The Amazing Truth About A Hypnotic Gastric Band

A Gastric Band is a radical, surgical operation that reduces the available space in your stomach so you simply can’t eat too much food. A Hypnotic Gastric Band is a psychological procedure that can convince your unconscious mind that you have had a gastric band fitted, so your body behaves as if you have a gastric band.

A Hypnotic Gastric Band is the perfect boost for you if:

You need to lose more than 30 pounds to achieve a slimmer, healthier body weight

You have lost weight by dieting in the past and subsequently put it all back on again and more

You have found it difficult to recognize the moment when your body is telling you that you have eaten enough.

A recent independent survey showed that my system has a success rate of over:

70%

My approach has been shared with millions of people all over the World.

Now it’s your turn!

Paul McKenna  www.paulmckenna.com
How To Fit And Use A Hypnotic Gastric Band

All you need to do is follow my instructions accurately and completely. It is not necessary to try to believe in anything; just follow the instructions. In fact most people who successfully use this technique were not convinced at first that it was going to help them, but they were just prepared to give it a proper chance. When they found they were full and satisfied, very quickly they began to eat less, stop snacking or start to leave food on their plates. So just follow my instructions and don’t worry about how much you believe in the process.

Step 1

You must read this booklet through, carefully, so that you fully understand. Your conscious mind needs to be fully prepared with the information in this booklet so that your unconscious mind can use it to fit your Hypnotic Gastric Band precisely. Read it several times if you wish. One way you know that you understand something is when you know you can explain it in perfect detail to someone else. You can of course read this booklet more often if you wish and continue to refer to it whenever you wish.

Step 2

Listen to the Pre-Operative Recording at least three times. You can listen to it more often if you wish, and continue to listen to it whenever you wish.

Step 3

Next, find a calm, quiet place where you will not be disturbed for 40 minutes and listen to the Hypnotic Gastric Band installation.

Step 4

After your Gastric Band is installed you must continue to follow the Four Golden Rules of my system:

When you are hungry, EAT!
EAT what you want, not what you think you should.
Eat CONSCIOUSLY and enjoy every mouthful.
When you think you are full, STOP eating.
**Step 5**

Listen to the Hypnotic Gastric Band Installation every day for a week to adjust your band for continued, safe and steady weight loss.

**Step 6**

After that you can use any part of the system whenever you wish to adjust your gastric band or give yourself a boost.

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**Remember!**

*When you are hungry, EAT!*

EAT what you want, not what you think you should.

Eat CONSCIOUSLY and enjoy every mouthful.

When you think you are full, STOP eating.
Preparation for your Hypnotic Gastric Band

When you have a Hypnotic Gastric Band fitted your surgeon will explain what you need to do to prepare for the gastric band operation.

First he will recommend that you ensure that you are walking for at least twenty minutes a day. This ensures that your circulation is healthy and it vastly reduces the risk of a blood clot forming post-operatively.

Secondly the surgeon will recommend that for one to two weeks before the operation you abstain from high sugar and high fat foods, in other words, broadly speaking, fast foods and processed foods. The reason for this is very specific. High fat and sugar foods make your liver work hard and fill it up with glycogen. That makes it expand. The part of the stomach where your band will be fitted lies directly beneath the liver, so when you eat less fat and sugar for a couple of weeks, the liver shrinks and makes access to the stomach easier for the surgeon.

In order to prepare your body for the fitting of your Hypnotic Gastric Band I’m going to ask you to do the same things:

**Walk for at least twenty minutes a day**

**Cut out fast foods and processed foods.**

You need to do this for at least one week; in other words start the first time you read this booklet.

If you do this for one week before listening to the Hypnotic Gastric Band technique it ensures that your body is in the exact same state as it would be for physical surgery. This makes it easier for your system to adjust accurately to the new size of your stomach.

If you want you can carry on with this after your Gastric Band is fitted, but of course you can eat whatever you want. The important thing is that after the operation, even when you feel full very much quicker, you continue to follow the Four Golden Rules.

So remember when you have had your Psychological Gastric Band you should continue to eat when you are hungry and you should eat what you want and consciously enjoy every mouthful. If you even suspect you might be full, stop eating! If you are genuinely hungry twenty minutes later you can always eat again.

Paul McKenna  www.paulmckenna.com
How Your Digestion Works

Your body has an amazingly efficient and robust mechanism to digest food and extract energy and all the complex chemicals that build, maintain and repair your body.

It will be helpful for you to understand how your digestion works. Then, when your psychological gastric band is fitted, you will understand the new sensations that it creates for you so that you feel completely full and satisfied by meals that are much smaller than you used to eat.

Your entire digestive system begins to work as soon as you put food in your mouth. Saliva is released which makes your food easier to swallow and begins the process of breaking it down. Chewing your food also signals to your stomach to release hydrochloric acid.

When the food arrives in your stomach it is mixed with acid and enzymes and then is released a bit at a time into your intestines which is where the nutrients are extracted and taken into the bloodstream. As food enters your intestines a hormone called Glucagon-Like Peptide-1 (known as GLP1) is released. GLP1 does lots of different jobs. The two most important are that it signals to the hypothalamus (a part of your brain) that you have had enough to eat, and it increases insulin secretion from the pancreas. The insulin links with the glucose going into your blood stream and allows it to be stored in your muscles and liver. This causes the feeling of fullness to be linked to the process that gets energy into your muscles, which ensures that your body is getting all the nutrition it needs.
How A Gastric Band Works

A Gastric band is a small silicone band with an inflatable ring on the inside. It is fitted like a collar around the top of your stomach to create a small pouch about a tenth of the size of your whole stomach.

When that pouch fills up you feel full and you simply can’t eat any more. Exactly the same hormonal and nervous signals are triggered as when your whole stomach was available so you feel full in exactly the same way. The biological name for the feeling of fullness is satiety. With your Gastric Band you reach satiety much more quickly.

As soon as you feel full you can stop eating, and because you are following the Four Golden Rules you know that you can eat again when you genuinely feel hungry so you can stop eating without feeling like you are missing out.

The gastric band creates a very narrow opening from the pouch into the rest of the stomach. The food you eat slowly passes through this opening and then goes through your system in the usual way.

A gastric band has another advantage. Some people who have become overweight through emotional eating have lost touch with their feeling of fullness. Because they ate when they weren’t really hungry, and they carried on eating for emotional comfort rather than for physical nourishment, they developed a habit of simply ignoring their bodies’ signals. So their stomachs were trying to tell them they were full but they kept on eating. So they desensitized themselves to this natural signal.

Because the space in your stomach is now less than one-sixth of what it was, the feeling of fullness not only happens quicker but it is clearer too. It even becomes really uncomfortable to try to eat too much. So a psychological gastric band will help you to hear the signals of your body more clearly.
The operation to fit a Surgical Gastric Band takes about an hour and is conducted with laparoscopic surgery under general anaesthetic.

Laparoscopic means that the surgeon doesn’t cut your body open completely to get at your stomach. Instead he makes five or six small incisions and uses a laparoscope, which is a TV camera on the end of a long thin tube, to see inside your body and guide his instruments. This allows him to do the operation with the minimum of trauma and risk.

The band is connected to a port, which sits just underneath your skin. A week or so after the operation the surgeon uses the port to inject saline into the ring on the inside of the gastric band to ensure that the constriction is exactly the right size.

Because we are fitting you with a psychological gastric band we can ensure your unconscious adjusts your band directly so you do not need a port. Each time you listen to the hypnotic technique your unconscious will calibrate your band to ensure you continue to lose weight until you are slim and healthy and then it will help you to maintain a slim body within your healthy weight range for your height.
Using The Hypnotic Gastric Band System

In this system you have all you need to install a Hypnotic Gastric Band. The Hypnotic technique will install the band and re-calibrate your satiety threshold so that you will feel completely satisfied and full by meals with very small portions.

When you have installed your Hypnotic Gastric Band you should also continue to use the Four Golden Rules.

Remember to read this booklet through at least three times over the course of three days before you move on to listening to the introduction.

The table opposite show you what you need to do each day to prepare for and install your Hypnotic Gastric Band and the schedule for ensuring it is accurately adjusted as you lose weight after the operation.

Step 1
Read this booklet from cover to cover.

Step 2
Listen to the Pre-Operative Recording at least three times

Step 3
Find a quiet place where you will not be disturbed for 40 minutes and listen to the Psychological Gastric Band Installation

Step 4
Continue to follow the Four Golden Rules of my system:
- When you are hungry, EAT!
- EAT what you want, not what you think you should.
- Eat CONSCIOUSLY and enjoy every mouthful.
- When you think you are full, STOP eating.

Remember, you can take longer over each stage and repeat each day as often as you wish, but the whole process must take a minimum of seven days.

After installing your Hypnotic Gastric Band you should start the following timetable within seven days.
Hypnotic Gastric Band Maintenance

After installing your Hypnotic Gastric Band, listen to the Hypnotic Gastric Band Installation Session every day for a week and then at least once a week for ten weeks to allow for any adjustments that are necessary.

You can use it more often if you wish, some people like to listen to it every night as they go to sleep.

You can also use and review any part of the system any time you feel you need a boost and listen to the Installation Session whenever you feel you may need an adjustment to your Hypnotic Gastric band.

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