

You owe it to yourself to be able to do anything that you want, whenever you want without being hindered at every turn by your excess weight or your lack of confidence because of it.

The only thing stopping you from living the life of your dreams is **YOU!** Do something about it **TODAY.** Don't waste another minute. Take that first step and contact me for a no pressure, initial telephone consultation.

If I can do it, then so can you.

I look forward to hearing from you.

Best wishes,

*Anne*



*Because  
life is to be  
enjoyed not  
endured!*



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## Happiness is an inside job!



### Who is this Program suitable for?

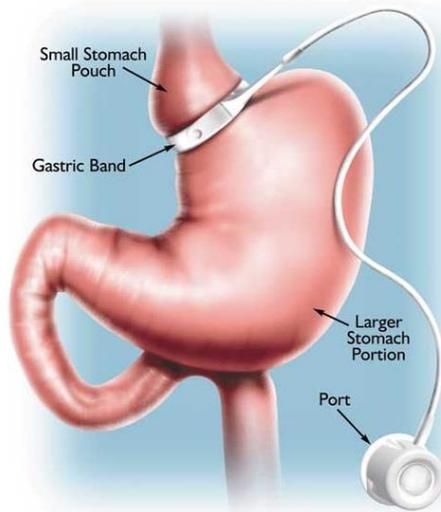
I believe that we are all unique and that's how it's meant to be. It was never intended that we should all be the same shape, size and weight so if you're happy in your body then I'm happy for you.

I, on the other hand, knew that I wasn't happy being uncomfortably overweight and I wanted to change a lifetime of yo-yo dieting, which I ultimately did by changing my mindset. If you're ready, then I can help you do the same.

- ✓ **Look forward to a healthier future**
- ✓ **Watch all aspects of your life change**
- ✓ **Risk Free**
- ✓ **Re-write your story**
- ✓ **Detailed information provided throughout**
- ✓ **Your body is a reflection of your mind**
- ✓ **Don't stay a victim**
- ✓ **Feel satisfied inside and out**

### ***This is a remarkable life changing Program***

This Program is like no other weight loss Program. This system utilizes the concept of a "virtual" gastric band with the use of clinical hypnotherapy. It successfully harnesses the power that every individual has within them to make changes to their lives. Many clients have benefited from Virtual Gastric Band therapy and so can you. In fact, the success rate under hypnotherapy is greater than that of the physical operation!

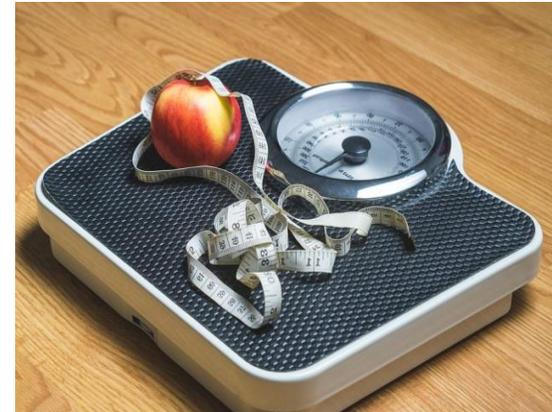


### ***So what is a virtual gastric band?***

The virtual gastric band is a non-surgical technique which uses the power of hypnosis to retrain you to be satisfied with smaller amounts of food. It changes how you think about food and gives very safe, very predictable results. The hypnosis given during the session convinces the brain that the stomach is full after a certain level of intake and that there is no need for more food. This Program not only addresses your relationship with food, but it addresses your relationship with yourself – the most important relationship you will ever have.

### ***Is it a diet plan?***

It is most definitely **NOT** a diet – we know that diets only work in the short term. The Virtual Gastric Band allows you to eat what you want, but will enable you to **WANT** to intake smaller portions. And, because it's not a diet, you won't feel deprived, miserable or hungry – all of the issues which have historically caused previous diets to fail. This Program, which I have designed from personal and professional experience, includes counselling, life coaching and hypnotherapy. Not only will your life change for the better, but the lbs will fall away as a result of that.



### ***How can this Program change your life?***

**Physically** – it reduces risk of heart disease, can help with sleep apnea, acid reflux, high blood pressure, cancer, all manner of aches and pains and debilitating conditions

**Emotionally** – it addresses issues of low self-esteem, lack of confidence, depression and anxiety to name but a few. Sometimes it's not what you eat that causes you to gain weight, but rather what's eating you! You will be advised throughout. No other Program available today helps you so completely – both inside and out.

- ✓ **No invasive surgery**
- ✓ **Lose not only your weight, but also what's weighing you down**
- ✓ **A fraction of the price of actual surgery**
- ✓ **Pain free**
- ✓ **Address your eating habits for good**
- ✓ **Feel empowered**
- ✓ **Live the life that you deserve**
- ✓ **Learn how to Love yourself at last**