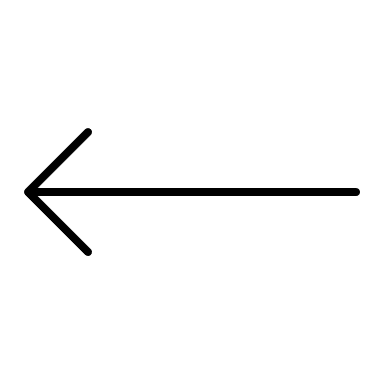
Shape, polygon

Description automatically generated8 Golden Rules for Success   
following the 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 I very important that you follow the enclosed guidance that will help with the psychological impact of your Gastric Band and also your past relationship with food, thus in turn aiding your weight loss.   
  
Make a resolve now to take responsibility and follow these instructions to the letter, success will be yours.   
  
*‘‘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



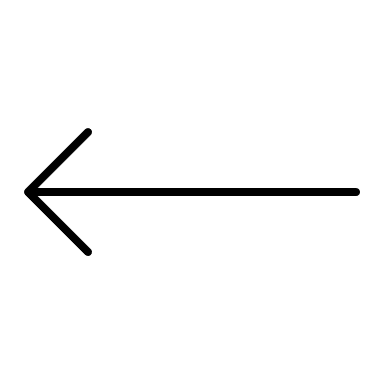
1. **BUY SOMETHING NEW**

One very powerful psychological technique that I will be using is called the law of concentrated attention. (also reticular activating system)  
  
Basically it means that 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 actually get it.

So…. go out at your earliest opportunity and purchase an item of clothing in the size that you want to be (or a milestone on the way)

It has to be something new 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 wardrobe or in a place where you will see it often.



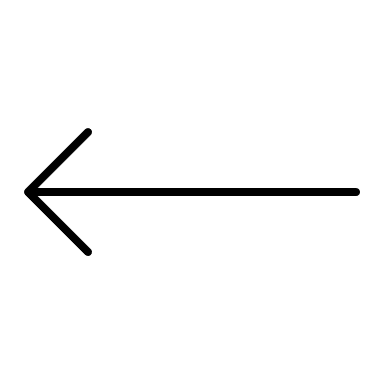
**2. LISTEN TO THE AUDIO HOMEWORK**

The audios utilise mind management techniques and are a very important part of the programme.

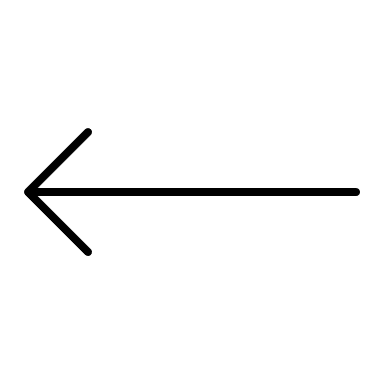
The first one is the longest at approx. 30 mins.  
Subsequent ones are around 15 mins.  
  
It is absolutely essential that you listen to them at least once a day   
*(more if you can - It’s best if you can listen once in morning to set up a great day and once in the evening when you get home from work before dinner )* for the next 28 days.

The audios will create new neural pathways in your brain regarding your associations and attitudes towards food. They will also reinforce the live sessions that you attend.   
  
You will increase the effect tenfold if you listen to it using stereo headphones/airpods etc. sitting in a comfortable chair or rest on your bed.

IMPORTANT – NEVER LISTEN WHILE DRIVING OR OPERATING MACHINERY. EAT SLOWLY AND CONSCIOUSLY

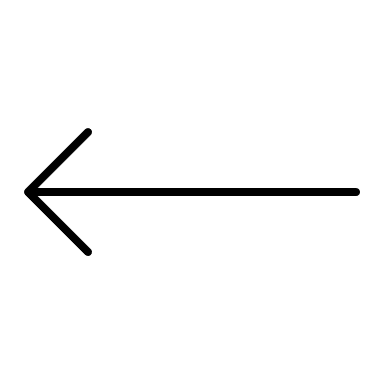


1. **SLOW DOWN… AND STOP**  
     
   Enjoy every mouthful of food; but slow your eating down, chew your food thoroughly (approx 15-20 times a mouthful).   
     
   Put your knife and fork down between mouthfuls; put your sandwich (for example) down between mouthfuls.   
     
   Do not eat in front 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.   
    **STOP EATING AS SOON AS YOU FEEL COMFORTABLE (6-7/10 full)**



1. **EAT ONLY THREE SMALL MEALS A DAY**

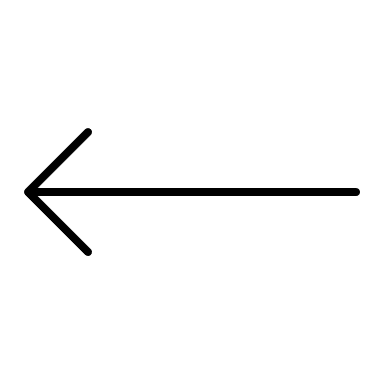
Choose protein first, we will discuss this more over the coming weeks.  
  
As your portion sizes (or unhelpful snacking) will be dramatically reduces, it may be worth investing in some smaller plates and bowls if you don’t already have these.



1. **BUY AND TAKE A GOOD MULTIVITAMIN/MINERAL**

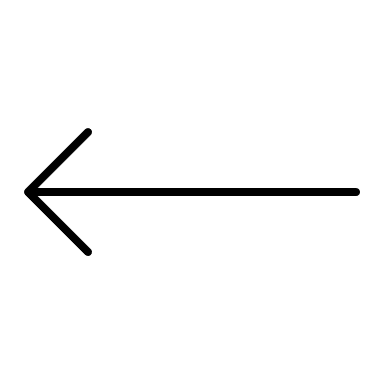
… if you don’t already.  
We will talk more about your blood results if this has shown another sensible supplementation step to take.  
  
To ensure you are still having all the vitamins you need.

You can incorporate 3 healthy snacks in your day too.  
Don’t stress this too much now – we will get more specific with this as the programme progresses.



1. **DRINK PLENTY OF FLUIDS AND CHOOSE WATER IDEALLY.**

Do an online calculator.  
You will probably be surprised at how much you need.



1. **EXERCISE**

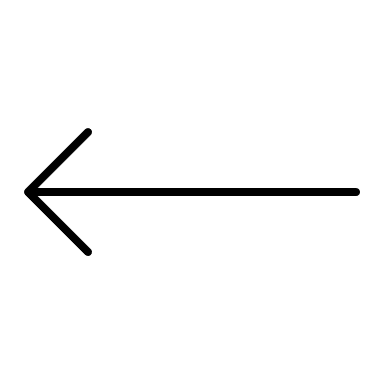
It is very important with the gastric band that you take some form of exercise for 30 minutes per day; to begin with - this will be a walk.

If you do not exercise daily, your body will metabolise 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, skip, and dance around the house- move if you can’t get out of the house!

If you have diabetes, monitor your blood sugar levels carefully.   
You may need to adjust insulin or other diabetes medication in conjunction with advice from your GP. Please make no changes to any medication before you agree this with your healthcare professional.



1. **DEALING WITH HEAD HUNGER**

***Head Hunger*** refers to a condition in which you think you need food but your body is not actually the one demanding energy.

Something else is triggering you to respond to food.

**6 ways to deal with Head Hunger**

1. Take a sip of water.

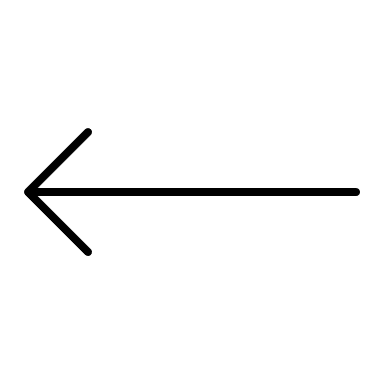
2. Wait it out (about ten minutes).

3. Exercise – walk, stretch etc.

4. Concentrate on deep, slow breathing.

5. Tell yourself the feeling will pass.

6. Eat a little bit of something nutritious.



1. **GIVE YOURSELF SUPPORT**

What about the rest of the time?

It is important to recognize that as you go through this programme and the changes demanded by a Virtual Gastric Band that you will frequently have to be your own support.

To do so requires that you take some ownership of the process.

Only you can choose the actions necessary to make this work.  
We can tell you the route – but you must choose to follow the directions…

Help yourself by removing obvious obstacles (*i.e. Weakness for chocolate? Don’t have it in the house etc.)*

Understand what your strengths and weaknesses in the past have been – and how you will ideally do things in the future.

Reward yourself for each milestone or breakthrough – think now about what non-food related rewards these might be.  
Make yourself a list.  
Stick it on the fridge.

Good luck.