



Hypnotic Gastric Band

WORKBOOK

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Hypnotic Gastric Band - The Virtual Surgery Gastric Band Hypnosis Program

The media has been incredibly favourable in its assessment of Virtual Gastric Band Hypnosis. The reason is obvious. It is safe, effective and provides for many a genuine alternative to surgery and other weight loss approaches.

We are using the Virtual Surgery Gastric Band Program so that you can have access to this life changing experience in the comfort of your own home.

It includes 5-Path Hypnosis pre-surgery consultations, to eliminate the emotional issues related to the causes of your weight problem, followed by the virtual gastric band installation and then follow-up maintenance to support your continued weight loss and maintenance. In over 5 years of working with hypnosis at the highest level I am aware that programs that do not deal with the emotional issues are very rarely successful long-term. I wanted to ensure that you experience a full program that was actually doable and delivered the amazing results you are seeking.

Many people are unaware of the extraordinary success hypnosis can have when it comes to losing weight. Clinical research has documented that when hypnosis is added to weight loss plans it increased weight loss by an average of 97% during treatment and even more importantly increased the effectiveness post treatment plan by over 146%. This shows that the benefits of hypnosis are immediate and also increase over time. *1

I have assisted more people than I can remember to achieve satisfaction, increased self esteem and renewed health and wellbeing through reaching their ideal weight goal and I am confident that if you follow the simple steps outlined here and listen to the sessions as advised you too will enjoy the wonderful sense of accomplishment of achieving your dream weight loss goal as well.

I look forward to hearing your success story

All the very best

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Understanding Real Gastric Band Surgery

Before you undertake your Better Band Virtual Surgery Gastric Band Program it is important to understand how the real Laparoscopic Gastric Band works.

Firstly The Gastric Banding Procedure is a proven weight loss solution.

The Laparoscopic Gastric Band assists weight loss and weight control in two ways:

- 1. Creating a sense of fullness.** The gastric band presses on the stomach, which makes the brain think that the stomach is full and therefore requires no more food.
- 2. Satisfying hunger sooner.** The gastric band creates a smaller stomach pouch, so that less food is required to feel satisfied. Also, because the band has reduced the size of the passage through which food passes, it takes longer to digest.

Laparoscopic Gastric Banding Procedure is usually performed through small incisions in the stomach using a camera. This minimally invasive surgery usually results in less discomfort and time off.

During the **30-45 minute procedure**, a Gastric Band, much like a wristwatch, is fastened around the upper stomach to create a small pouch, which restricts the amount of food that can be consumed. In addition to the band, an access port, connected by tubing, is placed in the abdomen wall. This port allows for the size of the band to be increased or decreased with saline (a harmless water/salt solution).

The Laparoscopic Gastric Banding Procedure **does not involve cutting or stapling of the stomach or intestines**, providing the option to reverse the treatment.



10 Facts about The Real Gastric Banding Procedure

- The Gastric Band, like a belt, is fastened around the top of the stomach.³
- The stomach and intestines are **not damaged, cut or re-routed**.³
- The Gastric Band is adjustable and reversible.
- The Gastric Band presses on the stomach creating sensations of fullness.³
- The Gastric Band can be adjusted to increase or decrease hunger sensations.³
- Only small amounts of food can be eaten at once because of the tiny pouch above the band.
- Patients can lose up to an **average of 27kg of their excess weight** in 12 months.⁴
- Patients have shown maintenance of their weight loss 3-8 years after their procedure.⁶
- Effective weight loss can lead to either complete control or improvement in obesity related diseases such as **diabetes, heart disease, hypertension and obstructive sleep apnoea**.⁷
- Most patients stay in hospital for **only one day**.⁸

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Virtual Gastric Band Hypnosis

Understanding Virtual Gastric Band Hypnosis

The insertion of a hypnotic gastric band is done through the insertion of well-chosen and easily acceptable suggestions into your powerful subconscious mind.

There is no actual surgery, no real anaesthetic and no physical objects placed inside your body. Everything is done through the power of your imagination in a relaxed and comfortable state of mind very much like daydreaming. It is a natural state of mind that people drift into throughout their day regardless of whether a hypnotist was present or not.

For example I'm sure you have read a book or magazine article or watched a TV show or a movie and become so immersed that you felt very connected to what was happening, even to the degree of feeling feelings of certain characters. As you got carried away with the story lines you were literally carried into the story. For some moments it all became real for you.

This state of absorption is the hypnotic state, natural, familiar and totally safe. When we are in this state and our imagination and feelings become active and responsive we can provide information to our deeper mind – our subconscious mind, that will take a hold and create the sensations and changes in our body that we want as well as the changes in behaviours that we want.

During hypnotic gastric band surgery, you will just fully immerse yourself into the experience and let your mind create a powerful virtual experience that will give you a very real sense and feeling that your stomach has been restricted in size.

Your body will know that eating smaller portion sizes will get you the result that you want and if you eat portion sizes that are too large your body will give you sensations to let you know that this is not what you do anymore.

The aim of this approach is just the same as real surgery - to have you restrict and limit portion sizes so that you can eat little and often.

When a real gastric band is fitted you also get access to a support group who can assist with diet, movement and emotional eating. The Better Band Program covers this as well with a continual success session that tops up your mind with the suggestions you need to keep going and make the change a full and complete part of your life. The continual success session also provides suggestions to ensure that the band is just the right fit at all times, so that when you eat you notice the effects. This provides an immediate success feedback loop. You will also be given suggestions that assist with will-power, commitment, confidence, self esteem, eating well and enjoying movement and exercise so that you best maximize the effects of your gastric band fitting.

The advantages of this approach are numerous. Cost, time, comfort, safety and enjoy ability are just a few of the obvious reasons as to why allowing yourself to experience the 'better band' hypnotic lap gastric band is worth your time and energy.

Although many people experience this program as if it were magic, and of course we want it to feel as amazing as magic. It is of course in reality not magic - just as with every magic trick there are real world behind the scenes secrets that make them work, hypnosis requires your input and the adherence to some common sense principles for best results.

You will need to work with the program not against it. Just as if a medical patient was undergoing surgery to have a real gastric band inserted there would be both psychological and emotional assessments to undertake first. You would also be required to make changes in lifestyle to support the surgery including increased movement and exercise and a safe reduction of calorific intake.

The 'Better Band' hypnotic gastric band is here to support your weight loss goals and to make them easier for you to achieve but at the end of the day losing weight requires eating less and moving more.

Remember that the purpose of Gastric Band Surgery both real and virtual is to make the stomach feel full quickly so that you restrict portion size and therefore eat less and lose weight.

Remember also that Gastric Band Surgery both real and virtual are both just a part of a comprehensive life change that requires the support of medical professionals, family and friends.



The 7 Success Areas

The 7 Success Areas

As with any life style change it is best to stack the odds in our favor and plan for success. To do this there are 7 areas that you need to make yourself aware of and work with to achieve the best possible outcomes for yourself. Here they are:

1. Utilize Social Availability and Ease

When undergoing a lifestyle change especially when it comes to our food, it is most often useful to use what society already has in place to help us succeed. There are numerous meals in supermarkets that are portion controlled. Fresh bottled or filtered water is easily found. Low fat, low sugar, low GI recipes are on the web or in libraries for free. Protein bars, low carb bars and meal replacement shakes are all easy to get. We are lucky in that fresh food and vegetables are available in abundance and creating simple, nutritious and delicious meals has become something available to most.

At the end of the day it is your responsibility to become educated as to which foods help or hinder your progress. It is your responsibility to create a diet that delivers the result that you want for yourself.

2. Pain and Pleasure As Motivators

It is a well-known psychological principle that we are motivated by either pain (moving away from it) or pleasure (moving toward it). When we undertake a lifestyle change we will inevitably be motivated by either one or both of these factors. The pain of physical discomfort, the pain of how we look, the pain of not being around for our children or loved ones for example. The pleasure of looking great, the pleasure of having many more happy and healthy years with loved ones, the pleasure of looking fantastic are example of pleasure motivators. It is important that you have an honest chat with yourself and identify what is your real motivation for undertaking this program. Is it to avoid some pain or is it to have more pleasure? When you are clear about this it is important to remind yourself everyday as to your reason, as to the motivation behind every food choice.

3. Commitment

If we are to succeed we need to commit, fully commit. No sitting on the fence (and breaking it!). Commitment comes in two parts. The first is a genuine commitment to yourself and the second is a public commitment to friends or family or colleagues. We need to commit in both ways so that we create the self-applied pressure of accountability. At the same time we need to ask both ourselves and those we commit to, to fully support us and encourage us.

4. Environment

Part of making any successful change is learning to manage and change our environment. This means getting rid of any junk or problem foods from the freezer, fridge and cupboards. It means hanging around with supportive people, it means reading things that inspire you to continue and it means frequenting only places that help you to succeed.

5. Substitution

Whenever we change a habit, especially something as fundamental as eating we need to make sure that we are prepared with substitutions for the old. If we had cake and Pepsi in the fridge that we are used to reaching for we need to make sure that we replace these things with something that is as easy to reach for but helps us with our weight goal. Perhaps a two-litre bottle of water with squeezed lemon in it and a small protein bar. To successfully break habits we need to ensure that we have replacements that are just as easy to access.

6. Rewards

One of the most fundamental principles of psychology is called 'The Law Of Effect'. This law suggests that responses closely followed by satisfaction will become firmly attached to the situation and therefore more likely to reoccur when the situation is repeated. Conversely, if the situation is followed by discomfort, the connections to the situation will become weaker and the behaviour of response is less likely to occur when the situation is repeated.

This means that we need to reward ourselves often along our path to success. We need to reward mini goals and major milestones. When we are doing well we need to encourage and reward this behaviour. When we are not doing so well we need to do our best not to get emotionally or psychologically down about it and instead endeavor to make a positive choice or decision to get back on track and reward ourselves when we do. Rewards can be something as simple as telling ourselves well done, to buying a small treat of some kind, to going to the movies or even taking a friend out somewhere nice. You get to choose the rewards but they have to have meaning to you, they have to be positive and they have to be motivating.

7. Helping and Healthy Relationships

To make a successful lifestyle change of this nature is it so very important that you set up relationships that will support your decision. Some people only need or have access to one supportive person, others many. Either way you need someone or some people fully in your corner 100%. Helping relationships can be friends, family, doctors, personal trainers, a work colleague, someone at the gym, anyone who is 100% for you and for your change.



The Hypno Sessions

The Pre-consultation

Firstly the emotional work needs to be carried out to ensure long term success.

This may take several sessions but is essential to release old patterns and triggers.

Hypno Band Session 1 is a hypnotic pre-consultation. In this session you are going to set the positive direction that you will be moving in. You will be making a committed decision to work with the virtual gastric band and you will be engaging in powerful mind exercises to prime yourself for the virtual surgery and make it a complete success.

Session 2 - The Virtual Surgery

In this session you will experience the virtual gastric band surgery. The length of the hypnotic operation is the same as a real gastric band surgery.

In this session you will be made to feel incredibly comfortable and safe as you undergo a totally harmless, hypnotic gastric band attachment. You will feel relaxed and safe throughout and upon 'waking' from the experience will have a new sense around your stomach size and the amount of food you need to feel full will be decreased.

Session 3 – Your Continual Success

Part of any successful life change and any successful surgery is a maintenance program. This session will assist you in connecting deeply with the new you and feeling powerfully confident and motivated. In this session you will also be able to adjust the virtual gastric band in just the right way to maximize your success by getting the portion size to stomach fullness ratio just right.

We will be checking and re-adjusting the band, working with maintenance and motivation to continue to eat with portion control, increase activity, drink plenty of water and reduce stress, also addressing any further issues which may have surfaced.

This can be done on 1 or more occasions to ensure continued success.



Your Smart & Opus Weight Loss Goal

For any weight loss program goal to be effective you need a goal and this goal needs to be crafted in such a way that it enhances your probability of success. What follows is the SMART & OPUS goal setting approach that when followed ensures that your goal is one that you will be likely to achieve.

SMART

S.M.A.R.T. stands for:

Specific
Measurable
Attainable
Realistic
Timely

Let's go through each one...

Specific

A specific goal has a far greater chance of being accomplished than a general goal.

EXAMPLE: A general goal would be, "Get in shape." But a specific goal would say, "Join a health club and workout 3 days a week."

An even more specific goal would be, "Join the local gym, and workout for 35 minutes on Tuesday, Wednesday and Friday"

When you get specific about a goal it makes you start to look at the logistics of making it happen, the more specific the more the actual 'how to' becomes evident.

Measurable

When we set a goal, we need to make sure that the accomplishment of it is measurable. For example, if we continue to use the 'get in shape' example, we can make that goal measurable by giving ourselves:

A fitness test objective a weight loss amount

When you can measure your progress, it keeps you on track and experience the exhilaration of accomplishment as you complete the stages on your way to your success.

Attainable

You can attain pretty much any goal you set for yourself when you plan your steps wisely and establish a time frame that allows you to carry out those steps.

Saying that you are going to lose all the weight you want in 2 weeks and then failing to do that will just get you down. Saying that you will do the same in say, 24 weeks and that you have mini-goals for each of those 24 weeks will give you a far greater capacity to actually get the outcome.

It's the brick by brick approach, the one step at a time approach that always leads to the successful accomplishment of our goals.

When we use this wisdom, goals that may have seemed far away and out of reach eventually move closer and become attainable, not because your goals shrink, but because you are using the step by step approach which means your improving and the end result is getting closer at the same time. This provides a push and pull at the same time experience for you.

Realistic

When we set our self a goal, it needs to be realistic. For example many people when they decide to 'get in shape' pick a celebrity body that they want to look like, even though this celebrity's body type might be completely different to their own. If you did this you would always feel frustrated and let down, because what you are asking is impossible, it's simply not a realistic expectation to have of yourself.

To be realistic, a goal must represent an objective toward which you are both willing and able to work.

A good test that your goal is realistic is if you truly believe that it can be accomplished. Or that you know of someone who is 'similar' to you who have achieved the same. This way you have evidence that it is actually possible.

Timely

We need to put time frames on our goals if we are to achieve them. With no time frame, there's no sense of urgency.

To achieve goals, we can't put off until tomorrow what actually needs to get done today. Time frames also allow us to make decisions that we are more likely to stand by. If we don't put a time frame on our goals we tend to just either leave things until the last minute - which you can't really do if you want to, for example lose 15 kg the night before your wedding! Or you just get either overwhelmed or underwhelmed and nothing at all gets done

SMART CONCLUSION

The SMART approach to setting goals is intellectual as opposed to emotional. It is common sense and logical. However for a goal to have energy it needs emotion attached to it, and this is where we need to bring in our OPUS checklist.

The OPUS Check

The acronym O.P.U.S stands for:

Ownership

Passion

Urgency

Significance

When setting a goal you need to make sure that all of these elements are factored in. By doing so the likelihood of the pursuit and attainment of the goal are greatly enhanced, as you will have created emotional connection.

Ownership

Make sure that the goal is your own idea, that you truly want it for yourself and that you are committed to making it happen. The Goal has to come from you.

Passion

Passion is energy and energy gets things moving. If there is no passion regarding the goal there is no petrol in the tank – the goal is not going anywhere fast! Does the goal that you have set yourself make you feel passionate about making it happen? If not, you don't have the right goal or the right motivations.

Urgency

Urgency is just that, the goal needs to create within you the urge to act. This isn't a one day I'll get around to it experience - this is I want to get on and make it happen right now!

Significance

The goal has to be genuinely important to you. You can't be half arsed about it. Will it actually make a difference; is the effort required to make it happen, worth it? Is it just a nice idea or is it worth doing what is required to make it happen?

Your Goal

So now it's time to write down your big goal, your ultimate ideal weight loss goal. You know in your heart the goal that will make your heart sing. Be honest, be truthful and write the goal down that you know you are worthy of. Make sure that it follows the SMART and OPUS guidelines.

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Monthly and Weekly Goals & Feedback Notes

It is important to your success that you write down shorter-term goals as well; you can photocopy the following pages and use them to write up your monthly and weekly goals, making sure that they are also SMART and OPUS.

In the 'End Of Month' or 'End Of Week' section you can have an honest self-evaluation and see if you need to work on any of the 7 key areas or listen to the maintenance session again.

On the Positive Feedback Diary you need to write all the positive (and only the positive) weight loss experiences of the week or the month

*NOW IF YOU HAVEN'T ALREADY DONE SO, GET BOOKED IN
FOR YOUR NEXT HYPNOSIS SESSION TO GET STARTED ON
YOUR NEW SLIMMER, HEALTHIER HAPPIER LIFE!*



Monthly Weight Loss Goal

Date:

Goal:

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End Of Month Notes (The 7 Areas):

Social Availability, Pain and Pleasure Motivators, Commitment, Environment, Substitution, Rewards, Helping Relationships

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Weekly Weight Loss Goal

Date:

Goal:

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End Of Week Notes (The 7 Areas):

Social Availability, Pain and Pleasure Motivators, Commitment, Environment, Substitution, Rewards, Helping Relationships

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Weekly Positive Feedback Diary

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Program Disclaimer

This program, workbook and hypnotherapy sessions have been written for educational and information purposes only. This program is not a substitute for medical or professional advice related to your specific circumstances. Consult your medical professional before engaging this program and before making any life style, dietary or exercise changes

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Hypnosis sessions that are a part of this program are not recommended for people suffering from mental disorders or illness.

Never do hypnosis when under the influence of alcohol or drugs. If you are on medication, consult a physician before doing any hypnosis program.