

The Gastric Mind Band

LEARN HOW TO VISUALISE A GASTRIC BAND USING COGNITIVE BEHAVIOURAL TECHNIQUES AND HELP TO CURE YOUR CRAVINGS:

When a former client of Martin and Marion Shirrans' said she wished they could hypnotise her to make her believe she'd had a gastric band surgically fitted, they laughed, then asked themselves: "Why did no one think of this before?" Two years of research and development later, their therapy – incorporating cognitive behavioural therapy, neuro linguistic programming and their own techniques, such as pause button therapy is hugely successful. Says Martin: "The Gastric Mind Band session is achieved under deep relaxation, and targets the subconscious to persuade you that you need a much smaller amount of food than you've become used to, and that you will be completely satisfied." Here's how to try it for yourself at home:

Try it NOW!

To relax yourself deeply, be in that state of focus and suggestibility, like daydreaming, or the sensation just before you fall asleep. You need to be uninterrupted, comfortable and quiet. Focusing on a point in the room, count down from five to one, telling yourself your eyelids feel heavier with each number. When you reach one you are relaxed. Count down from five to one again, relaxing your body a bit at a time from toe to head. Remind yourself to let go and relax more deeply with each part. Count yourself down a 10-step staircase, arriving in a special private place – a beach, a wood, wherever means something to you.

Now, thinking of the change you want to achieve, imagine picking up a golf ball and squeezing it. Imagine the size of your stomach, tightening as a band squeezes around the top.

Eating more than a small amount now will leave you uncomfortable, and food is no longer a comfort or an emotional crutch; it's just nourishment.

At the end of each session count yourself back up from five to one; you'll remember everything, feel refreshed and energised.

Do the exercise as often as you need, repeating any part if you like. The image of the golf ball and the squeezing helps you see how small your stomach now feels.

Shirrans' Solution: The Gastric Mind Band, £12.50, is available from Amazon plus other suppliers.

The real key to sustained weight loss lies with insulin management