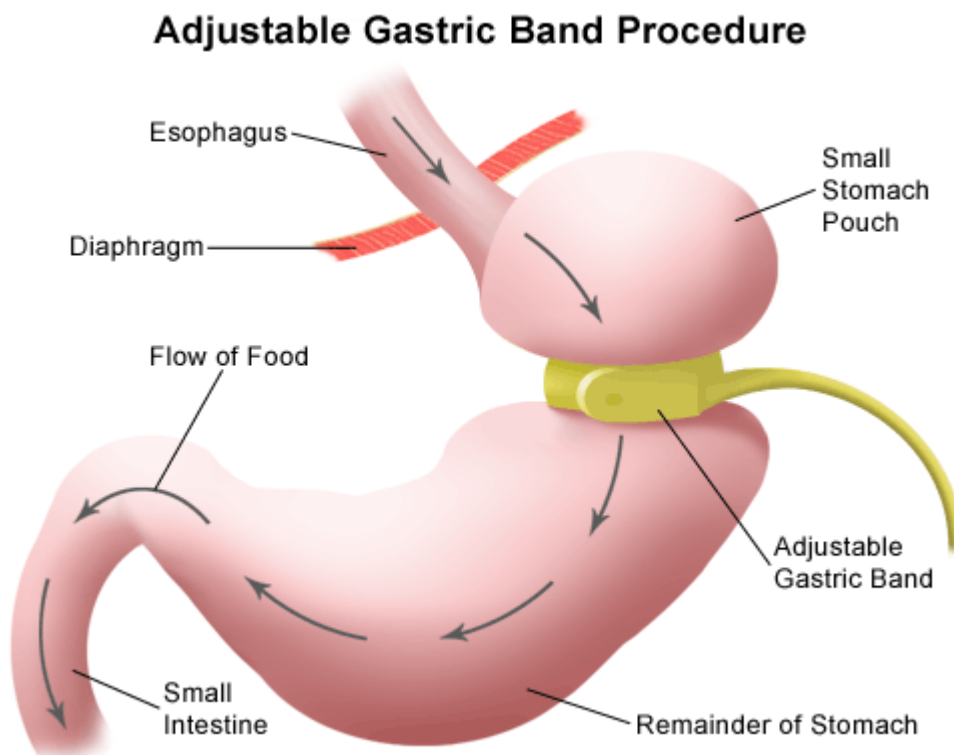


The Virtual Gastric Band Procedure - Eight Golden Rules for Success

Hypnotically, your stomach has now been shrunk to the size of a golf ball. In order to aid your weight control, it is very important that you follow the enclosed guidance that will help with the psychological impact of your Gastric Band, and also your past relationship with food, thus in turn aiding your weight loss. Make a resolution now to take responsibility and follow these instructions to the letter, and success will be yours.

"Any transition serious enough to alter your definition of self will require not just small adjustments in your way of living and thinking, but a full-on metamorphosis"

- Martha Beck



1. BUY SOMETHING NEW

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

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

When you get it, hang it on the OUTSIDE of your wardrobe in a place where you will see it often.

2. LISTEN TO THE CD

The CD utilises a multitude of the latest mind management techniques and is a very important part of our work together. It is absolutely essential that you listen to it at least once a day (more if you can) for the next 28 days. The CD will create new neural pathways in your brain relating to your associations and attitudes towards food. It will also reinforce the live sessions that you attend.

You will increase the effect tenfold if you listen to the CD using stereo headphones, via an iPod or a CD walkman. You need to sit in a comfortable chair or rest on your bed.

IMPORTANT - NEVER USE THE CD WHILST DRIVING OR OPERATING MACHINERY.

3. EAT SLOWLY AND CONSCIOUSLY

Enjoy every mouthful of food, but slow your eating down; chew your food thoroughly (approx 15-20 times a mouthful). Put your knife and fork down between mouthfuls; put your sandwich down between mouthfuls.

Do not eat in front of the television or whilst reading as you will not be conscious of what you are eating. sit down and focus purely on the food in front of you.

4. STOP EATING AS SOON AS YOU FEEL COMFORTABLE*

5. EAT ONLY THREE SMALL MEALS A DAY

choose protein first, as you need 50-70 grammas of protein per day. As your portion sizes will be dramaticall! reduce, it may be worth investing in some small plates and bowls.

6. BUY AND TAKE SOME MULTIVITAMINS

To ensure you are still taking in all the vitamins you need.

7. DRINK PLENTY OF FLUIDS AND CHOOSE ONLY LOW CALORIE LIQUIDS

8. EXERCISE.

It is a very important element of the virtual gastric band procedure that you take some form of exercise, for 30 minutes per day; this can be as simple as going for a walk. As you will be eating less than your body needs to function, it has to make up the difference by burning reserves. If you do not exercise daily, your body will metabolize your unused muscle and you will lose muscle mass and strength.

Exercise will communicate to your body that you want to use your muscles and force it to burn the fat instead. Walk, skip, and dance around the house - move!!

"If you have diabetes, monitor your blood sugar levels carefully. You may need to adjust insulin or other diabetes medication.

Dealing with Head Hunger

Head hunger refers to a condition whereby you think you need food but your body is not actually the one demanding energy. Something else is triggering you to require food.

Here are SIX ways to deal with "head hunger":

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

Give Yourself Support

It is important to recognize as you go through this program and the changes demanded by the Virtual Gastric Band, that you will frequently have to be your own support. To do so requires that you take some ownership of the process. In other words, make this YOUR weight loss programme; take pride in what you are doing and in revel in each goal achieved.

It may help if you write down why you want to lose weight, and your short-term and long-term goals. Outline any strengths and weaknesses, and what you are going to do about those weaknesses. For example, if you have a weakness for chocolate, try not to allow any in the house!

And reward yourself for the small goals reached; why not treat yourself to a facial for every half-stone you lose?!