

## Gastric Bands Without Surgery

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The Gastric mind Band™

Imagine if you were overweight and being hypnotised, waking up fully convinced that you had just undergone a medical procedure, involving the fitting of a Gastric Band around your stomach. In the following weeks and months you continued to experience all the sensations expected by a person who had physically had a band fitted, including the steady and continuous weight loss. However, even through your mind band is producing virtually identical results, there has been no surgery or general anaesthetic with none of the associated risks, and of course you haven't spent £7,000 plus on the procedure. All sound like a dream? Well maybe not anymore.

The public interest in the Gastric Band, and its ability to achieve a seemingly consistent, week on week weight loss, has been fuelled by almost daily, positive media coverage, along with celebrity admissions of its use, and the timing of all this interest for two therapists in Spain could not be better.

At the small, British run, Elite Clinic, close to Marbella, in southern Spain, they have spent the last twelve months fine-tuning their Gastric mind Band™ therapy (GmB). The treatment involves six pleasant and relaxing sessions at the clinic, which can be spread over anything from 7 to 14 days, at least one of the sessions will involve deep hypnotherapy during which the mind band will be mentally fitted. Just like the recipients of the conventional gastric band, the clients are invited back to the clinic to have the band adjusted to suit the agreed rate of weight loss over the following months.

The therapy used is an unusual combination of Cognitive Behaviour Therapy (CBT) and Hypnotherapy, each being used to 'underpin' the other. Clinical hypnotherapy has been the subject of several television documentaries recently featuring stories of gruelling medical procedures, each unbelievably being performed using hypnotherapy rather than a conventional anaesthetic. A recent prime time BBC documentary even went so far as showing a female dental patient having four front teeth removed, and screw in implants fitted, all amazingly without any anaesthetic being used, just deep hypnotherapy.

The now medically accepted and all-important Mind Body Link may yet prove to be the answer to the worldwide obesity epidemic. The benefits of the (GmB) approach are many not least of which is the small matter of the saving of the £7,000 treatment cost, also there is no hospitalisation, no having to undergo surgery, so no MRSA risk, no concerns re having a general anaesthetic and no risk of having DVT, to name just a few.

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Elite clinics pioneer many inovative uses of cognitive behaviour therapy underpinned by hypnotherapy.

Website: [www.eliteclinics.com](http://www.eliteclinics.com)

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