

# Virtual Hypnosis Gastric Band

Everyone dreams of losing weight to look young and attractive in today's world. Losing weight also keeps you healthy and fit. Maintaining weight keeps low cholesterol, balances sugar levels, keeps you stress-free, and maintains the heart in a healthy position. Everyone must lose weight to enjoy long-term health benefits.

Controlling your cravings is challenging. What if I tell you there is a way to lose weight without having any diet or exercise? Yes, that is possible. **Virtual Hypnosis Gastric Band is a technique** that uses the power of your mind, so you can lose weight in a healthy manner!

Let me introduce you to the "**Virtual Hypnosis Gastric Band**," a new and successful weight-control technology that harnesses the power of your imagination. Yes, there's no need to put up with sluggish workouts and phoney diets that cause you to gain weight as soon as you stop following them.

## ❖ Virtual Hypnosis Gastric Band

So, you wonder what a Virtual Hypnosis gastric band is? **Virtual Hypnosis Gastric Band** is a non-surgical procedure that employs hypnosis to convince your brain that your stomach is full after consuming the right amount of food and that you don't need to eat anymore. You can push your excess food away!

The **Virtual Hypnosis Gastric Band** lets you eat whatever you want while empowering you to be satisfied with fewer portions. There will be no feelings of hunger, misery, or deprivation. Virtual Hypnotic Gastric Band will be a long-term solution to your weight-loss issues! This one-of-a-kind program uses the subconscious mind's power to create a "**virtual**" **gastric band that will healthily control your eating habits with no side effects.**

## ❖ Procedure:

The **Virtual Gastric Band** therapy, invented by Sheila Granger (UK), is a hypnosis-based technique that convinces your mind that your stomach has shrunk to the size of a golf ball. The technique combines the power of **hypnosis**, cognitive behaviour therapy (CBT), NLP, and compelling visualizations to aid you in making a permanent weight reduction shift. The therapist will talk you through the 'surgery' after you are in a hypnotic condition. They'll walk you through each step of the

procedure, from being put under anaesthetic to making the first incision, fitting the band, and stitching up the cut. The noises and smells of an operating room will help convince your subconscious that what's being spoken is happening to you.

You can modify your relationship with food by rewiring your brain, eating less, choosing healthier food choices, exercising, and drinking more water.

Simply by using the power of hypnosis, your stomach will shrink. This approach is a natural biological process in which the subconscious mind chooses healthier choices spontaneously and effortlessly. You'll learn to recognize your body's requirements and desires while being content with far smaller amounts of food, resulting in permanent weight loss.

### ❖ **Disadvantages of Physical Gastric Band**

The goal of a **Physical Gastric Band** is to limit the amount of food a person can physically eat, causing them to feel full after consuming only a tiny amount of food, promoting weight loss. Most people who have this surgery do so as a last option after exhausting all other weight-loss options. Gastric band surgery, like other options, has dangers.

❖ Some of the disadvantages of having a physical gastric band include:

- The band starts to look **out of place** over time. Feeling ill, vomiting, and heartburn can all result from this. The band may need to be readjusted or removed again.
- There's a hole in your stomach. Food can **leak** into your tummy after a gastric bypass or gastric sleeve (another type of gastric band), creating a dangerous infection that may require antibiotics and surgery to heal any damage.
- A **clogged intestine** Blockage can result in nausea, abdominal pain, difficulty swallowing, and bowel movement problems. A professional may be required to clear any obstructions.
- **Malnutrition.** After weight loss surgery, it can be challenging to absorb the proper quantity of vitamins and minerals, which means that many people will need to take supplements for the rest of their lives to avoid malnutrition.
- **Need to stick** to a specific diet that will not harm the inserted gastric band.

- **Major dietary** and eating habit adjustments are required for safe and efficient weight loss with a gastric band. For example, take smaller mouthfuls, chew thoroughly, and eat more slowly.

Of course, no one wants to go through surgery's pain. Why would one go through all the pain if there is another option? **Virtual Gastric Band** is the safest option to lose unnecessary fat while enjoying all the delicious food.

❖ **Advantages of Virtual Hypnosis Gastric Band:**

- Control Over your Meal

You may feel compelled to follow calorie-counting weight-loss regimens if you're overweight. It isn't easy to stick to strict schedules.

When it comes to **Virtual Hypnosis Gastric Band**, you don't have to keep track of your calories. There will also be no stringent diet programs so that you can shout "Yes!" Instead, you have to schedule your eating habits to make your plans and set your own weight goals. The main principle of gastric band hypnotherapy is that your mind is critical in your weight loss quest. You may, for example, have recurring cravings for unhealthy meals (or simply too much food) during inconvenient times of the day. The two most dangerous times are in the afternoon and at night! Hypnotherapy can help you overcome this problem and reprogram your mind to eat wholesome foods that will keep you healthy and help you lose any excess weight you may be carrying.

- Get rid of Weight loss products.

It's impossible to refute that people who utilize weight loss products lose weight. However, if patients stop using the medication, they frequently regain their lost weight. There are no weight loss products used in **virtual gastric band hypnotherapy**. You can lose weight naturally by using simple procedures. One of the significant advantages of hypnosis, in my opinion, is that it can enhance personality and self-worth.

- Most convenient method

Many lose up and return to their previous eating habits after dieting for weeks or months and not seeing the expected benefits. **Virtual gastric band hypnotherapy** can help your mind and emotions get on board with the weight loss procedure. You'll

be less hungry and more motivated to lose weight. As a result, this therapy is excellent for reducing mental strain, stress, and negative thoughts that can wreak havoc on your weight-loss efforts.

- Cost-effective

**Virtual gastric band hypnotherapy** is a cost-effective technique. Going for a physical gastric band costs you a lot of money, as you are paying for the procedures, hospital bills, medicines, and other expenses. In the case of Virtual gastric band hypnotherapy, you only need to spend on the therapist consultation and session fee.

❖ Who can have it?

Anyone possessing a healthy mind and desire to lose and maintain weight without following lethargic workout and diet plans. **Virtual Hypnosis Gastric Band** procedure involves your subconscious mind.

❖ Does Virtual gastric band hypnotherapy have any disadvantages?

Yes, **Virtual gastric band hypnotherapy** is entirely safe. Unlike surgery, there is no recovery time, and there is no risk to your mind or body. While in hypnosis, your hypnotherapist will never force you to think anything you don't want to think.

You won't feel strange or spaced out when you're brought out of the trance, so don't worry. And, yes, everything that happens throughout the sessions will be remembered!

❖ Will I experience pain or any emotional disturbance?

No, you will be excellent. You will not experience any emotional disturbance, pain, distraction, or other ill feelings.

❖ What is the nature of the treatment process?

Diets, as we all know, only work in the short run. You can eat everything you want with the Virtual Gastric Band, but you'll have to consume the smaller portions. No weight-loss procedure, including surgery and dieting, can guarantee precise results. Similarly, as with any form of hypnosis, the success of **Virtual gastric band hypnotherapy** is contingent on you accepting the process with an open mind and willingness to change your lifestyle.

❖ How much time will the procedure take?

The time duration of the procedure will be 4-6 weeks. Your first appointment with the therapist will most likely be an initial consultation during which you will discuss your expectations and outcomes for hypnotherapy. The whole procedure will take place in sessions. There will be four sessions, which will take place one by one. In these sessions, your subconscious will be convinced to cut down on excess food. Not only sessions but there will also be two (recordings) that will help you to stay calm and relax.

❖ Who should I trust with the procedure?

Virtual Hypnotic Gastric Band is the most critical part where you should pay the most attention. Booking your appointments with an amateur therapist can result in immense loss and damage both financially and in health. Never give the hold of your health at the hands of an amateur. Always look for a professional therapist for **Virtual gastric band hypnotherapy** procedures and sessions.

❖ **Next Step!**

Hope the article has helped you understand **Virtual gastric band hypnotherapy**. [Curo.net](http://Curo.net) offers cost-effective and reliable procedures for **Virtual gastric band hypnotherapy** under the supervision of professional therapists. You can trust your health in their hands and be assured that you are in safe hands. So, what are you waiting for? Connect with the most reliable procedures and start your journey towards a healthy lifestyle now!

