

## Weight Loss Programs

Weight management is a greatly commercialise business; your fat is the next entrepreneur's wealthy. It might be the next "Diet" or the magical slimming "Teas" maybe it's the exercise machine that promises "you only have to do 15 mins a day"...or less and the fat will drop off Or the gym up the road has an offer you just can resist, maybe it's those that "NEW" slimming pill.

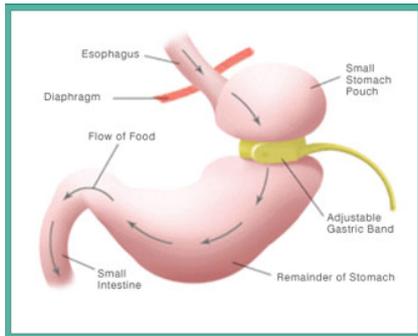
I have either read or used some of the diets, pills, teas, exercise programs .....the list goes on, and so does the people getting rich and happy from your FAT.



I have worked with the local communities over the years , aiming to get people HEALTHY. Which will mean losing weight , learning to make healthier choices that won't break the bank account .

In my practise I have treated people for many reasons , but the one thing that amazes me with my clients that have had the Lap or Sleeve surgery , is that they either still have trouble eating smaller portion, or eating the correct food ( which is a necessity of the gastric surgical procedures). Other issues like confidence, self-esteem, and motivation.....all still wait to be addressed.

So I did quite a lot of research which resulted in my new packages , with a method that is proven, also adding the experience I have gain from with clients wanting to lose weight and my own struggles. I want to give a complete body rework!



**The Virtual Gastric Band** is a remarkable weight loss program which was pioneered by Sheila Granger in the United Kingdom. Having trained with Sheila Granger on The Virtual Gastric Band procedure, I am now pleased to offer the program to my clients a non-surgical procedure that uses hypnosis to assist you in retraining your mind to help you to feel full with smaller amounts of food than you normally eat. It changes the way that you think about food and provides safe, predictable and lasting results.

The Virtual Gastric Band is for people who want to lose weight, but either don't want or don't qualify for physical surgery. The Virtual Gastric Band is available at a fraction of the cost of real surgery and has comparable results. It is very safe, has no side effects, does not involve the use of drugs, it is completely painless, and there is no need to take time off from work in order to recover.

*A Virtual Gastric Band is like 'flicking a switch in the brain.' It changes a person's attitude towards food and helps them regain control over cravings and bad habits*

## Packages

### **The Virtual Gastric Band Program - Cost \$1220.00**

This is the basic package with the Virtual Gastric Band hypnosis , there is time in the sessions for questions and ideas. But this is focused on the hypnosis only.

8 sessions, the first 4 are weekly, with the next 4 on a fortnight basis.

You will be given a Cd to listen to daily

Personalised CD

28 days of daily support

## **The Virtual Gastric Band Program, + Mind Re-modelling - Cost \$2240.00**

This is a very complete package, not only do you take care of the weight, but also we look after the mental wellbeing. Helping to break habits that don't serve you. It could be sleep, motivation confidence, learning how and why they control you. Creating new pathways and goals, allowing you to find yourself. We also take a look at food, learning to make healthy choices, menus, organisation of meals, allowing for the busy lifestyle. Gathering a cooking book of easy recipes. Apart from this being mind and body re work, you also start to gather a tools for your Mindcare tool box to help you deal with what life throws at as all. The program is aimed at getting you on a track that you can maintain without effort; so that this is the last time you need to focus on weight Loss.

First 28 days 8 sessions being twice a week.	Your Cook book and menu plan
Next 28 days 4 sessions once a week	Personalised CD
Next 28 day 2 sessions fortnightly.	Cooking plans
You will be given a Cd to listen to daily	EFT- Emotional Freedom Technique
Weight Loss Journal and a Life Journal	Bush Flower Essences
Daily text check in for first 28 days	

## **Group sessions are available limited to 12 - Cost \$380.00**

This program is for people that prefer groups, to interact with others for support and ideas. It gives you the opportunity to buddie up with another likeminded person with the same goals and motivation. If interested you can book in for the next group session

First 28 days 4 sessions being twice a week

You will be given a Cd to listen to daily

Weight Loss Journal

Personalised CD

*Disclaimer: Weight loss results vary from person to person. This website is not intended as a substitute for the medical advice of physicians. The reader should regularly consult a physician in matters relating to his/her health and particularly with respect to any symptoms that may require diagnosis or medical attention. The content on this website is for informational purposes only*