

## ALL WOMAN - Feature

The latest way to lose weight is all down to the power of the mind

# A gastric band without having the operation

A 24-year-old catering assistant has lost almost two stone in six weeks after being hypnotised into believing she has had a gastric band fitted.

Susan Grant, who weighed 14st 2lb and was a size 18, had the 'hypo-band' fitted by Julie Daroy, a clinical hypnotherapist based in Brighouse.

Susan came across the revolutionary new weight loss system, which has recently been featured on Channel 4's *Embarrassing Bodies* and ITV's *Lorraine Kelly Show*, when she was considering having an operation to restrict her food intake but could not afford the £5,000 fee.

She decided to give hypnotherapy a go and says it's changed her life. She now weighs 12st 3lb and has dropped two dress sizes to a size 14, and both her confidence and her health have improved dramatically.

"I've stopped using my asthma inhaler and have joined a gym, and I'm so much more outgoing. My Facebook friends can't believe how different I look on photographs and keep complimenting me," says Susan who hopes to get down to 11 stone.

The Hypno-Band is aimed at men and women with a Body Mass Index over 25. Eighteen to 25 is regarded as normal, 25 to 35 overweight and 30 to 40 obese.

It was devised by British hypnotherapist John Maclean who realised regular weight loss hypnotherapy was not enough for some people.

The new system, which is used by 400 practitioners in 17 countries, uses a combination of Cognitive Behavioural Therapy and Hypnotherapy. It takes into account an individual's emotional and psychological reasons for over-eating and involves four one hour sessions at a cost of £350.

Susan, who lives in Thornton, Bradford, says she has always grazed on biscuits



All change: Susan Grant, left, before the hypnotherapy and right, afterwards.

and crisps and eaten too many takeaway meals, but it was after the birth of her daughter, Sophia, last year, that she really started to pile on the pounds. "I tried everything I could think of to lose weight and became so upset and desperate that I went on the internet to look at having a gastric band fitted. I came across the Hypo-Band and while I was dubious, I decided it was worth a try because it was a fraction of the cost of the real thing and didn't involve surgery."

She says it worked for her instantly and in the first week she lost 8lb. "I don't have the urge to overeat any more and when I feel full I simply stop eating. I've com-

pletely changed my eating habits and the way I look at food. I no longer snack, I just have three healthy meals a day and so far haven't had any side effects, in fact I feel a lot more relaxed and happy."

Julie, who calls her company, Insight Hypnotherapy, and works from Martin House, Martin Street, became a Hypno-Band practitioner in March and has so far treated around 30 clients, both male and female, with some amazing results. "I believe in it 100 per cent because I've seen the results. Everyone I have treated has lost weight ranging from 10lbs to almost two stone."

She takes a full dietary and medical history before guid-

ing clients through a simple procedure of placing a common rubber band on their stomach. It's all done by suggestion and mind visualisation. "Afterwards they feel like their stomach is smaller, and feel uncomfortable if they overeat, just as if they'd had a gastric band fitted. It's down to positive thinking. If the individual is open to it working and wants it, it will work, to such an extent that it can and does change lives."

Julie, who also has a base in Union Street, Halifax, says it's a relaxing treatment with no side effects and people can find out more information by ringing 07799 410231 or visiting [www.insighthypnotherapy.co.uk](http://www.insighthypnotherapy.co.uk)



Procedure: Julie Daroy with client Susan Grant.

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