

## **Hypnotic Weight Loss Using Surgical Procedure Constructs**

For well over 20 years surgeons have been performing bariatric surgeries on obese and grossly overweight people around the world in an effort to reverse their overeating problem. These surgeries are fraught with side effects, risks, and unknowns, but they have achieved success in over half of the people that they operate on.

One procedure cuts off a part of the stomach and attaches it to the small intestine. This is called a bypass. Another type of surgery staples the stomach so it reshapes the size of the stomach to only allow small quantities of food in to be digested. A third type of procedure places a band around the top part of the stomach, restricting the amount of food allowed into the lower digestive part of the stomach, so that it slows down the physical ability of the patient to ingest food quickly.

This last form of stomach surgery has proven to be the least invasive as the procedure is performed with very tiny instruments, requiring very small and easily healed incisions in the chest of the patient. The purpose of this surgery and the other surgeries is to alter the size of the stomach making it physically impossible for the patient to eat large quantities of solid food without physical injury.

There are problems with this type of surgery other than the normal risks inherent in any surgery. First off, the patient is self selecting as someone who lacks the ability to turn off the "fill'er up" switch. They present themselves for surgery having already let the whole world know that they are an over eater. And since the surgeon's job is limited to changing the physiology of the patient, relying on physical discomfort to stop the patient from overeating might not be the best way of helping them lose weight. And now that the surgery has been performed if the patient continues their "normal" ways they will put their lives at acute risk.

Over the years, the notion that a surgeon can fix an obese persons problem has caught on with the general population. It has been used in many circumstances and is even reimbursable by insurance companies in

most situations that meet specific criteria. We are always looking for a quick fix or a magic pill or potion to fix all our ills.

A couple of years ago a woman in Europe expressed to her hypnotist that she wished that he could just implant in her inner mind that she just had a bariatric surgery and couldn't eat more than what she should. That concept sounded funny at first and then some ideas were bandied about. And for more than a few years the concept of using hypnotism to "implant" a gastric band inside of a client has been used successfully in Europe and England.

And it is an interesting concept. The public already is aware of what a gastric band operation is because of the publicity surrounding the procedure over the past twenty years. But does it work?

When Sheila Granger heard about the concept she, like most of us, thought it was interesting. But she had the same question, does it work? Is it effective? The concept captured her imagination to the point where she was determined to put it to the test to see if it was worth using. Which is what she proceeded to do.

With just her mention of seeking volunteers to a select group of her local business leaders, she awoke one morning to 25 eager volunteers willing to help her determine if her take on the concept of the virtual gastric band would be effective. And lucky for her (the local media picked up on her test group and followed her results) it proved a great success.

But what makes using the virtual gastric band a better or more effective method of weight loss than other hypnotic interventions? That's a good question, and one that is probably hard to answer. First we would need to put it to a comparative test instead of just guessing as to which works best.

One of the things that I have found about the Virtual Gastric Band is that it does appeal to the public's imagination. People who seek out this particular process are looking to lose weight, but might not be actively seeking out the help of a hypnotist. Generally weight loss hypnosis is marketed to people and attracts people who specifically are looking to hypnosis to help them with their problem. So from that point, the Virtual

Gastric Band can be seen to appeal to a broader segment of the overweight population.

And someone attracted to this program is also self selecting as a person with good imagination skills. This certainly helps us hypnotists who depend on our clients imagination for their success. So with this program attracting the right kind of clientele for successful hypnosis work to be done, seems to definitely make our work easier.

The program revolves around an imaginary surgery. Stimulation of other senses are included to heighten the experience with sounds and smells of operating rooms and hospitals. The surgery while being the backbone of the program is only one part of it. The focus of the hypnotist/client relationship is in building a response to portion size rather than types of foods.

When your client focuses on portion size or quantity of food and you allow them to eat anything at all, you take away the sense of deprivation that most dieters experience on a diet. When they don't feel deprived, and when they do start to feel full sooner than they had and they take action on that full feeling, they are re-training themselves on the proper way to eat. They are re-gaining control over their eating habits and they are becoming empowered by it.

Even though this program focuses on quantity and not quality, many clients report that they are naturally making healthier choices. As a result of eating less food the average weight loss has been about 7 pounds the first week and 1-2 pounds a week thereafter.

Overall, most clients have been successful using this virtual gastric band approach to weight loss hypnosis. As with most hypnotic programs the effectiveness of any such program is directly related to the confidence of the practitioner using it, and their ability to influence their client to accept change long term.

For Training: [Virtual Gastric Band Training](#)

For Sessions: [Virtual Gastric Band New York](#)

