

# Hypno-Band

Weight Loss System™



## The Virtual Gastric Band

### A new you starts here!

The Hypno-Band © is the revolutionary new weight loss system designed for those who have a high Body Mass Index (BMI). With over 170 Licensed Practitioners in 9 countries, Hypno-Band Clinics can help you lose that excess weight - and keep it off!

#### What is the Hypno-Band?

The Hypno-Band could change your life forever. Imagine having the results usually achieved by having a surgical Gastric Band fitted but not having to go through surgery! Gastric Band surgery is not for everyone. Usually the surgery is only carried out on people classified as *clinically obese* and with a high Body Mass Index (BMI).

A surgical Gastric Band works by reducing the size of the stomach and therefore you eat smaller portions and feel full. Through this method it is possible to lose weight easily. The surgical method does have drawbacks however. It is very costly, and of course you will need to go through a surgical procedure.

#### What if you could have all the benefits of a surgical Gastric Band, without the surgery and cost?

Well now you can! By using the Hypno-Band hypnotherapy system we create a state of mind where you will believe you actually have a Gastric Band fitted! You will eat smaller portions and feel full. The Hypno-Band system is a long term solution to your weight problems.

#### Lose Weight and keep it off!

Please contact your Licensed Practitioner today for a free consultation that could change your life and shape for ever.

## Prague Hypnotherapy

Telephone: 608256793  
[www.praguehypnotherapy.cz](http://www.praguehypnotherapy.cz)  
[info@praguehypnotherapy.cz](mailto:info@praguehypnotherapy.cz)

## Prague Hypnotherapy

### Hypnosis

If you are considering hypnotherapy for your problem or life change, please feel free to contact us at:

## Prague Hypnotherapy

Na Perstýně 1, 110 00 Prague 1  
Telephone: 608256793  
[www.praguehypnotherapy.cz](http://www.praguehypnotherapy.cz)  
[info@praguehypnotherapy.cz](mailto:info@praguehypnotherapy.cz)  
**(by appointment only)**



Brochure Design: [www.samphirecreative.co.uk](http://www.samphirecreative.co.uk)

## Hypnosis



## Prague Hypnotherapy

[www.praguehypnotherapy.cz](http://www.praguehypnotherapy.cz)

## Hypnosis

### What is Hypnosis?

Hypnosis can be described as a deep state of physical and mental relaxation. It is a normal, natural, healthy state of mind, and is a naturally occurring phenomena.

### What is the History of Hypnosis?

Hypnosis is not a new treatment. Under a variety of names, hypnosis has been known and utilised for millennia as a means of influencing human behaviour. Therapeutic suggestion and concentration has been practiced throughout the history of human endeavour, as we have sought to recognise and treat discomfort, disorder and disease. The Egyptians founded "sleep temples" some 4,000 years ago dedicated to therapeutic trance states in which curative suggestions were given. Hypnosis has been accepted as a therapy by the American and British medical authorities for over 50 years.

### How many sessions will it take?

This is a hard question to answer accurately as every person and every condition is different, however as a general rule of thumb a condition or behaviour change may take 2 to 5 sessions. If someone comes with a multitude of changes they wish to make, often this will take longer as you work on one issue at a time; sometimes it can be likened to peeling an onion until we get down to the underlining core issue whilst resolving each obstruction along the way.

### What happens in Hypnosis?

A Hypnotherapist uses hypnosis to enable the client to achieve a state of mental, physical and emotional relaxation. When in hypnosis, the conscious mind (that busy, critical, analytical part of the mind) takes a rest. Hypnosis allows people to tap into the storehouse of information that lies in the subconscious (sometimes referred to as the unconscious) mind and make positive changes to thought patterns, habits or the effects of traumatic incidents that are having a negative impact either mentally or physically.

### What does Hypnosis feel like?

Hypnosis can be likened to the feelings we experience just before waking completely from sleep or just as we drift off to sleep. Some people say it feels like daydreaming. When in hypnosis, people experience a state of complete mental, physical and emotional relaxation. In itself, this is a very healing state. Dr Milton Erickson, a leading American Psychologist, described the process of clinical hypnosis as "a free period in which individuality can flourish".

### Can anyone be Hypnotised?

Virtually anyone can be hypnotised - some more easily than others. Like anything else in life, the more people practice self-hypnosis, the more easily they can slip into that wonderful relaxed state. The depth that people reach in hypnosis varies between individuals. It is not necessary to achieve a very deep level of hypnosis to bring about change to habits or conditions that are having a negative impact mentally, physically or emotionally. Everyone can be hypnotised, all you need to do is follow your hypnotherapist's instructions and have a reasonable attention span.

### Is Hypnosis the same as Meditation?

Scans of people in hypnosis show that the brain activation seen in hypnosis is quite different from that seen in normal waking or sleeping or in meditation.

### Would I be asked to do something against my will?

No! This would be the most common misunderstanding associated with hypnosis. This is probably tied in with another misconception that the hypnotherapist has control over the client. This is not the case. People will not do or say anything under hypnosis that they would not do normally. All hypnosis is self-hypnosis - you cannot be hypnotised against your will. This fear probably comes from the TV shows and performances by stage hypnotists.

### When I'm Hypnotised, am I unconscious?

No. When in hypnosis, the conscious mind takes a rest. This allows the client and hypnotherapist to access the information that lies in the subconscious (or unconscious) mind and make positive changes to thought patterns, habits or the effects of traumatic incidents that are having a negative impact either mentally or physically.

### In what areas can Hypnotherapy be used?

Hypnosis can be utilised in the treatment of many disorders, whether mental or otherwise, where the relaxation response promotes the person's attitude. For example, with a physical injury, the person's mental resources can be enlisted to aid in managing the subsequent discomfort, allow for some rest and lessen the associated emotional trauma. It must be noted that Hypnotherapy is not a replacement for medical treatment from your doctor.

### Hypnotherapy helps with:

Smoking Cessation	Over Eating
Irritable Bowel (IBS)	Headaches
Pain	Insomnia
Exam Nerves	Panic Attacks
Anxieties	Mood Swings
Phobias	Relationships
Depression	Anger
Alcoholism	Worry
Hostility	Grief
Guilt	Blood Pressure
Asthma	Warts
Compulsions	Resentments
Nail Biting	Diabetes

### Hypnotherapy can improve:

Exam Performance	Memory
Study Recall	Sports Focus
Public Speaking	Personal Growth
Pain Control	Confidence
Performance	Assertiveness
Communication	Relaxation
Goal Setting	Counselling
Releasing the Past	Personal Power