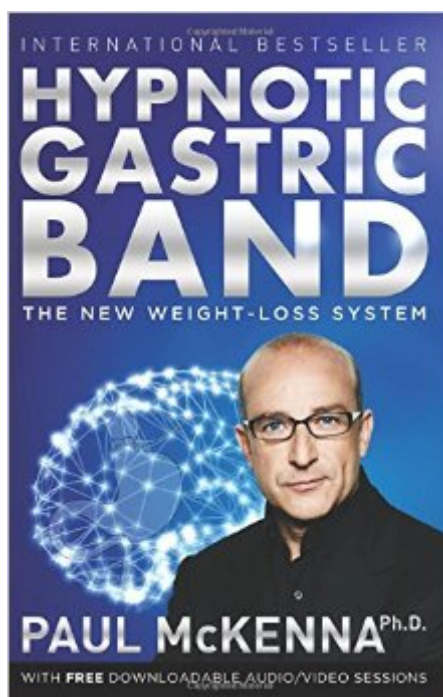


The book was found

Hypnotic Gastric Band: The New Surgery-Free Weight-Loss System



Synopsis

The New Surgery-Free Weight-Loss System Do you want to lose weight? Have you tried diets and failed? Do you want a completely new approach? Then let Paul McKenna help you! A gastric band is a radical surgical operation that reduces the available space in the stomach. Dr. McKenna's Hypnotic Gastric Band is a psychological procedure that can help to convince the unconscious mind that a gastric band has been fitted, so the body behaves exactly as if one were physically present. Why does it work so well? Along with the book, the system contains audio and video sessions to provide complete support for physical and psychological change while you lose weight. There's no physical surgery, no scarring, and no forbidden foods. Just follow all the instructions and let Paul help you lose weight. An amazing new approach that promises weight loss for good! " Dr. Ronald Ruden, M.D., Ph.D. " Dr. McKenna's system offers people a safer, non-invasive method of significant weight loss. " Professor Michael Carmi, M.D., Ch.B.

Book Information

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Customer Reviews

I don't have a ton of weight to lose, 30 lbs., so I would never qualify for a *real* gastric band, nor would I want one. I'm too chicken for any surgery, so I decided to try this as no matter what I eat I never seem to feel full or satisfied. This 30 lbs. I've been trying to lose the past 10 years with no real success, other than a couple pounds lost, then regained, like yo-yo dieting. I was eager to start so I popped the CD into my computer when I heard a stern warning to stop the CD and read the book first. It's a quick read as the type is large and the lines are almost double-spaced. Don't jeopardize this not working for you by skipping the book, it's important. For 1-2 weeks before you start the

hypnosis sessions, you're supposed to walk 20 minutes a day and eat less high fat/high sugar foods, just as if you were preparing for a *real* gastric band. I thought a British accent would distract me enough to not become hypnotized, Paul McKenna's voice is soothing and his accent did not keep me from going into a trance. CD: Has 2 tracks. Track 1: Pre-operative instructions 13 minutes long. (Which tells you to stop the CD and read the book first!) Track 2: Gastric band installation trance. 28 minutes long. DVD: Havening Technique. Under 5 minutes long - a chest-tapping/eye movement procedure to use if you have uncomfortable feelings? This technique is supposed to help raise your serotonin levels since food will no longer be doing that for you. I've been doing this in private (kind of odd) - maybe it takes awhile to see any result other than just feeling dumb when doing it - this may be too New Age for me.

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