

# Junemitchell

Clinical Therapy, Professional Coaching, Training & Workshops

## The Hypno-Band

There are people that may have a more complex relationship with food. They are often more than 30lbs over their ideal weight. In this case there may be more deep seated issues involving body image, low self esteem, anxiety, stress or depression, and sometimes social phobia.

For these people I recommend a mixture of techniques: NLP, Hypnosis and EFT as the way to go forward in resolving weight control issues. The HYPNO-BAND weight loss system (virtual gastric band fitting in hypnosis) can be incorporated within this treatment as appropriate.

The HYPNO-BAND System is a combination of Cognitive Behavioural Techniques (CBT) and hypnotherapy techniques that helps you explore, analyse and change your eating habits. Then using the mind/body connection we fit a "virtual gastric band" to your stomach, making you eat less and less often.

If you are considering the virtual gastric HYPNO-BAND for yourself, an initial consultation is carried out to determine your suitability for the HYPNO-BAND treatment. Please note that not everyone is suitable for this.

### What does the treatment involve?

The HYPNO-BAND treatment involves a series of sessions, the first of which we will assess your dietary and relevant medical history, and to introduce you to hypnosis. Further sessions will involve your "preparation" "fitting" and "adjusting" of the virtual gastric band. You will also receive recordings (CD or MP3) that you can use to reinforce the effectiveness of your treatment. You will learn different approaches to eating and a strengthening of the HYPNO-BAND principle. The mind is a very powerful instrument and by using the HYPNO-BAND system you will have the tools and power to change your eating habits.

### Is it safe?

HYPNO-BAND is completely safe. It does not involve any invasive surgery or pain, and therefore there are no fears about surgery or any complications afterwards. There is no discomfort, and no need to have time off work to recover. It is a relaxing pleasurable treatment that does not hurt and has no side effects.

### Is the treatment guaranteed?

As with any other medical or weight loss treatments there is no 100 per cent guarantee. No system will work if you are not 100% committed. However, HYPNO-BAND has a very high success rate with long-term results. The main key to successful treatment is YOU. If you are totally committed to losing weight then HYPNO-BAND should work for you.

### How much does it cost?

The full cost of treatment varies according to the number of sessions required, but when compared to gastric band surgery which can cost up to £10,000 the HYPNO-BAND is substantially cheaper, and it is more cost effective than many other weight loss treatments.

For further info contact June on: 07964 056937

Email: [june@junemitchell.co.uk](mailto:june@junemitchell.co.uk) [www.junemitchell.co.uk](http://www.junemitchell.co.uk)

### To fit the criteria you....

are aged 18 or over.

are overweight in excess of 28lb.

have tried conventional methods of weight loss,

understand that this is a long term commitment

understand the need to maintain healthy food intake

have the desire to undertake regular gentle exercise.

have no medical or physiological reasons that would exclude you having gastric band hypnotherapy.

