

Hypnotic Gastric Band Surgery At The FARE Hypnosis Center

“Hypnotic Gastric Band Surgery is painless, and it feels so good to lose weight, wear clothing that fits and watching the muffin top disappear.” Maggie G.

You diet, but always feel hungry. You make it through the first few days or a week, then fall off the diet wagon, feeling like a failure.

If you have 50 or more pounds of weight to lose, your stomach has probably been stretched from eating larger portions. It takes more food for you to feel full and satisfied. This is problematic if you are trying to cut back on the amount you eat to get rid of those pounds.

The FARE Hypnosis Center’s Hypnotic Gastric Band Surgery helps you feel full and satisfied with small amounts of food, **without** all of the side effects and dangers of actual bariatric surgery.

How can this possibly work? Because experiment after experiment in neuroscience shows that your brain cannot tell the difference between what is real and what is vividly imagined. In hypnosis, we work with your subconscious mind and perform the hypnotic ‘surgery’ so you feel full after eating only small portions.

We get rid of old beliefs that no longer serve you and instill positive messages and habits so that you can have that ideal body size and shape you want.

Call for more information at 952-934-1315.

At the Fare Hypnosis Center, we offer Hypnotic Gastric Band ‘Surgery’ for individuals and very small groups. The program is designed for those with 50+ pounds to lose. Here are the basic elements of both programs:

- Education about hypnosis
- Goal setting and planning
- Neutralizing emotional components of weight issues
- Letting go of beliefs and events that stand in the way of your goals
- Changing habits around food and hunger
- Hypnotic gastric band ‘surgery’
- Recordings to help keep your goals front of mind
- Support and accountability until you’ve reached your goal through ongoing motivation sessions

Individual Visits

All visits are personal and confidential. Each session is individually tailored and focused on your specific challenges and goals. In addition to the elements listed above, you are taught self hypnosis and given 10 recordings so you can continue the work done in the office on your own, generating even more valuable insights and maintaining your motivation. The primary benefits of individual visits are privacy and the ability to completely personalize specific suggestions and methods in helping you achieve your individual needs and goals.

There are ten scheduled weekly visits that will last from 1 - 2 hours each. Upon completion of these sessions, you will visit every other week for a 30 minute visit until you reach your goal weight to help you maintain your motivation. These short visits keep your goals front of mind and enable you to stay on top of the challenges that life may present.

Investment for 10 sessions: \$2,650

Ongoing 30 minute visits - \$100.00 each

A 10% discount is given when paid in 1 payment - a savings of \$265!

Groups

Group classes are conducted ten weeks in a row and are limited to 10 participants. Sessions 1 and 6 are individual sessions, not with the group. Your investment is approximately 12 hours of session time. Participants MUST attend all sessions. The primary benefits of group sessions are sharing and support with classmates, and a much lower monetary investment.

Investment for 10 sessions: \$1,900.00

Ongoing 30 minute visits - \$100.00 each

We offer a 10% discount per person (10 session price only) for parties of 2 or more - a savings of \$190 each!

"I realized while in the class that a majority of my bad habits blossomed from stress and the feeling of inadequacy. I went into this with knowledge of every healthy step that you "should" do. However, the hypnosis was that little boost you need. It's that "ah ha!" moment. During the 7 week duration I lost a total of 23 pounds." - K. S.

*"One of the many things we learned is how to get rid of the 'distractors' that are enabling us. Once we did the work 'inside' our weight started coming off."
Fred and Marcy S.*