lVirtual Gastric Band Hypnosis

Eight Rules for Success

“Work your program and success will follow.” Angie J. Hernandez, C.Ht.

 Hypnotically, your stomach has now been shrunk to the size of a golf ball. These guidelines are your program to support the psychological impact of your Gastric Band and your past relationship with food.

 Make a promise to yourself and your health to take responsibility and follow these instructions to the letter and you will find success.

* *BUY SOMETHING NEW – The Law of Concentrated Attention*

When you behave in a way that shows you already have something you want, your Subconscious Mind will draw you to it.

Go out and buy a new piece of clothing that will fit you a few weeks down the road. It must be new not something from your closet.

Hang it where you will see it before sleep each day. This is your Vision Board.

* *LISTEN TO MY CD DAILY*

 I made the CD with the latest mind entrainment techniques and this is a vital part of our work. It reinforces our in-person sessions and allows your Subconscious Mind to take in the changes and apply them to your waking hours.

 Listening with headphones of ear buds will make it 10 times more effective.

* *EAT SLOWLY AND CONSCIOUSLY*

Enjoy every mouthful of food, but slow your eating down. Chew your food thoroughly. Put down your silverware between bites, put down your sandwich after each bite and make it all last.

 Concentrate completely on your food while you’re eating. No TV or computers or books or tablets or phones or magazines or papers. Just you and your food.

* *STOP EATING AS SOON AS YOU FEEL COMFORTABLE*
* *EAT ONLY THREE SMALL MEALS A DAY*

 Eat vegetables and protein first. Since you’re eating smaller portions, start using very small plates and bowls.

* *ONLY WEIGH YOURSELF ONCE A WEEK*

* *TAKE NATURAL SALT AND A CUP OF WATER ½ HOUR BEFORE EATING AND TWO HOURS AFTER EATING, ALSO FIRST THING IN THE MORNING AND LAST THING BEFORE BED.*

*8) YOUR CHOICE OF EXERCISE 30 MINUTES A DAY*

 You need your exercise. Thirty minutes a day is the minimum. Commit to it and just do it. Simple or complex, get in the movement. Using your muscles and building strength is important so that when reducing, your body doesn’t use your muscle as fuel instead of fat molecules.

This is your Program.

 Work your program and you will be successful.

 I can’t wait to see the new you!