



# Ultimate *with the Gastric Band inc.* Weight Loss

Essentials Package

## INSTRUCTIONS

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Clear Minds  
Hypnotherapy

# THE ULTIMATE WEIGHT LOSS ESSENTIALS PACK *with the Gastric Band inc.*

Congratulations on taking the first step on this journey with Clear Minds Hypnotherapy.

The Ultimate Weight Loss Essentials Pack with the Hypnotic Gastric Band Program is designed as a more intensive approach to take control of any over-eating habits. It will help you lose weight, whilst maintain a healthy diet and lifestyle like taking up a regular exercise routine.

There are hypnotherapy sessions, a guided meditation and a Breathwork Winner Mindset The Go Getter session included.

Listen to the sessions in the correct order to ensure you get the best results from this 8 week program.

You can create your own personalised plan after week 8 and listen to the sessions that helped you most.

This is your personal journey, best of luck!

The following is included in the pack:

## **Introductory sessions:**

### **Information/guidance**

What is Hypnotherapy & How it works

How to use Hypnotherapy Sessions

## **Hypnotherapy sessions:**

### **Ultimate Weight Loss session**

#### **Listen Weeks 1,2 & 4:**

Healthy Weight Loss

Healthy Weight Loss Part 2

Control Sugar Consumption

Stop Binge Eating

Stress Reduction

#### **Listen Weeks 6,7 & 8:**

Control Calorie Consumption

Fussy Eating

Motivation To Exercise

Control Alcohol Consumption

Make Healthier Choices

Keep A Healthy Diet

### **The Gastric Band sessions**

#### **Start in Week 3:**

Gastric Band Session 1

Gastric Band Session 2

Gastric Band Session 3 *Pre-op*

Gastric Band Session 4 *The Surgery*

Gastric Band Session 5 *Post-op*

Gastric Band Session 6 *Booster*

## **Worksheets to read and fill-out:**

### **Worksheets to read:**

Healthy Weight Loss Tips

Exercise Tips

Gastric Band Diagram

Hypno Band Post Op Diet Plan

Overcoming Plateau

BMI Chart

BMI Kilos

### **Worksheets to fill out:**

Weekly Weight Chart

Weekly Food Diary

Weight Loss Questionnaire

Changing Behaviours Form

# Introduction to the Ultimate Weight Loss Essentials

The Ultimate Weight Loss Essentials with the Hypnotic Gastric Band Program is an intensive weight loss system that uses hypnotherapy and insight into the psychology behind our eating habits. It's for people over the age of 18 years old who have a high BMI, are clinically obese or want to lose a lot of weight.

It's important to remember you have to be committed to changing eating behaviours or you are unlikely to achieve your goals. The main reason why people are over-weight is over-eating and lack of exercise. However, research shows other reasons that include alleviating stress, boredom, seeking comfort or also love.

The Ultimate Weight Loss Essentials is a great tool to change eating your habits and live a happier and healthier lifestyle. Yet, it's not enough to simply treat the symptoms. It's also necessary to find the root cause for why you eat too much and also address this too.

## How does this weight loss program work?

The Ultimate Weight Loss Essentials with the Hypnotic Gastric Band uses a combination of suggestion, visualisation and cognitive behavioural therapy (CBT) to encourage you to make changes to your diet and eating behaviour.

The Ultimate Weight Loss sessions help you lose and keep a healthy sustainable weight treating behavioural issues like 'Stop Binge Eating,' 'Control Sugar' and 'Alcohol Consumption,' 'Motivation to Exercise' and 'Control Your Calorie Consumption.' There are sessions to 'Keep A Healthy Diet' and overcome triggers like 'Stress Reduction' and 'Make Healthier Choices.'

The Hypnotic Gastric Band sessions make you believe with the power of your mind that your stomach has shrunk to a smaller size and needs less food to feel satisfied. You won't need to undergo actual surgery. Therefore, you won't need to attend any dreaded hospital appointments and you avoid any of the additional health risks.

## Worksheets and Additional Information

The worksheets included in this pack are exercises intended to help you focus. You can fill out the Weight Loss Questionnaire and Changing Behaviours Form in Week 3 when you listen to Gastric Band Sessions 1 & 2.

These two exercise forms will help you recognise and understand the reasons behind your eating behaviour. And they give you the opportunity to change your behaviour and feel empowered by the changes you make to your lifestyle.

Go back and read your answers to these two forms as the weeks go by!



# The Hypnotic Gastric Band Explained

## Sessions 1, 2 & 3

Sessions 1, 2 & 3 are designed to prepare you gradually for Session 4 - 'The Surgery' session. In Session 3 you will meet the anaesthetist. **You are advised not to eat up to 12 hrs before listening to 'The Surgery' Session.** You can include your sleeping time as part of this. Remember to drink plenty of water.

## 'The Surgery' Session 4

'The Surgery' Session 4 uses visualisation techniques to take you through the Gastric Band surgery. You will visit all aspects of what you would usually expect from surgery including pre-med to recovery stage. The session uses special sound effects to enhance this experience. It also includes advice on eating behaviour and weight loss tips as you usually would have after real surgery.

## 'The Post-Surgery' Session 5

'The Post-Surgery' Session 5 helps reinforce the idea that the surgery has taken place and that your stomach is much smaller and less food is required to make you feel full.

## 'The Booster' Session 6

'The Booster' Session 6 you can use as a follow up session after the course is over and for the next few months with sessions 1 & 2 to help maintain a healthy eating diet and routine. Play each session twice a week for as long as you need to after the program is finished.

## Set Realistic Goals

Don't set yourself unrealistic goals that are going to hinder your progress or overwhelm you. Healthy guidelines say that you should aim to lose between 1-3 (kg), 3-6 lbs a week.

# Ultimate Weight Loss Essentials Weekly Plan

**In Weeks 1 & 2, 6, 7 & 8** - Listen to both hypnotherapy sessions every day for seven days. Play them one after another or space them out and listen to them at different times of the day. If you're limited for time - Listen to one session a day. Listen to one four days and the other for three.

**In week 3 you can start the Gastric Band Sessions.** You only need to listen to one session a day.

**Week 3** - Listen to Gastric Band Sessions 1 for 3 days followed by Session 2 for 3 days).

**Week 4** - Listen to Gastric Band Session 3 'Pre-op' for 3 days, then Stress Reduction for 4 days.

**Week 5** - Listen to Gastric Band Session 4 'Surgery' for 2 days, Session 5 for 2 days & Session 6 for 3.

Listen to the Visualisations meditation in the mornings.

WEEK	SESSION 1	SESSION 2	MEDITATION
WEEK 1	HEALTHY WEIGHT LOSS	WEIGHT LOSS PART 2	VISUALISATIONS
WEEK 2	CONTROL SUGAR CONSUMPTION	STOP BINGE EATING	VISUALISATIONS
WEEK 3	GASTRIC BAND SESSION 1 (3days)	GASTRIC BAND SESSION 2 (3 days)	VISUALISATIONS
WEEK 4	GASTRIC BAND SESSION 3 (3 days)	STRESS REDUCTION	VISUALISATIONS
WEEK 5	GASTRIC BAND SESSION 4 (2 days)	GB SESSIONS 5 & 6 (2 days each)	VISUALISATIONS
WEEK6	CONTROL CALORIE CONSUMPTION	FUSSY EATING	VISUALISATIONS
WEEK 7	MOTIVATION TO EXERCISE	CONTROL ALCOHOL CONSUMPTION	VISUALISATIONS
WEEK 8	MAKE HEALTHIER CHOICES	KEEP A HEALTHY DIET	VISUALISATIONS

# It is important to remember when listening to hypnotherapy

These guidelines will help you get the best from listening to the hypnotherapy sessions:

Never use our sessions when you are driving, operating machinery or could be in danger should you fall asleep.

Do not use hypnotherapy if you suffer from epilepsy.

Do not consume caffeine and /or don't exercise for up to 2 or 3 hours before using the hypnotherapy sessions.

Use the bathroom before relaxing to listen to the sessions.

You may fall asleep during the hypnotherapy sessions as they work on your subconscious mind. In other cases, you may just feel relaxed.

It's preferable to listen to the hypnotherapy sessions in the evening or at night before bed as you'll be more susceptible to the cues of relaxation. This will depend on your schedule.

Wear comfortable clothing - nothing tight or itchy! Choose loose-fitting and light clothes.

Find a quiet and comfortable spot to lie down, like on the sofa or bed. You can also sit upright with your head supported if you want.

Make sure you will not get distracted during the session- kids are in bed, television and radio are off; windows are shut. Switch your phone on flight mode or silent. Prepare yourself fully to avoid being disturbed when you're ready to start.

Use headphones (earphones, headsets or AirPods) for a better surround sound and listening experience. These will also help to minimise distractions from background noise.

Wear comfortable clothing - nothing tight or itchy! Choose loose-fitting and light clothes.

Make sure you focus on one topic at a time. Repeat each session for a few consecutive days to a week in order to get the best results.

Try not to listen to more than two hypnotherapy sessions a day plus one guided meditation.

# A note to myself

**Instructions:** Write down all reasons why you want to change and remind yourself why you made that decision. Read this each time you feel you have a moment of weakness.

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Note below the time and date you decided you are a "BETTER VERSION OF YOURSELF"

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If you want more resources to help you live your best life, check out our website or follow us on Facebook.

Website:

[www.clearmindshypnotherapy.com](http://www.clearmindshypnotherapy.com)

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*The Clear Minds Hypnotherapy Team*

