

## Gastric Banding Hypnosis at Freedom House Hypnotherapy

Hypnotic gastric banding is a well established technique to assist weight loss through portion control and acts in a similar way that having a gastric band fitted by giving a feeling of fullness much sooner than before.

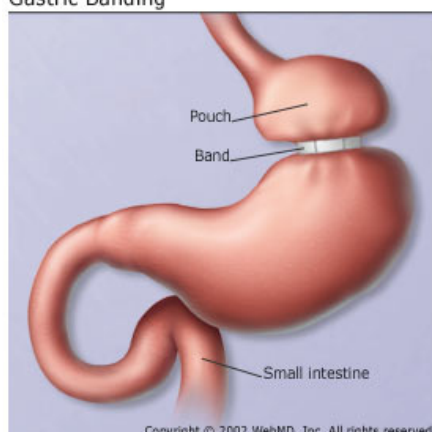
Ultimately our subconscious mind is the strongest gastric band we will ever need as our powerful subconscious mind controls all of our bodily functions including digestion and appetite as well as feelings of hunger or fullness before or after a meal.

For your information, this is the sensation we will be creating:

“The inflatable band is placed around the upper part of the stomach to create a smaller stomach pouch about the size of a squash ball. This slows and limits the amount of food that can be consumed at one time, thus giving the opportunity for the sense of satiety to be met. It does not decrease gastric emptying time. The individual achieves sustained weight loss by choosing healthy food options, limiting food intake and volume, reducing appetite, and progress of food from the top portion of the stomach to the lower portion.

The placement of the band creates a small pouch at the top of the stomach. This pouch holds approximately ½ cup of food, whereas the typical stomach holds about 6 cups of food. The pouch fills with food quickly, and the band slows the passage of food from the pouch to the lower part of the stomach. As the upper part of the stomach registers as full, the message to the brain is that the entire stomach is full, and this sensation helps the person to be hungry less often, feel full more quickly and for a longer period of time, eat smaller portions, and lose weight over time.” (Wikipedia 2016)

Gastric Banding



You will be given a squash ball to take home as a reminder of that tight sensation in your stomach. You can even use it as a stress ball and give it a few squeezes if you are ever tempted to overeat or eat inappropriate foods.

Finally some positive thoughts and affirmations for you to think about & use. Always remember that you are enough.

Your Affirmation: **“I am enough!”**

(Repeat your affirmation before and after each meal and even contemplate the thought when you are alone or in company as a reminder that you are always enough.)

Another affirmation made famous by Shakti Gawain is **“Everything I eat contributes to my slender attractiveness.”** (To be repeated before and after meals).