

SEED HYPNOTHERAPY

Gastric Band Weight Loss Hypnotherapy
Information Pack





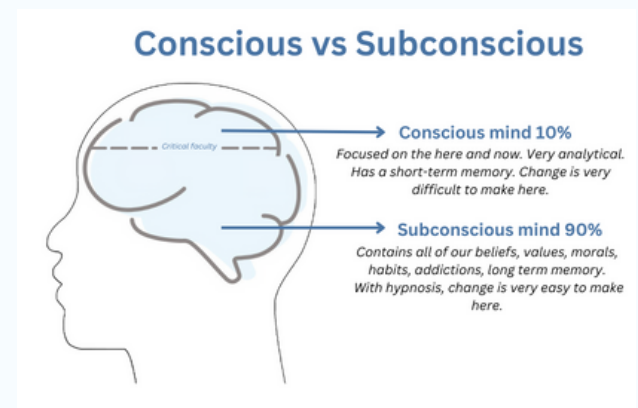
Gastric band weight loss hypnotherapy

How gastric band hypnotherapy works:

Hypnosis is a naturally occurring state in which a person is highly suggestible to new ideas and information in the deepest part of the subconscious mind. The subconscious mind is 30,000 times more powerful than our conscious mind. When suggestions are planted in the subconscious they are easily accepted and become effortless to execute in everyday life.

All food choices, cravings, behaviours towards food and addictions to food are harvested in our subconscious mind. When a person is struggling with negative food choices, backward behaviours towards food, cravings and addictions, successful dieting and weight loss can feel impossible. This is because we are using our conscious mind to tackle a problem that lies much deeper.

Using hypnosis, the therapist dives deep into your subconscious mind to encourage you to change the way you think and feel about food, helping you to make healthier food choices and feel full and satisfied with smaller food portions.



When a client has a high desire for change and is committed to the treatment process gastric band hypnotherapy is one of the fastest, safest and easiest ways to lose weight. Clinical trials conducted in the United Kingdom showed that more than 95% of participants lost weight. Subsequent trials have also been consistent with these results.

What our gastric band hypnotherapy treatment covers

In our gastric band hypnotherapy sessions clients will focus on a wide range of emotional connections they have to food and dieting. This includes but is not limited to stress and anxiety associated with weight gain, limiting beliefs and self-sabotage regarding their ability to succeed, letting go of past failures, and reducing the inner voice of self-loathing, self-hate and negative self-talk.

Moving on from here our clients will work to eliminate the emotional connections they have with a wide range of foods. By severing the emotional connection a client has with these foods, they will no longer feel the desire to consume them and will no longer crave, feel controlled by or feel an addiction towards them. Clients will have the opportunity to address foods they personally struggle with giving the client the power and control to effortlessly make healthier food choices.

In the final part of our gastric band hypnotherapy session, we focus on portion sizes. Under hypnosis, the client is walked through a re-enactment of the gastric band surgery procedure where a gastric band is fitted onto the client's stomach giving the client a new smaller stomach to fill with food.



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Our treatment continued:

Whilst under hypnosis when the subconscious mind is open and receptive, new ideas, memories and information can be planted. Through the re-enactment of the gastric band surgery, a false memory is planted in the subconscious mind which will make your subconscious believe that you have had a new gastric band fitted.



By having your new gastric band fitted your mind and stomach will work together in harmony and you will begin to feel completely full and satisfied with much smaller food portions. Your gastric band will be tightened each week using your reinforcement recordings giving you a long-lasting sense of control over your portion sizes.

Weight loss is 80% diet. When we are eating well and eating smaller amounts of food our body begins to put out more calories than it is taking in. When our body is in a calorie deficit we lose weight. It is as simple as that. When you have control over your food choices, portion sizes and behaviours towards food weight loss becomes easy and effortless to achieve and sustain.

About the sessions:

Our gastric band hypnotherapy sessions are sold as a full Gastric Band package containing pre-recorded sessions. Recorded sessions are highly effective and remove any complications that face-to-face sessions may bring (such as social anxiety and an inability to relax in a foreign location) or those of a live online session (such as network issues, device complications)

- **Client resource pack** - Filled with useful information, tips and hints to get you started on your weight loss journey and to keep you on track long-term. The resource pack includes information about food & diet, water intake, the benefits of exercise, backward food substitutions and more.
- **Introductory Video** - A 25-minute MP4 Video to watch before your session outlining how the treatment works, what you can expect to feel and experience and how to obtain the best results from your hypnotherapy session.
- **Gastric Band Session** - An MP3 Audio file of your 1-hour 50minute Gastric Band Hypnotherapy Session. In this session we will address any emotions or past influences on your lifestyle and your relationships with food. We will bury a wide range of foods including sweets, carbs, takeaways, fizzy drinks, alcohol and more and we will remove negative behaviours and habits you have learned over time and plant seeds of change and suggestion deep within your subconscious to help you think act and feel differently towards food. We will also fit you with a brand new gastric band so that you are in complete control over all aspects of your weight loss journey going forward and losing weight will be incredibly easy for you.
- **Reinforcement Recordings** - You will also receive x3 reinforcement recordings to listen to after your session which will reaffirm and repeat the same messages to help you make a permanent change in your subconscious mind.



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• Reinforcement recordings continued:

These recordings are made up of 2 daily recordings and 1 weekly recording.

Morning recording - Daily - (MORNING: Approx 5 minutes - Can be listened to on the go)

Evening recording - Daily - (EVENING: Approx 25 minutes - Must be listened to whilst relaxed)

Weekly recording - Weekly - (ANY TIME: Approx 20 minutes - Must be listened to whilst relaxed)

It is imperative to the treatment process that you listen to these recordings daily until you reach your goal weight. Repetition is reinforcement.

Your Gastric Band Hypnotherapy package will be emailed to you directly immediately after your purchase along with a direct email from our team checking in to ensure you have everything you need and are ready to start your new journey! **All files received are yours to keep indefinitely once downloaded and saved to your device.**

If you require ongoing support or have any questions throughout your journey you can reach out to our friendly team at - contact@seedhypnotherapy.com for advice, encouragement and support.

Pricing and Payment options

The cost for the gastric band hypnotherapy package is \$299. This is a one off payment and all files received are yours to keep indefinitely.

Once payment has been received you will receive an email containing everything you need for your journey.

Payment can be made via credit or debit card.

For Australian residence - Afterpay, Klarna & Paypal Pay-in-4 are accepted.

For international clients an - lay-by is available over a 4 or 8 week period. For more information about our lay-buys please reach out to us.

Are you ready to start your new life?

To purchase your package and take the first steps to reaching your weight loss goals once and for all, visit our website: www.seedhypnotherapy.com

To speak to a member of our team please contact us at:

Phone: 0405 371 929 **Email:** contact@seedhypnotherapy.com

Website: seedhypnotherapy.com