

You owe it to yourself to be able to do anything that you want, whenever you want without being hindered at every turn by your weight.

The only thing stopping you from living the life of your dreams is **YOU!** Do something about it today. Don't waste another minute. Take that first step and contact me for a free initial telephone consultation.

This used to be me. If I can do it, then so can you.

I look forward to hearing from you.

Best wishes,

Ruth



Virtual Gastric Band Program



Who is this program suitable for?

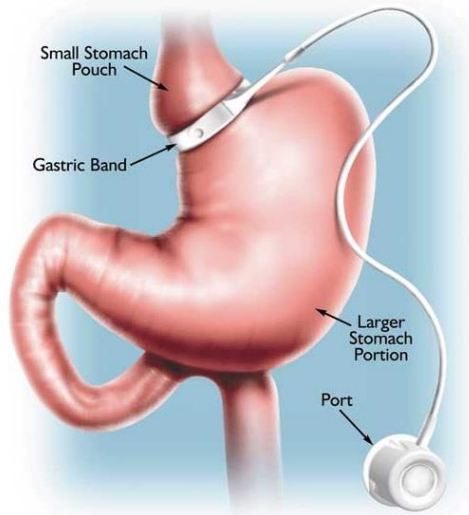
I believe that we are all unique and that's how it's meant to be. It was never intended that we should all be the same shape, size and weight so if you're happy in your body then I'm happy for you.

I, on the other hand, knew that I wasn't happy being uncomfortably overweight and I wanted to change a lifetime of yo-yo dieting, which I ultimately did by changing my mindset. If you're ready, then I can help you do the same.

About this program

This is a remarkable weight loss program

The Virtual Gastric Band is like no other weight loss program. As the name suggests, the system utilizes the concept of a “virtual” gastric band with the use of clinical hypnotherapy. It successfully harnesses the power that every individual has within them to make changes to their lives. Many clients have benefited from Virtual Gastric Band therapy and so can you. In fact, the success rate is greater than that of the physical operation!



So what is a virtual gastric band?

The virtual gastric band is a non-surgical technique which uses the power of hypnosis to retrain you to be satisfied with smaller amounts of food. It changes how you think about food and gives very safe, very predictable results. The hypnosis given during the session convinces the brain that the stomach is full after a certain level of intake and that there is no need for more food. It addresses your relationship with food.

- ✓ **No waiting list**
- ✓ **Pre-medical check not required**
- ✓ **Risk Free**
- ✓ **Discover a new you**
- ✓ **Supported all the way**
- ✓ **Be fit and healthy**
- ✓ **No physical, adverse side effects**

Physical & Emotional wellbeing

Is it a diet plan?

It is most definitely **NOT** a diet – we know that diets only work in the short term. The Virtual Gastric Band allows you to eat what you want, but will enable you to **WANT** to intake smaller portions. And, because it's not a diet, you won't feel deprived, miserable or hungry – all of the issues which have historically caused previous diets to fail. However, under hypnosis certain thoughts and ways of being will be planted in your sub-conscious mind that encourage you to eat more healthily and focus on being fit and well.



How can this program change your life?

Physically – it reduces risk of heart disease, can help with sleep apnea, acid reflux, high blood pressure, cancer, all manner of aches and pains and debilitating conditions

Emotionally – it can help address issues of low self-esteem, lack of confidence, depression and anxiety to name but a few. Sometimes it's not what you eat that causes you to gain weight, but rather what's eating you!

- ✓ **No invasive surgery**
- ✓ **Nothing to lose except weight**
- ✓ **A fraction of the price of actual surgery**
- ✓ **Pain free**
- ✓ **Change your eating habits for good**
- ✓ **Feel empowered**
- ✓ **Live the life that you deserve**