

Seven Golden Rules for Success

following your Virtual Gastric Band Procedure

Hypnotically, your stomach has now been shrunk to the size of a golf ball. In order to aid your weight control, it is very important that you follow the guidance below. It will help with the mental impact of your Virtual Gastric Band and also your past relationship with food, thus aiding your weight loss.

“Any transition serious enough to alter your definition of self will require not just small adjustments in your way of living and thinking but a full-on metamorphosis.”

— Martha Beck

**Resolve now to take responsibility and follow these instructions to the letter.
Success will be yours.**

1. Buy something new.

One very powerful goal-setting mental technique that I will be using is called the Law of Concentrated Attention. You may have heard of this as the Law of Attraction. Basically, it means if there is something in life that you really want, then behave in a way that you already have it and you are very likely to get it.

So... go out at your earliest opportunity and purchase an item of clothing in the size that you want to be. It must be something new to you and NOT something that you already have from your past that no longer fits. It does not have to be anything expensive.

When you get it, hang it on the OUTSIDE of your closet or in a place where you will see it often.

2. Listen to the supplemental track that I will email to you.

The track utilizes a multitude of the latest mind management techniques and is a very important part of this trial. It is absolutely essential that you listen to it at least once a day (more if you can) for the next 28 days. This will create new neural pathways in your brain regarding your associations and attitudes towards food and activity. It will also reinforce the live sessions that you attend.

You will increase the effect tenfold if you listen to it using stereo headphones via your iPod or a CD player - you need to sit in a comfortable chair or rest on your bed.

IMPORTANT: NEVER USE THE CD WHILE DRIVING OR OPERATING MACHINERY.

3. Eat slowly and consciously.

Enjoy every mouthful of food, but slow your eating down, chew your food thoroughly (approximately 15-20 times a mouthful). Put your knife and fork down between mouthfuls.

Do not eat in front of the television or while reading as you will not be conscious of what you are eating. Sit down and focus purely on the food in front of you.

4. Stop eating as soon as you feel comfortable.

Eating to the point of feeling "stuffed" or "full" is actually a signal of pain. It's like when you stub your toe and your foot hurts – it's your body's way of saying, "Hey, don't do that!" You'll find you can leave your meal behind at the point of satisfaction throughout this program.

5. Eat only three small meals a day.

Choose proteins first, as you need 50 - 70 grams of protein per day. As your portion size will be dramatically reduced, it may be worth investing in some small plates and bowls.

6. Drink plenty of fluids and choose only low-calorie liquids.

7. Exercise.

It is very important with the gastric band that you take up some form of activity for 30 minutes per day; this can be as simple as going for a walk. As you will be eating less than your body needs to maintain your current weight, it has to make up the difference by burning reserves. If you do not exercise daily, your body will metabolize your unused muscle and you will lose muscle mass and strength. Exercise will communicate to your body that you want to use your muscles and force it to burn the fat instead. Walk, dance around the house, get outdoors, hit the gym or rec center - move!

Signature _____

Print Name _____

Date _____