

# EFFECTIVE *hypnotherapy*

with

JUDY SHARP

## WEIGHT LOSS AND GASTRIC BANDING WITH HYPNOTHERAPY

### WEIGHT LOSS

Weight loss is one of the main health concerns of our time. There are those who are not really overweight at all but feel that they are fat and ugly and hate themselves for it. Then there are others - many others - who genuinely are overweight and are suffering from a range of health issues as a result.

Faddy diets, yo-yo weight loss and gain and sporadic spurts at the gym don't benefit the body in the long term. Some people are turning to surgery, and in particular to gastric bands. If you have weight issues and have decided that it's time to shed the physical - and emotional - baggage - read on!

Media pressure plays a huge part: on the one hand, TV programmes and advertisements put food in front of us at all times of day and night, urging us to eat more and enjoy it all. On the other hand, we are told that only ultra-slim people (women in particular) are beautiful and therefore acceptable. These mixed messages lead to confusion, depression and, very often, illness.

Add to that the typical modern sedentary lifestyle – we sit in a car or on a bus or train to get to work; we sit at a desk all day and then we sit on a sofa all evening watching TV. Many people eat too much processed food, loaded with unhealthy fats, salt and sugar.

So too much wrong food and lack of exercise are fundamental causes of obesity – but there are frequently other, deep-rooted, reasons why certain people find it impossible to lose weight, or who eat compulsively.

**It is these root causes that I explore with anyone who comes to me with weight issues.**

## ROOT CAUSES OF HOLDING ON TO EXCESS WEIGHT

The logic of the unconscious may seem odd and yet it is very powerful.

Some women, for instance, will hold on to weight, especially around their tummies, because when they were slimmer, they were more attractive. They attracted a partner who then left them or hurt them in some other way.

The logic of the unconscious is that if the woman puts on weight, she will no longer be attractive, therefore she will not get hurt again – the excess weight is a way of saying, “don’t come too close.” It becomes a form of protection.

Other women may still be grieving if a pregnancy was terminated for whatever reason; if the baby was stillborn or if it died shortly after birth.

These may seem fanciful – but experience shows otherwise. They create a layer of comfort from the pain.

Children who have been abused or bullied at home or at school may well “build a wall” to protect themselves from physical, emotional or verbal battering, and this manifests physically as being overweight.

It may even be that the root cause is not in this life at all. If you starved to death in a previous life, and died with the thought that you would never again go without food, that is a very powerful impression or instruction to your unconscious, which will do all it can to ensure you don’t go without food.

Again, it may seem fanciful or nonsensical – and yet my own experience has shown how strongly such past life experiences can influence our behaviour this time round.

**It is important to see your doctor if you have a weight problem, to make sure it is not a symptom of a more serious medical condition.**

There are various techniques for tackling compulsive eating or eating the wrong things and those used will depend on the individual situation. Often, getting to the root cause and sorting that out is sufficient to allow the weight to fall away – “I don’t need that protection any more.” In other cases, positive suggestions regarding body image and portion control can help enormously.

If the root cause goes back to a past life, finding and understanding what happened then removes the instruction to the unconscious and resolves the issue in the here and now.

## HYPNOTIC GASTRIC BANDING

**Hypnotic Gastric Banding** is becoming very popular with those who have tried many and various conventional diets and exercise without success, but who do not want to or cannot, for any reason, undergo actual surgery. Bariatric surgery is the term that covers gastric banding, gastric bypass and sleeve gastrectomy.

The principle of a gastric band is to effectively create a smaller stomach by “pinching off” a top section: imagine the stomach going from being an 0 to being an 8 with the top part smaller than the lower. Food is taken into the system in the normal way, but because the stomach is smaller, the person feels fuller far sooner than before. Assuming the person listens to those messages and stops eating at that point, then clearly there will be weight loss. With a gastric band, the food that is taken in is processed through the stomach in the normal, natural way (this is not the case with gastric bypass) and so the person is able to eat whatever they wish – although of course a healthy diet will support the whole process more positively than eating processed foods and those laden in sugar, salt and oil.

The actual “band” is a small hollow tube that is filled with a coloured liquid – adding more liquid “tightens” the band, and releasing liquid “loosens” the band. The procedure is done via keyhole surgery with a small incision close to the navel.

Bariatric surgery is not without risks, as even the official NHS website points out, although they have amended the statistics to show a much higher survival rate than five years ago.

Only people with “life-threatening obesity” (one of the terms on the official NHS scale) will be offered bariatric surgery on the NHS. Typically they will be put onto the NHS programme which motivates them to lose weight on their own prior to having bariatric surgery. Often, however, at the end of that programme, they are still too obese to have the operation, as the anaesthetic and trauma of the surgery could be too harsh for that person’s system: it becomes a Catch 22 situation.

Private clinics or hospitals also offer bariatric surgery: typically it currently costs around £6,000 to have a gastric band fitted.

There are several advantages to hypnotic gastric banding - for instance:

As there is no actual anaesthetic or surgical intervention, the procedure is suitable for those who have been refused bariatric surgery, and for those who may be allergic to anaesthetic, or who simply prefer not to go "under the knife".

The procedure is quick and easy: it is all done in one normal hypnotherapy session, with no special preparation.

There is no risk of "after shock". The unconscious has been briefed, and is given precise, positive instructions to support intake of food, feeling full and so on.

If you come to me asking to have an hypnotic gastric band fitted, I will explain that I will do it if you still want it once we have done the initial work to discover and resolve the underlying emotional reasons why you are holding onto excess weight.

There will be a lot of talking initially, so that I get a good idea of what is happening in your life now and what has happened in the past. In a deep state of relaxation we then explore the presence of "spirit passengers"; we explore one or more past lives; and we have a session of my version of soul retrieval – going back to traumas in this lifetime, leaving behind the emotions and beliefs that are no longer needed, and "bringing home" the parts of the soul that have been split off and stuck in time. We may well talk to the excess weight, to understand its role, how it is feeling, and how we can help it to leave once its job is done. The decision to have a hypnotic gastric band can be taken when that work is complete and you are already seeing and feeling the results of letting go of emotional baggage.

The actual procedure for "fitting the band" is quite simple: you "undergo the operation" while in a deep state of relaxation. I talk you through the operation so that your unconscious receives the correct messages and understands that the band is in place and what that means for food intake. Clearly there will also be messages to reinforce the healthy functioning of the body as a whole and the digestive system in particular.

This does not mean that you should eat junk food, or ignore exercise: what it does do is reduce the amount of food that goes into the smaller stomach space created by the operation, so you feel fuller sooner.

**Before fitting a hypnotic gastric band, a client needs to satisfy me that he/she is otherwise fit and healthy, and that blood pressure, cholesterol and other key indicators are all in the accepted ranges.**

## FEES

I don't charge a "package price" for Hypnotic Gastric Banding, as for me it is the logical final part of a process that allows you to let go of excess weight you no longer need or want.

Typically the gastric band would be "fitted" in session four, rounding off the work that needed to be done to get you to that point. Not everyone who goes through the first three sessions will go on to have a gastric band fitted – and that is fine, too: we take things one step at a time. Sometimes, getting rid of the excess baggage and re-discovering the real person inside is what it takes to allow the body to resolve the issue in its own way.

You have increased self-confidence and self-esteem; you feel lighter and brighter because you have let go of a lot of unwanted emotional baggage, and you have a much better idea of who you really are.

My sessions last for two very full hours, and the fee per session is £120.

**If you feel that the time has come for you to get rid of that excess weight,  
and if you'd like to get to the root cause, call me on  
01444 459 433 or 07597 020 512:  
I look forward to hearing from you.**

Judy Sharp  
Dip Hyp; Dip PLT / SRT  
GHR and GNHC registered

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