of your efforts, and quite rightly so. You look and feel wonderful, and you now know that you are in control of your mind and your body, you are so very proud of yourself, and this is the way forward.

Life is too precious; you want to be healthy to be able to enjoy everything it has to offer. You now find yourself eating less, your stomach gets fuller on much less and it is actually easier than you ever believed possible before for you to be at your perfect weight.

And these suggestions are firmly embedded in your subconscious mind and grow stronger and stronger each and every day, every day you eat healthier food in smaller portions because you do not want to follow that downhill pathway.

You now accept that you can do this, the image of that slimmer you stays in your head and motivates you every step of the way. You can't wait to look that way again, it is a desire that is with you to stay.

Now each and every time you hear my voice during a hypnotic session you will find that you can go faster and deeper into a comfortable trance and receive more and more benefit from all the suggestions given.
And as you drift down deeper and deeper into hypnosis, your mind has become so very receptive to what I say and to everything that I suggest, your subconscious mind will be listening intently.

These suggestions will travel so deep and have such a lasting impression on your subconscious mind that nothing will erase them.

And as these suggestions sink deeply in to the unconscious part of your mind, they will become part of your everyday life. They will begin to influence the way you think, the way you behave and ultimately the way you eat.

You eat more slowly.

As you eat your food more slowly, you really begin to taste the food for the first time. You start to find pleasure in the flavour of food and not the quantity. It tastes so nice whilst it is in your mouth, and once you have swallowed it, the taste and the pleasure disappears, the food could have been anything, all it does then is to fill up your stomach.

You aim to chew every mouthful 15 times before swallowing, and to place your knife and fork down between mouthfuls so that you can concentrate on enjoying the food more.

And because you are eating slower, you find yourself eating less, as your stomach has more time to communicate with your brain. And if you find that you are half way through your meal when you are full, you simply put down your knife and fork and stop. The waste doesn’t bother you.

You would rather that food was in the bin than stuck to your hips or stomach for the rest of your life.

And as you become more in tune with what your stomach is telling you, you realise that eating to a scheduled timetable is silly. You are putting food in your stomach when it isn’t even hungry. So you decide to only eat when your stomach tells you that you are hungry.

You start to eat in tune with your stomach. You’ll find you’re rewarded in many ways, better health, greater pride, a slimmer body, a confident feeling, alert and focused all the time.

When it gets to lunchtime, you place your hand on your stomach and ask: ‘Am I hungry?’ If you are not, then you wait until you are to eat the meal. Before you eat any meal drink a glass of water and the wait half an hour to see if you are still hungry or were you just thirsty.
You enjoy drinking water. Water tastes good. You find that large portion sizes start to look unappealing even when it's your favourite dish. The plate looks like it is groaning under the weight of the food that can’t be eaten.

You only eat as much as you physically need and you are in tune with your body so when you recognise that it has had enough to eat you simply just stop eating.

And whilst you are eating, a picture crops up in your mind of a thinner, slimmer, healthier you and it helps you to realise that you do have the determination to achieve your goals. Your body now meets with your own approval and you are so glad that you stopped eating in excess. Every day you're moving closer and closer to this new image of yourself. Every day you're more determined and motivated to achieve your goal. You drink water when you feel hungry and wait to see if you are still hungry or were you just thirsty. You eat only when you are hungry.

And these suggestions are firmly embedded in your subconscious mind and grow stronger and stronger every day.

And as you drift deeper and deeper down I want you to feel yourself just sinking in the chair. Relaxing more and more and drifting down deeper and deeper, deeper into hypnosis, deeper than you went last time.

All I want you to do is to enjoy this comfortable feeling, make it real, intensify the warm, pleasurable feelings. Increase the colour of any images you might perceive, allow yourself to become really absorbed in this experience.

And whilst you’re doing this I’m going to be speaking to your unconscious mind. And of course, you don’t even need to listen to me, because your unconscious mind hears everything that it needs to hear. So continue allowing yourself the comfort of these fantastic feelings and as you do so you’ll find that those feelings and my words will take you deeper and deeper into this lovely hypnotic trance.

For you are so happy and relaxed that you are ready to receive and act upon the suggestions that you are about to hear.

Because in the past you know that you’d been eating and drinking too much and now is the time to end this pattern of behaviour. You are so determined; that you decided to seek help with your problem and now your struggle has been solved.

You continue relaxing, down, deeper and deeper.
You see an image of your stomach shrinking, slowly but surely shrinking, ever so slowly, but definitely getting smaller. And you instinctively know that this is what is actually happening to your stomach right now.

As you have already started to eat smaller portions, your stomach has started to adapt to this and started getting smaller and smaller to accommodate only the reduced amount of food.

By reducing the size of your stomach you will also reduce the frequency that you get hungry, as your stomach will require less food to keep it full.

Your larger stomach existed so that your body was able to process more food however you have now made that important decision that you no longer want to process as much food, so your stomach will adjust as necessary.

Now that your stomach is still shrinking, you will find that you want to eat smaller portions and to eat less often. You do not have the same requirements as before, since you have decided to use up some of the food reserves you have been carrying around for so long.

And before long, you will find that you will feel very uncomfortable if you do eat too much. This is because of your new smaller stomach. Once you have filled it up, food has nowhere else to go, so it tells your brain to stop eating which in turn gives you the feeling of being uncomfortable and not wanting to eat anymore.

And as you start to get your portion sizes under control, you find that your taste buds are also changing they recognise the delicious taste of nutritious food and food that is fatty, sugary or starchy become unappealing to you.

Even alcohol loses some of its appeal, after all it is full of calories, full or sugar and doesn’t provide the body with any benefits it starts to taste like what it actually is, a poison. And as you drink less alcohol, you find the weight drops off you with so much more ease.

From now on you are changing your eating habits and your lifestyle. You already feel much, much better. You choose to only eat the amount of food needed to meet your physical requirements. As you continue to reduce your portion sizes you notice how your body gradually burns the excess weight that you have been storing. In turn your stomach becomes smaller and the desire to eat less grows stronger and stronger now.
And these suggestions are firmly embedded in your subconscious mind and grow stronger and stronger day by day.

It’s time to leave the control room of the mind. You lift yourself up from the chair and walk over to the doorway to leave the control room behind.

Good, now when you're ready, I'm going to count from one to five and at the count of five you'll be wide awake, feeling wonderfully invigorated and ready to allow these suggestions to work for you.

One – becoming lighter and lighter.
Two – stepping up the stairs, feeling lighter and lighter with each step.
Three – coming slowly back.
Four – eye lids beginning to flicker.
Five – eyes open, wide awake feeling confident.
Program Five – Hypnotist Notes - After session check up.

An additional session is usually required at approximately 4 weeks after completion of the initial therapy. You may find the patient calls up, wanting to make one sooner, or that they would like to miss it off completely. It’s completely up to them and dependent on how they feel the weight loss is going.

The first step is to discuss progress in detail. Some questions to ask may include; what is their new weight and to calculate their new BMI etc. Do they now fit into a smaller dress size? Have their eating habits improved? Do they now eat smaller portions sizes? Are the foods they are eating healthier and more nutritious?

Depending on how their weight loss has been going, the gastric band may need adjusting to either speed or slow down weight loss just as if they actually had the surgery.

If the client is losing weight too rapidly, you may like to loosen the band so that they feel able to eat a little bit more food. If they have lost less weight than planned then you need to ask them what went wrong and what their weakness have been. You can then suggest the band wasn’t tight enough and tighten it a little whilst under hypnosis and re-enforce suggestions to get them back on the right track depending on what it was that they have been doing wrong.

Ask if any other health concerns have appeared in replacement of the weight problem. This is especially important with emotional issues, as overeating usually is the unconscious mind may replace the symptom of over-eating with another symptom. If this is the case then all you have been treating is the symptom and not the problem and another session of hypnotherapy may be required to get to the root of the issue.

You could use aversion therapy to remove any bad emotional eating habits such as chocolate or bread etc. if needed.
Programme Five – 5th Hypnosis Script - Tightening the band

Again follow the induction and deepen to get to the control room of the mind.

As you already know, you have had a gastric band fitted. This band was designed to portion part of your stomach off, so that you feel fuller quicker and so have less desire to eat.

However, everyone’s stomachs are different, and everyone’s eating habits and requirements are also different. A band that is the correct size for one person may be totally wrong for others.

And that is why you are here today to tighten your band so that it is just right for you.

So the first thing we will do today is to make it fit correctly so that it is the optimal width for you.

We are going to take a journey deep inside the center of your body where all your insides are kept. Imagine yourself going there right now; down to the center of your body, you are descending a huge flight of stairs, down your throat and into the center of your body. And as you travel down the stairs you go deeper and deeper into a more relaxed, hypnotic state, where there is nothing to do other than listen to the sound of my voice.

And now that you have entered the center of your body, I would like you to take a look around you. It is not what you expected. There is plenty of space for you to move about and examine different organs. There are many switches, valves, and pressure controllers plus numerous wires. You notice that there is an interesting sack like shape in the middle of the room, which you instantly recognize as your stomach.

You walk over to this object in amazement; after all you have never seen your stomach from this angle before.

This is the chamber where all your food and drink enters once it leaves your mouth. Once the food and drink are in your stomach, the stomach releases enzymes to break down the food and acids to kill any bacteria.

Food is churned by the stomach through muscular contractions of the wall and depending on the amount and type of food; it will be digested in around an hour.

Once digested it passes on to your intestines where the nutrients can be absorbed by the blood for transportation to other parts of the body.
You notice there is a band around the upper part of your stomach. It has created a smaller stomach above it.

So now I want you to examine the actual band that is sectioning off part of your stomach and identify the problem. You will instinctively know how to do this as this is your stomach and you are its master. Upon further examination you realise it is pretty simple to do anyway.

The band is like a belt. It can be tightened or loosened as simple as that. You already know what you want to do with it.

You would like to eat a bit less and speed up your weight loss, simply tighten the belt by a notch or two. A wonderful feeling sweeps over you, as you know that the gastric band has been adjusted to exactly the correct tightness.

Now that you have fixed the problem, your stomach can tell your brain that it is full when you have eaten just the right amount of food, which in turn will lead to a gradual weight loss at a speed of your choice or indeed maintain a constant weight when you have reached a healthy range.

You will notice an improvement immediately and in the days and weeks that follow, as you start to eat less amounts of food and you will reach and then maintain your ideal weight easily.

Now that you have made all the adjustments, I want you to ascend the stairs from the control room back to your subconscious mind.

And now that you are on the path to your ideal weight, you must make sure that you maximize the space in your stomach by filling it with the correct foods. You find yourself eating plenty of fruit, vegetables, whole grains and drinking plenty of water.

Soon you will find your weight stabilizing; you will feel happier and healthier and have much more confidence than ever before.

You find that exercise becomes easier and you are able to lead a more active life. By using your muscles as much as possible, you burn off more fat and become fitter and slimmer at the same time. Increasing your muscle mass increases the speed at which you burn off excess fat so as you exercise you feel wonderful.

You enjoy water more and more and continue to drink water half an hour before eating.
You eat only when you are hungry and feel more in tune with your body now. Recognising when you are hungry and when you are just thirsty. Water becomes more appealing and when you drink water you feel as though your body is being fuelled by pure energy.

Envisage yourself a short time from now, when you have reached your ideal weight. You are on holiday wearing that outfit that you have dreamed about wearing for so long. You feel so confident in your new body.

You are no longer ashamed to go out instead you want to flaunt it to the whole world. You feel and look amazing.

And these suggestions are firmly embedded in your subconscious mind and grow stronger and stronger day by day.

In a moment I’m going to count from one to five and at the count of five you’ll be wide, wide-awake.

One – becoming lighter and lighter.
Two – stepping up the stairs, feeling lighter and lighter
Three - coming slowly back
Four - eyelids beginning to flicker
Five - eyes open feeling confident inside.
Programme Six – 6th Hypnosis Script – Gastric Band Loosening or removal

Follow the induction and deepen into the control room of the mind.

As you already know, you have had a hypnotic mind band fitted. This band was designed to portion part of your stomach off, so that you feel fuller quicker and so have less desire to eat.

However, everyone’s stomachs are different, and everyone’s eating habits and requirements are also different. A band that is the correct size for one person may be totally wrong for others.

And that is why you are here today to loosen your band so that it is just right for you.

So the first thing we will do today is to make it fit correctly so that it is the optimal width for you.

You can also use this programme to remove the gastric band if you wish.

We are going to take a journey deep inside the center of your body where all your insides are kept. Imagine yourself going there right now; down to the center of your body, you are descending a huge flight of stairs, down your throat and into the center of your body. And as you travel down the stairs you go deeper and deeper into a more relaxed, hypnotic state, where there is nothing to do other than listen to the sound of my voice.

And now that you have entered the center of your body, I would like you to take a look around you. It is perhaps not what you expected, there is plenty of space for you to move about and examine different organs. There are many switches, valves, and pressure controllers plus numerous wires. You notice that there is an interesting sack like shape in the middle of the room, which you instantly recognize as your stomach.

You walk over to this object in amazement; after all you have never seen your stomach from this angle before.

This is the chamber where all your food and drink enters once it leaves your mouth. Once the food and drink are in your stomach, the stomach releases enzymes to break down the food and acids to kill any bacteria.

Food is churned by the stomach through muscular contractions of the wall and depending on the amount and type of food; it will be digested in around an hour.
Once digested it passes on to your intestines where the nutrients can be absorbed by the blood for transportation to other parts of the body. You notice there is a band around the upper part of your stomach. It has created a smaller stomach above it.

So now I want you to examine the actual band that is sectioning off this part of your stomach and identify the problem. You will instinctively know how to do this as this is your stomach and you are its master. Upon further examination you realise it is pretty simple to do anyway.

The band is like a belt. It can be tightened or loosened as simple as that. You already know what you want to do with it.

You would like to eat a bit more and stop your rapid weight loss, simply loosen the belt by a notch or two. A wonderful feeling sweeps over you, as you know that the gastric band has been adjusted to exactly the correct tightness.

If you prefer you can now remove the gastric band completely.

Now that you have fixed the problem, your stomach can tell your brain that it is full when you have eaten just the right amount of food, which in turn will lead to you being at your perfect weight.

You will notice an improvement immediately and in the days and weeks that follow, you begin to eat at the perfect rate for you to maintain a perfect healthy weight. You maintain your ideal weight easily.

Now that you have made all the adjustments, I want you to ascend the stairs from the control room back to your subconscious mind.

And now that you are on the path to your ideal weight, you must make sure that you maximize the space in your stomach by filling it with the correct foods. You find yourself eating plenty of fruit, vegetables, and whole grains and drinking plenty of water.

Soon you will find your weight stabilising, you will feel happier and healthier and have much more confidence than ever before.

Nothing you could ever eat will make you feel as happy as being slim.

From now onwards you maintain your ideal weight easily.

Envisage yourself a short time from now, when you have reached your ideal weight. You feel so confident in your new body. You feel and look amazing.
And these suggestions are firmly embedded in your subconscious mind and grow stronger and stronger day by day.

In a moment I’m going to count from one to five and at the count of five you’ll be wide, wide-awake.

One – becoming lighter and lighter.
Two – stepping up the stairs, feeling lighter and lighter
Three - coming slowly back
Four - eyelids beginning to flicker
Five - eyes open and ready to take on the world.
The British Academy of Hypnosis

The Hypnotic Mind Band

Hypnotherapists Training Manual

Hypnotic Mind Band Dietary Notes

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The British Academy of Hypnosis
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**Hypnotherapist Post Gastric Band Dietary Advice Notes**

Once your patient has hit their target weight, they may have to undergo more therapy to have the hypnotic gastric band removed or loosened because if they keep losing weight at the speed they had been doing they will soon become underweight.

A balance must be made between allowing them to eat more so as not to become underweight, whilst at the same time not allowing them to go back to their old habit of over-eating.

Therefore, you must give them a maintenance programme that will allow the patient to eat without regaining the weight. This should involve advising them to eat healthily, including fruit and vegetables and getting enough exercise. It is often difficult for overweight people to exercise due to parallel health problems such as bad joints, but now that they have lost their target weight, they should find it a lot easier to exercise than before.

Remember, there has never been a diet that truly works! This hypnosis gastric band programme now offers a chance of hope to thousands of people who have previously been met with failure after failure. The true secret to weight loss and weight control is simply in the reduction of food consumption, eating healthy foods, drinking plenty of water and regular exercise.

The script you now have and the knowledge you hold in your mind can and will change the future of many people’s lives. Use it wisely and enjoy the rewards your success will bring.
**British Hypnosis – Hypnotic Mind Band Healthy Eating Plan.**
A healthy diet may help to prevent certain chronic (long-term) diseases such as heart disease, stroke, diabetes. It may also help to reduce your risk of developing some cancers and help you to keep a healthy weight. This healthy eating plan explains the principles of a healthy diet. It is general advice for most people. This advice may be different for certain groups of people, including people with certain health problems, or those with special dietary requirements.

![Image](image_url)

**A note about the different food groups**

Your body needs energy to work normally and keep you alive. You get energy from nutrients in the food that you eat mostly, carbohydrates, fats and protein. Minerals and vitamins are other nutrients that are also important in your diet to help your body stay healthy.

It is important to get the right balance between these different nutrients to get maximum health benefits (see below). Your diet should contain food from each of the following food groups.

- Starchy food such as bread, rice, potatoes, pasta etc.
- Fruit and vegetables
- Milk and dairy foods
- Protein foods. These include meat, fish, eggs and other non-dairy sources of protein
  (Including nuts, tofu, beans, pulses etc.)

Fatty and sugary foods are the fifth food group that you eat. However, only a small amount of what you eat should be made up from fatty and sugary foods. In addition to the above, plenty of fibre and water in your diet is also important for your health.
What are the benefits of a healthy diet?
A healthy diet may help to prevent certain serious diseases such as heart disease, stroke and diabetes. It may also help to reduce the risk of developing some cancers. If you become sick, eating a healthy diet may help you to recover more quickly. Also, a main way of preventing obesity and overweight is to eat a healthy diet. If you are overweight or obese, eating a healthy diet can help you to lose weight.

What makes up a healthy diet?
As a general rule, starchy foods and fruit and vegetables should provide the bulk of your meals.

About 30% of your diet should be made up from starchy food and about 30% from fruit and vegetables. The remaining 40% of your diet should be made up from milk, dairy and protein foods. As mentioned above, you should limit the amount of food and drink that are high in fat or sugar.

Below, the principles of a healthy diet are explained. It is general advice for most people. If you have a specific health problem, or specific dietary requirement, this advice may not apply to you. If in doubt, you should check with your doctor. (There are some changes that pregnant women need to make to their diet also.)

Eat plenty of starchy foods (complex carbohydrates)
As mentioned above, starchy foods such as bread, breakfast cereals, potatoes, rice and pasta, together with fruit and vegetables are important. Some people wrongly think that starchy foods are fattening. In fact, they contain about half the calories of the same weight of fat. (However, it is easy to add fat to some starchy foods. For example, by adding butter to jacket potatoes or bread, or by adding oil to potatoes to make chips etc.)

Carbohydrate is an important energy source for your body. Starchy food often contains a lot of fibre (roughage.) When you eat starchy foods, you get a feeling of fullness, which helps to control appetite. They also contain other minerals important for health.
**Tips to increase starchy foods include the following**

- For most meals, include a portion of, for example rice, pasta, baked potatoes, or bread.
- For more fibre, choose wholemeal bread, brown rice or wholemeal pasta. When baking use wholemeal flour.
- If you have cereals for breakfast, choose porridge, high-fibre cereals, or whole grain cereals (without sugar coating.)
- Have tea breads, and plain or fruit scones, instead of sugary cakes and biscuits.

If you want to lose quickly you could reduce these starchy foods in which case you would supplement your diet with multivitamins and fibre tablets.

**Eat plenty of fruit and vegetables**

It is recommended that we eat at least five portions of a variety of fruit or vegetables each day. If you eat a lot of fruit and vegetables, then your chances of developing heart disease, a stroke, or bowel cancer are reduced. In addition, fruit and vegetables:

- Contain lots of fibre, which helps to keep your bowels healthy. Problems such as constipation and diverticular disease are less likely to develop.
- Contain plenty of vitamins and minerals, which are needed to keep you healthy.
- Are naturally low in fat.
- Are filling, but low in calories.

One portion of fruit or vegetables is roughly equivalent to one of the following:

- One large fruit such as an apple, pear, banana, orange, or a large slice of melon or pineapple.
- Two smaller fruits such as plums, kiwis, Satsuma’s, clementine’s etc.
- Two large tablespoons of fruit salad, stewed or canned fruit in natural juices.
- One tablespoon of dried fruit.
- One glass of fresh fruit juice (150ml)
- About three heaped tablespoons of any vegetable.
- One desert bowl of salad

Don’t over do it! If you are on a healthy eating program fruit does contain high levels of sugar! Also liquidising fruits into shakes is not as healthy as the process reduces some of the nutritional value.
Some tips on how to increase fruit and vegetables in your diet include:

- Try some different types that you have not tried before. The variety of tastes and textures may be surprising. Juices, frozen, canned and dried varieties all count.
- Try adding chopped bananas, apples, or other fruit to breakfast cereals.
- Aim to include at least two different vegetables with most main meals. Do not over boil vegetables. Steaming, stir-frying, or lightly boiling are best to retain the nutrients.
- Try to have fruit or fruit juice with a meal.
- Try new recipes, which include fruit. For example, some curries or stews include fruit such as dried apricots. Have fruit-based puddings. Fruit with yoghurt is a common favourite.
- How about cherry tomatoes, carrot sticks, dried apricots, or other fruits as part of packed lunches?
- Fruit is great for snacks. Encourage children to snack with fruit rather than sweets.

Eat plenty of fibre (roughage)

Fibre is the part of food that is not digested. It is filling, but has few calories. It helps your bowels to move regularly, which reduces constipation and other bowel problems. Fibre may also help to lower your cholesterol level.

Starchy foods, and fruit and vegetables contain the most fibre. So the tips above on starchy foods and fruit and vegetables will also increase fibre. If you switch to wholemeal rice and pasta, and wholemeal bread, this can significantly increase your fibre intake. Pulses like lentils and beans are also full of fibre.

Have plenty to drink when you eat a high-fibre diet (at least 6-8 cups of water a day).

Most people are not getting enough fibre.

Taking a fibre tablet each day will help.
Eat enough milk and dairy foods

Milk and other dairy foods such as cheese and yoghurt are important in your diet as they provide calcium, which is necessary for healthy teeth and bones. They are also a source of protein and can provide other vitamins and minerals important for your health. Calcium-enriched soya milk and fromage frais also come under ‘milk and dairy foods’. However, other foods such as butter and cream are not considered as dairy foods here as they are also high in fat, so they come under the fatty food group.

To make sure you get enough calcium in your diet, you need three servings a day from this food group. One serving is:

• 200mls of milk.
• A small (150g) pot of yoghurt.
• A 30g serving of cheese (about the size of a matchbox).

As the fat content of dairy foods can vary, make sure that you go for lower-fat options where possible, such as skimmed or semi-skimmed milk, low-fat cheese and low-fat yoghurt.

Eat other protein foods in moderation

Other protein-containing foods include meat, fish, eggs and non-dairy sources of protein. Non-dairy sources of protein include nuts, tofu, beans such as red kidney beans and canned beans, and pulses such as lentils and chickpeas.

You need a certain amount of protein to keep healthy. Protein is important for energy and for growth and repair in your body. Some of these high-protein foods can also be a source of iron and vitamins, including B vitamins and vitamin D. Beware; some meats are also high in fat. Choose poultry such as chicken, or lean meat. Also, be careful, as many meat-based recipes include creamy or fatty sauces, which are high in calories. When eating eggs, boil or poach them instead of frying. One portion of beans or pulses such as chickpeas or lentils is three heaped tablespoons.

There is some evidence that eating oily fish helps to protect against heart disease. Oily fish include: herring, sardines, mackerel, salmon, fresh tuna (not tinned), kippers, pilchards, trout, whitebait, anchovies, and swordfish. It is thought that omega-3 fatty acids in the fish oil help to reduce build-up of atheroma (furring of the arteries), which causes angina and heart attacks. Aim to eat at least two portions of fish per week, one of which should be oily.
Don’t eat too much fat

You do need some fat in your diet but you need to be careful about how much fat you eat and what type of fat you eat. A low-fat diet helps to reduce your chance of developing diseases such as heart disease and stroke. It will also help you to keep a healthy weight. You should not have much saturated fat such as butter, lard, dripping and unspecified margarine. Unsaturated fats are better, such as sunflower oil, olive oil, and low-fat spreads. Tips to reduce fat in your diet include the following:

• When ever possible, do not fry food. It is better to grill, bake, poach, or boil food. If you do fry, use unsaturated oil. Drain the oil off the food before eating.
• Barbequed food also causes stress on the food releasing free radicals and is not the best way to cook food although not a concern in moderation.
• Choose lean cuts of meat, and cut off any excess fat.
• Avoid adding unnecessary fat to food. For example use low-fat spreads, spread less butter or margarine on bread, measure out small portions of oil for cooking etc.
• Watch out for hidden fats that are in pastries, chocolate, cakes and biscuits.
• Have low-fat milk, cheese, yoghurts, and other dairy foods rather than full-fat varieties.
• Avoid cream. Use low-fat salad cream, or low-fat yoghurt as a cream substitute.

Don’t have too many sugary foods and drink

Sugary foods and drink are high in calories, and too much may cause weight gain. It isn’t just the amount of sugar that may be bad. Even eating small amounts of sugary foods (sweets, etc) too often is bad for teeth. Tips include:

• Try not to add sugar to tea, coffee, and breakfast cereals. Your taste for sweetness often changes with time.
• Do NOT use artificial sweeteners!
• Reduce sugar in any kind of recipe. Use fruit as an alternative to add sweetness to recipes.
• Try sugar-free drinks. Give children water as their main drink.
• If you eat chocolate or sweets, try to keep the quantity down. Eating them as part of a meal, and then brushing your teeth, is better than between meals as a snack.
Don’t eat too much salt

Too much salt increases your risk of developing high blood pressure. Guidelines recommend that we should have no more than 6 grams of salt per day. (Most people in the UK currently have more than this.) If you are used to a lot of salt, try gradually to reduce the amount that you have. Your taste for salt will eventually change. Tips on how to reduce salt include:

• Use herbs and spice to flavour food rather than salt.
• Limit the amount of salt used in cooking, and do not add salt to food at the table.
• Choose foods labelled ‘no added salt’.
• As much as possible, avoid processed foods, salt-rich sauces, takeaways, and packet soups, which are often high in salt.

Don’t forget portion sizes

You may be eating very healthy foods but still need to keep an eye on your portion sizes because if they are too large, you will still gain weight. Deliberately try to take smaller portions when you have a meal.

Do not feel that you have to empty your plate. Perhaps change the plates that you have in your cupboard (which may be large) to more medium-sized plates. In this way you will naturally serve up smaller portions. Fill up on fruit, vegetables and water. Ask for a smaller portion when eating out or ordering a takeaway.
Think about what you are drinking

Many drinks contain calories, including alcoholic and many non-alcoholic drinks. Think about what you are drinking.

- Choose healthier non-alcoholic drinks. Some tips: water contains no calories and can be both refreshing and healthy. Add a slice of lemon or lime to your water. Keep a jug in the fridge so that it stays cool. Also, think about switching your whole-milk latte coffee for a coffee made from skimmed or semi-skimmed milk.

Drink water half an hour before meals to avoid stretching your stomach.

Drink water before eating to confirm if you are hungry or just thirsty.

Keep alcohol within the recommended limits. There is some evidence that drinking 1-2 units of alcohol per day may help to protect against heart disease. But, drinking above the recommended limits can lead to serious problems. For example, drinking heavily can damage the liver, brain, stomach, pancreas, and heart. It can also cause high blood pressure. Also, alcohol contains a lot of calories and too much can cause weight gain.

- One unit of alcohol is 10ml (lcl) by volume, or 8g by weight, of pure alcohol. For example one unit of alcohol is about equal to:
  - Half a pint of ordinary strength beer, larger or cider (3-4% alcohol by volume); or
  - A small pub measure (25ml) of spirit (40% alcohol by volume); or
  - A standard pub measure (50ml) of fortified wine such as sherry or port (20% alcohol by volume)

There are one and a half units of alcohol in:

- A small glass (125ml) of ordinary strength wine (12% alcohol by volume); or
- A standard pub measure (35ml) of spirits (40% alcohol by volume).

Men should drink no more than 21 units of alcohol per week and no more than three to four units in any one-day.

Women should drink no more than 14 units of alcohol per week and no more than two to three units in any one-day.
• **Eat five meals per day** – your new hypnotic mind band pouch at the top of your stomach empties slowly throughout the day and you should be satisfied eating five meals a day without getting hungry in between meals. Beware of developing ‘grazing’ eating patterns of small snacks throughout the day.

• **Eat healthy, solid food** – soft food slips down easily and so you may end up eating more over the course of the day. Many soft foods are also higher in fat or carbohydrates and as a consequence you may be taking more calories than you should and your weight loss will slow down or stop. Choose solid foods without lots of sauce (e.g. small meal of chicken and vegetables) and you will eat less overall and stay full for longer.

• **Eat slowly and stop as soon as you feel full** – Most obese people are used to rushing their meals and as there is a time lag from stretching the wall of your stomach and telling your brain you are full, you need to be careful with this one. Take tiny bites (cut meat up to the size of a pencil-top rubber) and chew each piece 10–25 times. At some point you will start to feel a tightness in your chest. Stop eating and if you are hungry again a few minutes later, have a little more.

• **Do not eat between meals** – you should not need to eat between meals because of hunger if you are eating five sensible meals per day. Breakfast shake, mid-morning protein, healthy lunch, mid-afternoon protein, healthy dinner.

• **Do not drink at meal times** – Liquids speed up the passage of food through the stomach and ruin the beneficial effect of slow emptying of food from your new stomach pouch. If you have a drink immediately before your meal you may also find that your stomach is still full and you can’t eat your meal. So avoid fluids half an hour before your meals, and for one hour afterwards.

• **All drinks should be zero calories** – As liquids do pass through your stomach so easily, calorie laden drinks, including alcohol, will simply add calories to your daily intake. Women need calcium, and this can be obtained from skimmed milk, but avoid too much juice, fizzy drinks, squashes and milkshakes.
**For best weight loss**
Limit the following foods:

- High calorie drinks, full milk shakes, alcohol, fruit squashes, juice
- Energy drinks
- Cakes, biscuits and desserts
- Cereals with added sugar
- Fats and fatty foods – butter, oils, snacks foods (crisps, peanuts), chips
- Creamy soups

**Multivitamins after a Hypnotic Mind Band**
You do not have altered absorption of nutrients so if you are following a healthy diet, you should not become deficient in any vitamins or minerals. You will get most of your calcium requirements if you have three portions of dairy food in your diet each day (one portion = 1/3 pt milk, a matchbox-size piece of cheese or 1 pot yogurt.)

In addition, whilst you are losing weight, you might like to take one multivitamin tablet daily. Most major multivitamin brands are suitable but avoid the capsule formulations. Suggestions are: *Herbalife, Centrum Complete A-Z, Sanatogen Gold A to Z, Seven Seas Multibionta or Boots Multi-vitamins.*
An Example Of A Healthy Eating Plan

Here is a traditional low fat eating plan that aims to keep fats to 30% or lower (as recommended by the Heart Association)

**Breakfast**

- Fruit or fruit juice.
- Breakfast cereal (avoid toasted muesli or that with high sugar content), or cooked oats with skimmed or low-fat milk.
- Savoury dish: grilled tomato, baked beans (2 eggs a week)
- Bread or toast with a scrape of mono – or polyunsaturated margarine, and spread, such as jam, honey, or yeast extract.
- Water, tea, coffee, skimmed milk nutritional shake.

**Lunch**

- Mixed vegetable salad with polyunsaturated dressing or no-oil dressing
- Cottage cheese, drained canned fish or bean dish.
- Bread, bread roll, pita bread or crispbread (aim for wholemeal)
- Fruit or low fat yoghurt.
- Water, tea, coffee, skimmed milk nutritional shake or fruit juice.

**Dinner**

Small serving of lean meat, chicken or fish (remove all fat, and skin on poultry, and limit fats in meal preparation) or vegetarian savoury dish.

- Rice, potato, pasta.
- Mixed steamed vegetables
- Fruit or low-fat yoghurt.
- Low-fat dessert made with low-fat milk (custard, yoghurt.)
The British Academy of Hypnosis

The Hypnotic Mind Band

Hypnotherapists Training Manual

Hypnotic Mind Band
Hormone and Poison Support Notes

David Knight – The Mind Persuader
The British Academy of Hypnosis
Part of the Knight Management Group
www.BritishHypnosis.com
5 Powerful Hormone Secrets

Have you ever known people say I really don’t eat much but I still cannot lose weight!

Well, they may just be right!

However, over the next few pages I am going to reveal to you 5 very little known secrets to powerful fast weight loss.

Not only will I reveal these secrets, I will also teach you how you can build your Hypnotic Mind Band scripts to use your hypnotic powers to ensure fast weight loss for everyone.

These 5 secrets can be built into future scripts where you need more information or more hypnotherapy sessions to help clients who may come to a point where they stop losing weight or where their weight loss has slowed.

Each of the 5 hormones would be treated in 4 separate hypnotherapy sessions if you feel they are required.

One Poison!
Also discover the poison you wish you had known about many years ago!

If your clients are eating or drinking this it could stop weight loss in its track and even worse it could be slowly killing them!
**Hormone One – Adiponectin – The Fat Burn Hormone**

Adiponectin is literally the hormone that tells your body to burn fat for fuel.

It is now well established that the more of this super hormone you have circulating in your bloodstream, the more fat you will burn.

Low levels of adiponectin are associated with higher levels of obesity.

Elevated levels of adiponectin are not only associated with increased fat burning, but also increased insulin sensitivity.

Additionally, adiponectin helps reduce insulin resistance, but you need to know that insulin resistance is responsible for most blood sugar issues and something that makes it virtually impossible to lose weight even when following a low calorie diet.

The frustrating thing about adiponectin is that the more fat you have, the lower your adiponectin levels, which is why fat loss can be so difficult at the beginning.

It turns out that one of the best ways to increase adiponectin is simply increase your intake of magnesium. The recommended daily intake of magnesium is 400mg. The foods that have high values of magnesium include, fresh fruits, green, vegetables, seeds and nuts.

Over the next 2 pages I would like to offer you a list which shows you a list of foods and their magnesium content levels.

When you see the list you will realise you already know that eating these foods were good for you. Now you know why.

Adiponectin is your fat burning hormone.

Increase your levels and your fat burn rate can increase to a level where you weight loss will double!

Choosing foods to ensure your magnesium levels are good you will boost your levels of Adiponectin and burn fat fast!
Magnesium to boost Adiponectin

Green vegetables such as spinach are good sources of magnesium because the center of the chlorophyll molecule (which gives green vegetables their color) contains magnesium.

Beans, peas, nuts and seeds, and whole, unrefined grains are also good sources of magnesium.

Bread made from whole grain wheat flour provides more magnesium than bread made from white refined flour.

Tap water can be a source of magnesium, but the amount varies according to the water supply. Water that naturally contains more minerals is described as "hard". "Hard" water contains more magnesium than "soft" water.

Eating a wide variety of legumes, nuts, whole grains, and vegetables will help you meet your daily dietary need for magnesium. Selected food sources of magnesium are listed in the table over the page.
## Selected food sources of magnesium

<table>
<thead>
<tr>
<th>Food</th>
<th>Milligrams (mg)</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Halibut, cooked, 3 ounces</td>
<td>90</td>
<td>20</td>
</tr>
<tr>
<td>Almonds, dry roasted, 1 ounce</td>
<td>80</td>
<td>20</td>
</tr>
<tr>
<td>Cashews, dry roasted, 1 ounce</td>
<td>75</td>
<td>20</td>
</tr>
<tr>
<td>Soybeans, mature, cooked, ½ cup</td>
<td>75</td>
<td>20</td>
</tr>
<tr>
<td>Spinach, frozen, cooked, ½ cup</td>
<td>75</td>
<td>20</td>
</tr>
<tr>
<td>Nuts, mixed, dry roasted, 1 ounce</td>
<td>65</td>
<td>15</td>
</tr>
<tr>
<td>Cereal, shredded wheat, 2 rectangular biscuits</td>
<td>55</td>
<td>15</td>
</tr>
<tr>
<td>Oatmeal, instant, fortified, prepared w/ water, 1 cup</td>
<td>55</td>
<td>15</td>
</tr>
<tr>
<td>Potato, baked w/ skin, 1 medium</td>
<td>50</td>
<td>15</td>
</tr>
<tr>
<td>Peanuts, dry roasted, 1 ounce</td>
<td>50</td>
<td>15</td>
</tr>
<tr>
<td>Peanut butter, smooth, 2 Tablespoons</td>
<td>50</td>
<td>15</td>
</tr>
<tr>
<td>Wheat Bran, crude, 2 Tablespoons</td>
<td>45</td>
<td>10</td>
</tr>
<tr>
<td>Blackeyed Peas, cooked, ½ cup</td>
<td>45</td>
<td>10</td>
</tr>
<tr>
<td>Yogurt, plain, skim milk, 8 fluid ounces</td>
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<td>10</td>
</tr>
<tr>
<td>Bran Flakes, ½ cup</td>
<td>40</td>
<td>10</td>
</tr>
<tr>
<td>Vegetarian Baked Beans, ½ cup</td>
<td>40</td>
<td>10</td>
</tr>
<tr>
<td>Rice, brown, long-grained, cooked, ½ cup</td>
<td>40</td>
<td>10</td>
</tr>
<tr>
<td>Lentils, mature seeds, cooked, ½ cup</td>
<td>35</td>
<td>8</td>
</tr>
<tr>
<td>Avocado, California, ½ cup pureed</td>
<td>35</td>
<td>8</td>
</tr>
<tr>
<td>Kidney Beans, canned, ½ cup</td>
<td>35</td>
<td>8</td>
</tr>
<tr>
<td>Pinto Beans, cooked, ½ cup</td>
<td>35</td>
<td>8</td>
</tr>
<tr>
<td>Wheat Germ, crude, 2 Tablespoons</td>
<td>35</td>
<td>8</td>
</tr>
<tr>
<td>Chocolate milk, 1 cup</td>
<td>33</td>
<td>8</td>
</tr>
<tr>
<td>Banana, raw, 1 medium</td>
<td>30</td>
<td>8</td>
</tr>
<tr>
<td>Milk Chocolate candy bar, 1.5 ounce bar</td>
<td>28</td>
<td>8</td>
</tr>
<tr>
<td>Milk, reduced fat (2%) or fat free, 1 cup</td>
<td>27</td>
<td>8</td>
</tr>
<tr>
<td>Bread, whole wheat, commercially prepared, 1 slice</td>
<td>25</td>
<td>6</td>
</tr>
<tr>
<td>Raisins, seedless, ½ cup packed</td>
<td>25</td>
<td>6</td>
</tr>
<tr>
<td>Whole Milk, 1 cup</td>
<td>24</td>
<td>6</td>
</tr>
<tr>
<td>Chocolate Pudding, 4 ounce ready-to-eat portion</td>
<td>24</td>
<td>6</td>
</tr>
</tbody>
</table>
**Hormone Two – Ghrelin – The Hunger Hormone**

The next hormone you need to know about is Ghrelin.

Ghrelin is the hunger hormone.

Ghrelin creates the feeling of being hungry, too much Ghrelin and you feel hungry all the time.

I have a question for you.

Do you feel hungry on a night time before you go to bed?

If you do then your Ghrelin levels may be too high.

Late at night is the worst time to eat because your food is not going to be burned away and so will just be stored as fat.

Don’t worry I have a solution for you.

Ghrelin is higher in people who are not getting enough sleep.

If your sleeping patterns are not good then this could be sabotaging your weight loss.

So simply having a great night’s sleep is a vital component of weight loss.

Ensure your client is sleeping well and you will keep your clients hunger hormone in check.

Sleep Well and lose weight fast!
**Hormone Three – Cortisol – The Craving Hormone**

The next hormone I will like to tell you about is Cortisol.

Cortisol is produced in moments of stress by your fight and flight mechanism.

Cortisol is your craving hormone. The more cortisol you have the more cravings you will have.

Cortisol increases the cravings for sweets and carbohydrates.

Cortisol is linked with stress and depression.

Cortisol also breaks down muscle for energy, which is the last thing we want to achieve when we are trying to build muscle and lose weight.

Destroy the stress and you destroy the craving hormone.

Weight loss just continues to get faster and easier whilst creating better health along the way.
Hormone Four and Five - Tumor Necrosis Factor-Alpha (TNF-α) and Interleukin-6 (IL6.)

One thing you may be familiar with that both of these hormones cause, besides obesity, is inflammation.

Aches and pains are not all caused by injuries and overexertion.

A large percentage of chronic pain is actually caused by your hormones. If you are overweight, you might be experiencing stiffness, muscle soreness, and fatigue not because you are old or have old injuries. It might be because of a hormonal imbalance of Tumor Necrosis Factor-Alpha (TNF-α) and Interleukin-6 (IL6.)

Both of these hormones have benefits inside the body, mainly in fighting infections and elevating your immune system when it needs to go into battle. However, these hormones can also be toxic and lead to obesity if not kept in check.

It turns out that the receptors for TNF-α and IL-6 are almost identical to the receptors for the fat regulating hormone Leptin. So when these hormones become elevated, they overload the Leptin receptors, causing all kinds of metabolic mayhem! Scientists call this “Leptin Resistance.”

When scientists were studying Leptin, they were disappointed by the fact that elevating Leptin levels seemed to have no effect on weight loss. But when the inflammation hormones TNF-α and IL-6 were reduced, Leptin was able to do its job of controlling body weight.

In essence, Leptin resistance is the problem and reducing the core inflammation hormones is the solution.

Remember the three medical facts I mentioned earlier as to why people have a hard time losing fat?

Well when you reduce Leptin resistance, Adiponectin levels rise, Ghrelin decreases and Cortisol also decreases.

In this script I would build in health and Quantum Pain information to bring your patients inflammation hormones back into balance and allow your levels of Leptin to elevate.

This is just so exciting!

This is the most powerful weight loss programme ever created and you are a part of it.
Aspartame – The Poison!

Following is a basic explanation of what happens when you eat.

The food enters your mouth and while you are still chewing it immediately starts to break down. It is digested and broken down by the gastrointestinal tract into absorbable nutrients. The blood circulates through the gastrointestinal tract and picks up those nutrients and escorts them throughout the bloodstream.

Some of these nutrients are then changed into usable forms by the liver and kidney and are sorted for storage or release.

These nutrients are also transported to the body's internal environment where they can be ingested by the hungry cells. Any unwanted leftovers (cellular debris, antigens, or other circulating waste) are sent through the liver, kidneys, spleen, and lymphatic system (or peripheral circulation) where it can be properly discarded from the body (usually via the bowel and urinary system.)

If any one of these filtering organs or systems is not functioning properly, the entire body may suffer an accumulation of toxins.

This can lead to extensive cell damage, symptoms, sickness, and disease. It can also prevent the body from absorbing nutrients, thus depriving the cells of proper nutrition. This, too, can lead to deficiencies that produce cell damage, symptoms, weight gain, sickness, and disease.

Aspartame is an artificial sweetener found in an ever-increasing number of foods consumed by adults and children alike. Just take a look at the labels on fizzy drinks, fruit squashes, flavoured mineral water, diet yogurts and desserts, sugar-free chewing gum, multivitamins and table top sweeteners, to name but a few. Yet, numerous studies have shown aspartame to be one of the most dangerous food additives on the market today.

Aspartame has shown to poison your system so badly it causes damage to liver, kidneys and so many other organs.

Don’t just take my word for it Google it and come to your own conclusion.
It is made up of 3 chemicals: **Aspartic acid, phenylalanine** and **methanol**.

Adverse reactions and side effects of aspartame include:

Eye blindness in one or both eyes decreased vision and/or other eye problems such as: blurring, bright flashes, squiggly lines, tunnel vision, decreased night vision pain in one or both eyes decreased tears trouble with contact lenses bulging eyes

Ear tinnitus - ringing or buzzing sound severe intolerance of noise marked hearing impairment

Neurologic epileptic seizures headaches, migraines and (some severe) dizziness, unsteadiness, both confusion, memory loss, both severe drowsiness and sleepiness paresthesia or numbness of the limbs severe slurring of speech severe hyperactivity and restless legs atypical facial pain severe tremors

Psychological/Psychiatric severe depression irritability aggression anxiety personality changes insomnia phobias.

Chest palpitations, tachycardia shortness of breath recent high blood pressure.

Gastrointestinal nausea diarrhoea, sometimes with blood in stools abdominal pain, pain when swallowing.

Skin and Allergies itching without a rash lip and mouth reactions hives aggravated respiratory allergies such as asthma.

Endocrine and Metabolic loss of control of diabetes menstrual changes marked thinning or loss of hair marked weight loss gradual weight gain aggravated low blood sugar (hypoglycemia) severe PMS.

Other frequency of voiding and burning during urination excessive thirst, fluid retention, leg swelling, and bloating increased susceptibility to infection.

Additional Symptoms of Aspartame Toxicity include the most critical symptoms of all death irreversible brain damage birth defects, including mental retardation peptic ulcers aspartame addiction and increased craving for sweets hyperactivity in children severe depression aggressive behaviour suicidal tendencies.
Aspartame may trigger, mimic, or cause the following illnesses: Chronic Fatigue Syndrome Epstein-Barr Post-Polio Syndrome Lyme Disease Grave’s Disease Meniere’s Disease Alzheimer’s Disease ALS Epilepsy Multiple Sclerosis (MS) EMS Hypothyroidism Mercury sensitivity from Amalgam fillings Fibromyalgia Lupus non-Hodgkins Lymphoma Attention Deficit Disorder (ADD)

These are not allergies or sensitivities, but diseases and disease syndromes.

Aspartame poisoning is commonly misdiagnosed because aspartame symptoms mock textbook ‘disease’ symptoms, such as Grave’s Disease.

Aspartame changes the ratio of amino acids in the blood, blocking or lowering the levels of serotonin, tyrosine, dopamine, norepinephrine, and adrenaline. Therefore, it is typical that aspartame symptoms cannot be detected in lab tests and on x-rays. Textbook disorders and diseases may actually be a toxic load as a result of aspartame poisoning.

Ever gone to the doctor with real, physical symptoms, but he/she can’t find the cause? Well, it’s probably your diet, your environment, your thoughts or all three!

Aspartame is the common denominator for over 92 different health symptoms at the root of modern disease.

The Aspartame Detoxification Program demonstrates the most effective way to reverse disease symptoms is removing the underlying cause - aspartame.

Begin with detoxifying your body of all residual chemical toxins from aspartame’s chemical make up of phenylalanine, aspartic acid and methanol and their toxic by-products, and see if any adverse health symptoms remain. Try the Aspartame Detoxification Program, and within 30 days your symptoms should disappear.

Steps:

1. Remove all sugar-free products with aspartame from your diet.
2. Learn to ‘read’ your body. Begin recording any health changes.
3. Get a hair analysis.
4. Be happy with yourself.
5. Detoxify.
6. Restore depleted nutrients.
7. Exercise and get plenty of rest.
8. Eat raw foods at every meal.
9. Drink water, water, water.
The British Academy of Hypnosis

The Hypnotic Mind Band

Hypnotherapists Training Manual

10 Hypnotic Mind Band Audio CDs

David Knight – The Mind Persuader
The British Academy of Hypnosis
Part of the Knight Management Group
www.BritishHypnosis.com
The Hypnotic Mind Band Audio 6 CD

CD One - Begin with CD One and allow the incredible power of hypnosis to encourage you to take the first steps to a healthy lifestyle. CD one will allow you to choose your future pathway to health and happiness.

CD Two - Within a few weeks you will begin to use CD Two and you will start to eat healthier foods and in more healthy portion sizes. You will discover that the quality of the food is more important than the quantity. Now you begin to eat at better times of the day and you discover the benefits of drinking more water.

CD Three - Now the audio programme does what it does best. In your imagination you go through a powerful visualisation programme where you believe that you are having an imaginary gastric band fitted. Instantly your portion sizes are reduced, your calorie intake is lowered dramatically and weight loss is assured. The Hypnotic Mind Band is so visual its power is amazing and you are proud to have a mind band fitted and now at last you truly believe that you can lose weight fast.

CD Four - Once the operation is complete and you have a new hypnotic mind band fitted this fourth hypnosis CD becomes a regular maintenance programme. Play the CD once a day where possible and allow your mind to continue growing stronger to beat any negative thoughts right out of your mind!

CD Five - OK so you want to lose weight faster! No problem, let's tighten the mind band! CD five will allow you to pull that mind band a little tighter if you need to.

CD Six - Well done! Your weight loss is now complete. When you have achieved your goal weight you may want to remove the mind band. If you do CD Six will allow you to take the mind band away.

If you would like to purchase the 6 Audio CDs you can buy them online right now at:

www.BritishHypnosis.com

Take advantage of this very special order price reduced from £96 to just £66 and receive free delivery world wide when you order today.

As an addition to The Hypnotic Mind Band Audio CDs we have also created 4 Hypnosis Health CDs
The Hypnosis Health 4 CD Programme

Audio One - Burn Fat Fast with the Eat Healthy Audio Programme

If you are not eating fresh greens and vegetables then your Adiponectin levels could be slowing your weight loss. The eat healthy hypnosis audio is the solution. Fast and easy weight loss by eating healthy natural foods! Begin to enjoy the smell, texture and taste of the super foods that will boost your Adiponectin levels and allow you to burn fat fast. Put your weight loss back on turbo!

Audio Two - Calm your hunger hormone with the Sleep Well Hypnosis Audio Programme.

If you feel hungry on a night time or feeling tired or lacking energy then Ghrelin could be the cause. The sleep well hypnosis audio is the solution. Sleep well, boost your energy, feel great and lose weight! Put your feelings of hunger in check.

Audio Three - Destroy craving with the Stress Management Audio Programme.

If you are feeling stressed or crave sweet foods or carbohydrates then Cortisol may be too high and may also be breaking down muscle. The Stress Management hypnosis audio programme is the solution. Stop the stress related eating and drinking and lose weight fast. Remove the stress related eating and drinking!

Audio Four – Creating Perfect Health Audio Programme.

If you are overweight and suffer with inflammation and pain, then the Perfect Health audio programme along with the Stress Management programme will bring your body back into harmony and balance. Breaking negative energy, disease inflammation and pain.

The hypnosis audio may be helpful for yourself but also to pass onto your clients to help them keep on-track between personal sessions. I always ask my subjects to listen to hypnosis audio on a daily basis if possible. It helps with the process, keeps them on track and makes them more suggestible to their personal sessions.

Order them now online at: www.BritishHypnosis.com
The Hypnotic Mind Band Summary
In today's world obesity is the world's biggest killer and it's a growing problem, please excuse the pun.

You now have the secrets to what has to be one of the world's greatest weight loss programs.

With just a little commitment you can change and save lives!

The more Hypnotic Mind Band subjects you have the more you will personally learn and the better you will become.

Losing weight is a steady process and when someone begins with their first step they will require your support and support of others around them to guarantee their success.

It is important to monitor their progress with the scales, don't just focus on their weight loss but also focus on losing fat and building muscle.

As a professional in this field you have an opportunity to help change the world. I am here for your support as you learn this exciting weight loss process. Don't play with people's lives, if you are not sure work with the subjects doctor or ask me for my support.

The Mind Band Client Record Card will keep you on track with your appointments helping you pin point the areas where your subjects require support.

The next conference call will go into some details on using the Mind Band Client Record Card and is there to answer any questions that you may have about this process.

I look forwards to meeting with you again soon.

David Knight – The Mind Persuader
The British Academy of Hypnosis
Part of the Knight Management Group
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