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The Virtual Gastric Band (VGB) Programme

The **Virtual Gastric Band Programme** is comprised of a Level I session in which the band is “installed” in hypnosis. Print and audio materials are provided so that you have everything you need to get started (see next page).

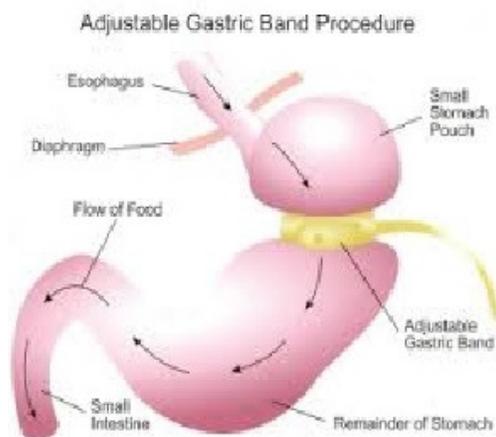
One to two follow-up appointments is needed for support after the Level 1 session. Appointments are booked in two hour blocks. Sometimes appointments take longer time-wise, but the fee remains the same.

The fee for the first appointment is \$200; subsequent appts are \$175. All services are subject to HST.

Locations include home office (south-west Toronto) and ALIVE Holistic Health at Carlton and Yonge in downtown Toronto.

The Virtual Gastric Band Concept

This graphic gives a bit of an idea of what to visualize in the way of the band if you wish.



This diagram is to explain why “golf ball sized pouch” is on the recording. Your stomach is about the size of your fist, so shrinking your upper stomach to the size of a golf ball helps to feel full faster and the stomach sends messages to the brain that you are satisfied. Food will flow slowly to the bottom part of the stomach for additional digestion.

The idea with this programme is that you should be consuming three meals daily only. As the stomach benefits from having times to rest, snacks are discouraged.

On the **Virtual Gastric Band Programme**, you are encouraged to choose the foods that you want.

IMPORTANT:

*This programme emphasizes the importance of smaller portions,
feeling full sooner,
and
respecting your stomach's messages to discontinue eating.*

Print and Audio Materials

You will receive the following materials for use prior to your first appointment in order to boost the success of what you are doing:

- VGB Power Affirmations (pdf)
- VGB Power Affirmations (mp3)
- Energy Tapping Explained (pdf)
- Tapping Points (diagrams, pdf)
- VGB Tapping (mp3)
- *Healing Light* (mp3; a general hypnosis recording; can go to sleep to this)

This material is designed to help you repattern your thoughts about weight, food, habits, and self-esteem.

For the Power Affirmations mp3, you will hear a statement and then a pause. The pause is designed to allow you to repeat the statement aloud or in your mind.

There will be some affirmations/statements that you like and some you don't. Feel free to re-word them to suit your needs.

This recording (unlike hypnosis recordings) can be used while multi-tasking (exercising, doing chores, etc). Only use it when it is safe and appropriate; if you need to be alert for any reason, turn it off.

Just over half of the Power Affirmations recording is devoted to concepts around being in control of your food choices.

The second half of the recording focuses on self-esteem and feeling better. Learning to love our bodies is a life-long challenge for most of us and finding ways to have a more gentle and kind internal dialogue is actually very helpful when it comes to slimming down.

The Power Affirmations pdf lists the affirmations. Some people like to write out the ones they like and carry them on index cards to refer to throughout the day. Keep a track of the changes you make to the wording, images and concepts. What works for you will go a long way in helping others.

The *Healing Light* mp3 is a general recording that is designed to go to sleep to. Do NOT use while driving or when you need to be alert.

The material on Tapping is designed to support your food choices throughout your day. We all have the ability to overeat as a result of emotional ups and downs and tapping helps this.

One the Virtual Gastric Band is “installed” in the first appointment, a follow-up appointment in a week or two essential to keep the momentum.

Because changing eating habits is challenging for most people, a few more appointments may be needed to maintain your progress.

If there is a particular food or substance that is a challenge for you, there are a number of hypnosis strategies to address this, including the option of never consuming the substance again. This will be discussed in your first appointment.

Additional audio and print support is provided at the first appointment.

Please contact me if you have any questions or comments.

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