

# Power of the MIND

REMARKABLE REAL LIFE



**BEFORE**

**Vivacious Ruby Moseley, 26, from Welling, Kent, was hypnotised into losing one third of her body weight!**

with the idea of going under the surgeon's knife, so I did some research online and found the Cognitive Behaviour Therapy based – My Weigh Less Treatment.

It's like having a gastric band fitted, but without actually having surgery. There is a clinic, but they've moved online as 'My Weigh Less' since the pandemic, so I didn't even have to go anywhere or take time off work.

They used CBT to reveal my real relationship with food and helped me discover my triggers.

I was even hypnotised into experiencing the operating theatre and to undergo gastric band surgery.

My nan treated me to the course, which was only £399.

It was designed by British couple Martin and Marion Shirran, who run the Elite clinic in Spain.

The treatment was made up of 12 hour-long sessions, each with a hypnotherapy session and accompanying video/whiteboard

session to help me understand my relationship with food.

After completing the 12 intensive CBT and hypnotherapy sessions, I knew that something had changed.

I can't really explain what, but somehow I felt different, like there

was a fresh start for me.

The first days of doing the sessions were very intense.

The treatment included an in-depth weight loss questionnaire covering my childhood, my background, my past relationship with food and just about every aspect of my life – it uncovered what my triggers were.

Each session went deeper and the hypnotherapy became more intense. The therapy helped me change my habits around food.

Essentially, I discovered that I was over-eating when I was stressed, tired and depressed. I learnt why in the past I would quit a diet and how to change that.

I read on the My Weigh Less website that the treatment was based on the 15,000 clinical hours' experience that Martin and Marion had, and that made me feel comfortable.

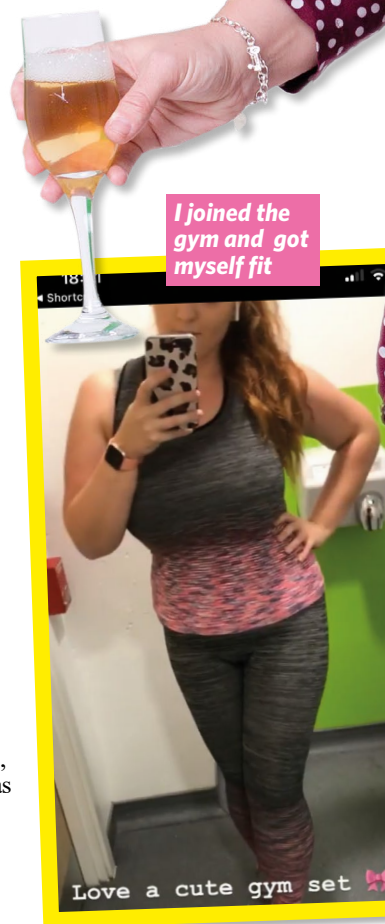
The CBT part of the sessions made me ask myself, 'do I eat when I am sad, or tired, lonely, depressed, or bored, or sometimes just to please someone else, like if a boyfriend or friend wanted to get a takeaway?'

The answers were all yes, I never thought about if I was actually hungry.

It completely changed how I felt about food. Some

of the recorded sessions were with Marion and some were with Martin.

They both had very different approaches, but they fitted



**I joined the gym and got myself fit**

**AFTER**

together seamlessly.

One part of the therapy involved their own version of CBT, known as Pause Button Therapy.

It reminds me to think or pause before I eat. Since a teenager, I'd been eating for all the wrong reasons.

At one point, working in a coffee shop in the day, and covering a late-night shift in a pub to make ends meet, there was always plenty of food around.

I would easily give into the temptation of free muffins, pastries and unhealthy Frappuccino's by day, and takeaway fried chicken and pizzas by the time I finished work late at night.

By Christmas 2018, when I weighed myself at 17st, I faced the fact something had to be done. It was the heaviest I'd ever been, I was wearing size 20 clothes and I felt disgusted with myself.

After Christmas that year, I signed up for Slimming World classes and joined a female only



**Ben has been there every step of the way**



**My nan helped me pay for the £399 course**

gym, determined to make it the year I lost weight.

My boyfriend was really supportive. He liked me the way I was, but knew how unhappy I was with my body.

I quit Slimming World after a couple of months because I wasn't losing any more weight after that.

I felt stuck, but not ready to give up trying to be slimmer.

I still weighed myself regularly and did a combination of Slimming World and calorie counting.

I lost 2st in 2019, and in March 2020, Ben, 28, proposed.

Only, we were separated when the first lockdown came – Ben had to stay at his family's home, while I stayed at mine.

I was so lonely and down and unable to go to work.

I'd sit on the sofa all day snacking, and gained 10lbs.

It was later that year that I met up with an old school friend, who had been a similar weight to me, but was now barely recognisable.

My friend told me she'd had gastric band surgery at a cost of £10,000.

My nan had

been urging me since I was a teenager to try to eat healthily and do exercise to lose weight, and so I told her all about it.

She told me she'd had two friends who had lost weight for a fraction of the cost of the invasive surgery that my friend had.

The My Weigh Less course recommends a low carbohydrate diet which I enjoyed.

It has changed my eating habits by changing my mindset and teaching me tools to help, like holding my knife and fork in the opposite hands to help me eat more slowly and not eating in front of the

TV so I can pay proper attention to what I'm eating.

Breakfast is now either sausage or eggs and bacon, but my portion sizes are really small.

The best part is that my self-esteem and self-confidence have gone through the roof.

Now, I'm what I'd call a curvy size 12, weigh 13st and have a target weight of 11st. I saw my nan for the

first time in several months and her face was a picture, she told me she was really proud of me.

I feel a lot better in myself and Ben loves the confidence losing weight has given me. He loves me anyway, but he's seen the change in me and how much happier I am.

**My Weigh Less founders Marion and Martin said: 'The results achieved by Ruby are incredible and we are so very pleased for her.'**

**A free audio introduction to the course can be downloaded from the website.**

**Medical Endorsements on the My Weigh Less Website at [www.myweighless.com](http://www.myweighless.com)**



**My confidence has grown**