

Hypnosis and gastric band visualisation?

Have you heard about the lady who lost over four stone using hypnosis to imagine she had a gastric band? It's been in a lot of the newspapers lately.

I have been asked my opinion about this, and if I can do it, if it could 'work' and what would be the pitfalls.

It's not really up to me to comment about other hypnotherapists, however I can explain how I use Cognitive Hypnotherapy to help with weight loss.

We all eat for a reason – usually to survive! When we eat too much, this is also for a reason. Many clients know why they eat too much – boredom, comfort, to get rid of stress, and our first task when you visit me is to work out what is driving you to over-eat.

Then, we go about resolving this. Sometimes this can mean making life changes, and sometimes it's just about small changes that can make a difference. I help you find the motivation to do what it takes, when we know what that is!

So cognitive hypnotherapy works out with you, the root causes of your eating. Visualisation can be very useful in resolving these issues, however as everyone is different, so is what they need to visualise.

Cognitive hypnotherapy encourages the client to imagine what they need to. So for some, if it's a gastric band, and it works, then this is best for them.

But if it's not best for you, we encourage your mind to imagine something more appropriate for you.

There is no magic wand for weight loss, it's best that you eat a little less, exercise a little more and make lifestyle changes to keep the weight off.

What I do is help you make this simple, and achievable.

If you'd like to know more, then do contact me and we can talk about how I can help you.

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