

PROGRAM INFORMATION PACK



*Because
life is to be
enjoyed not
endured!*



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DON'T WASTE ANOTHER MINUTE!

I've been where you are now and I know some of what you are experiencing. I can guarantee that this Program is about so much more than weight loss. I'm guessing that you've lost weight before, but put it back on and I also know why that is. Because you thought if you lost weight then your life would change and it does for a while, but then it reverts back to the way it was. Why? Because your weight wasn't the issue in the first place, your weight was a symptom of something that hadn't been addressed. This Program will assist you in addressing the cause, but in order to do so you must be prepared to embrace it wholeheartedly.

Do you feel that you're missing out on opportunities and experiences? Is life passing you by because you don't feel happy in your body? Is your weight stopping you from doing things that you'd like to do? Do you set a goal to lose weight in readiness for a holiday or family celebration only for the big day to arrive and you're exactly where you were when you began, without having lost any weight or possibly even having put some more on? Have you tried everything else – diets, pills, drinks and nothing has worked? If this is you, then read this information pack and begin to change the habits of a lifetime.

LET'S LOOK AT SOME FACTS

- In 2016/17, there were 617,000 admissions in NHS hospitals where obesity was a factor 1. This is an increase of 18% on 2015/16.
- In 2016, 26% of adults were classified as obese. This has increased from 15% in 1993 but has remained at a similar level since 2010.
- In 2016, 26% of adults and 16% of children consumed 5 or more portions of fruit and vegetables a day.
- In 2016/17, 1 in 5 children in Year 6 and 1 in 10 children in Reception were classified as obese.
- The term obese describes a person who's very overweight, with a lot of body fat.
- It's a common problem in the UK that's estimated to affect around 1 in every 4 adults and around 1 in every 5 children aged 10 to 11.

DEFINING OBESITY

There are many ways in which a person's health in relation to their weight can be classified, but the most widely used method is Body Mass Index (BMI). BMI is a measure of whether you're a healthy weight for your height. There are a variety of BMI healthy weight calculators online to work out your personal BMI score.



Obesity rates in Britain are soaring with nearly a quarter of adults now classed as clinically obese. Despite Government warnings that we are turning into a nation of couch potatoes, our waistlines keep growing. The number of people in England, Wales and Scotland diagnosed with morbid obesity is expected to double by 2035, according to a new study.

5 million people are expected to be diagnosed with morbid obesity in Great Britain over the next two decades, an increase on the 1.9 million recorded as of 2015. Obesity is diagnosed when a person's BMI exceeds 30. BMI is now a widely accepted measure of obesity.

- 18.5 to 24.9 means you're a healthy weight
- 25 to 29.9 means you're overweight
- 30 to 39.9 means you're obese
- 40 or above means you're morbidly obese

CAUSES OF OBESITY

Obesity is generally caused by consuming more calories, particularly those in fatty and sugary foods, than you burn off through physical activity. The excess energy is stored by the body as fat.

Obesity is an increasingly common problem because for many people modern living involves eating excessive amounts of cheap, high-calorie food and spending a lot of time sitting down, at a desk, on sofas or in cars.

There are also so underlying health conditions that can occasionally contribute to weight gain, such as an underactive thyroid gland (hypothyroidism), although these types of conditions don't usually cause weight problems if they're effectively controlled with medication.

OBESITY-RELATED PROBLEMS

Obesity can cause a number of problems, including difficulties with daily activities and serious health conditions. Day-to-day problems related to obesity include:

- Breathlessness
- Increased sweating
- Snoring
- Difficulty doing physical activity
- Often feeling very tired
- Joint and back pain
- Low confidence and self-esteem
- Feeling isolated



The psychological problems associated with being obesity can also affect relationships with family and friends and may lead to depression.

SERIOUS HEALTH CONDITIONS

Being obese can also increase the risk of developing many potentially serious health conditions, including:

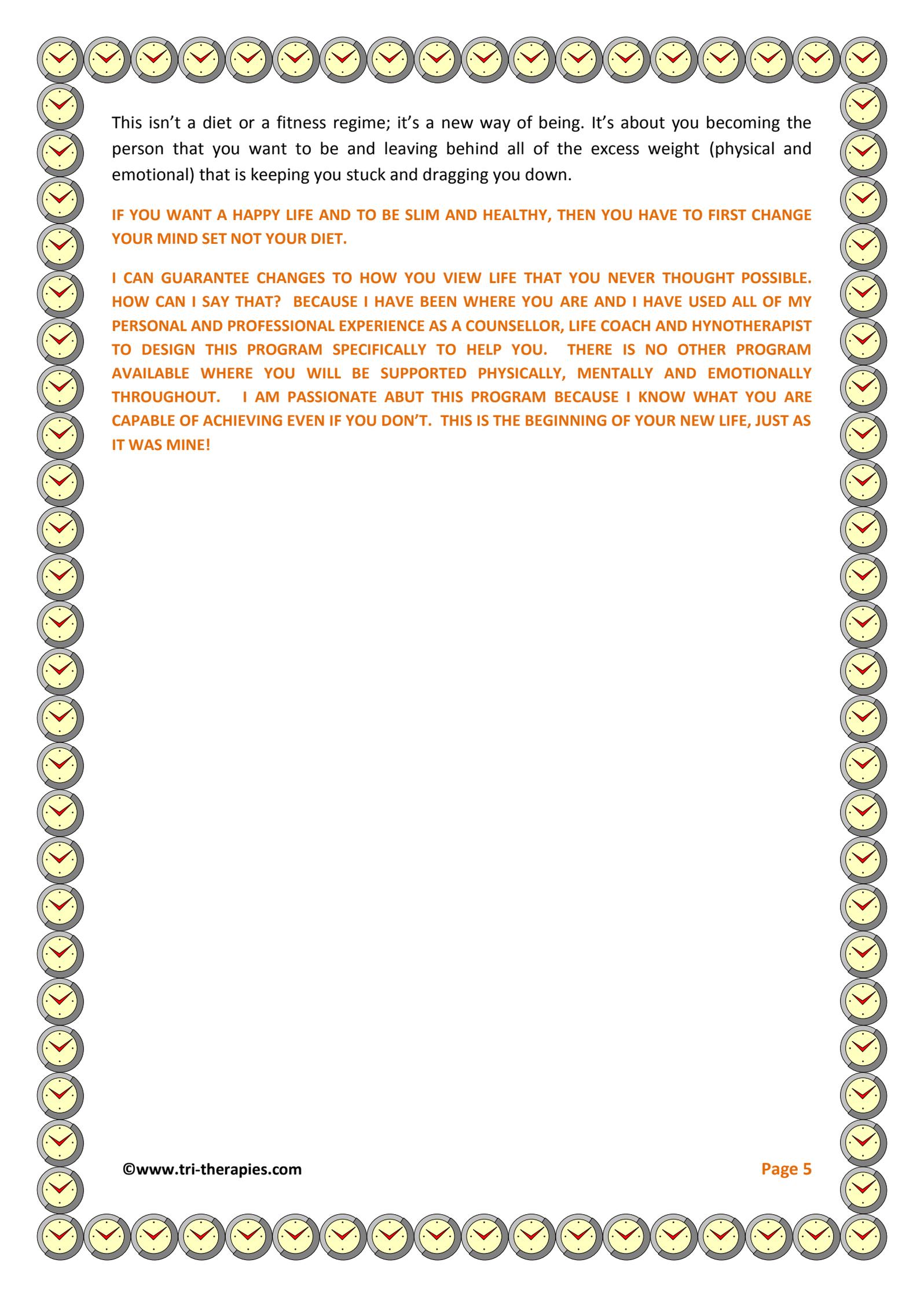
- Type 2 diabetes
- High blood pressure
- High cholesterol and atherosclerosis (where fatty deposits narrow your arteries), which can lead to coronary heart disease and strokes
- Asthma
- Metabolic syndrome (a combination of diabetes, high blood pressure and obesity)
- Several types of cancer, including bowel cancer, breast cancer and womb cancer
- Gastro-oesophageal reflux disease (GORD) which stomach acid leaks out of the stomach and into the gullet
- Gallstones
- Reduced fertility
- Osteoarthritis (a condition involving pain and stiffness in your joints)
- Sleep apnoea (a condition that causes interrupted breathing during sleep, which can lead to daytime sleepiness with an increased risk of road traffic accidents, as well as a greater risk of diabetes, high blood pressure and heart disease)
- Liver disease and kidney disease
- Pregnancy complications, such as gestational diabetes or pre-eclampsia (when a woman experiences a potentially dangerous rise in blood pressure during pregnancy)

Obesity reduces life expectancy by an average of 3 to 10 years, depending on how severe it is. It's estimated that obesity and being overweight contribute to at least 1 in every 13 deaths in Europe.

WHAT TO DO ABOUT IT?

Firstly, you have to realise that your weight and your physical body is as a result of how you think. When your mind controls you then it also controls your body, so if you're not in the right mind set to lose weight then you won't! If you think that you don't deserve to be fit and healthy then you won't be. If you'd rather sit watching TV than going for a walk or chatting to friends then you will stay exactly where you are – overweight and miserable.

If you want to change anything in your life then **YOU** have to change and that is what this Program will address. **YOU** have to control **YOUR** mind and not let **IT** control **YOU!**

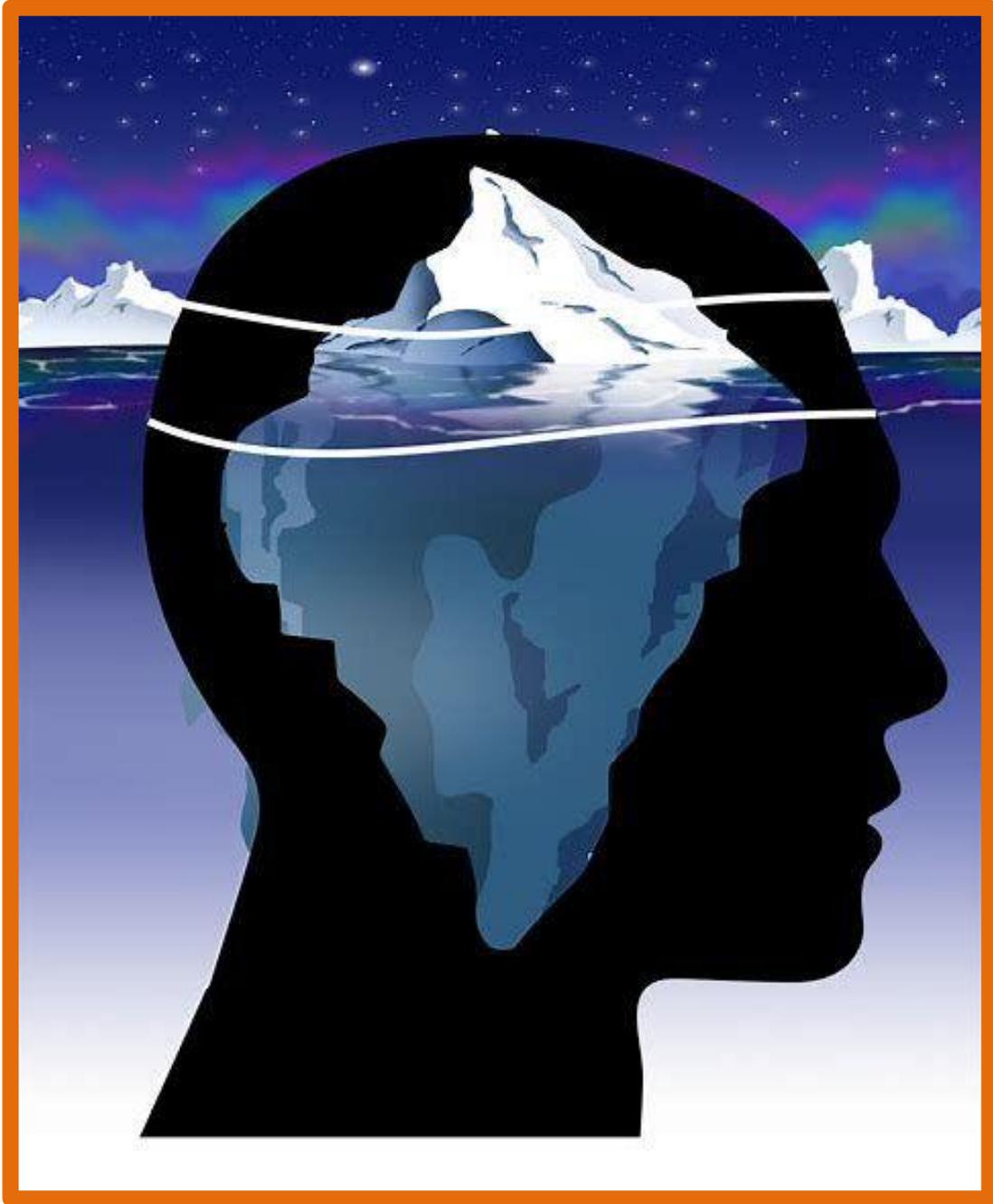


This isn't a diet or a fitness regime; it's a new way of being. It's about you becoming the person that you want to be and leaving behind all of the excess weight (physical and emotional) that is keeping you stuck and dragging you down.

IF YOU WANT A HAPPY LIFE AND TO BE SLIM AND HEALTHY, THEN YOU HAVE TO FIRST CHANGE YOUR MIND SET NOT YOUR DIET.

I CAN GUARANTEE CHANGES TO HOW YOU VIEW LIFE THAT YOU NEVER THOUGHT POSSIBLE. HOW CAN I SAY THAT? BECAUSE I HAVE BEEN WHERE YOU ARE AND I HAVE USED ALL OF MY PERSONAL AND PROFESSIONAL EXPERIENCE AS A COUNSELLOR, LIFE COACH AND HYNOTHERAPIST TO DESIGN THIS PROGRAM SPECIFICALLY TO HELP YOU. THERE IS NO OTHER PROGRAM AVAILABLE WHERE YOU WILL BE SUPPORTED PHYSICALLY, MENTALLY AND EMOTIONALLY THROUGHOUT. I AM PASSIONATE ABOUT THIS PROGRAM BECAUSE I KNOW WHAT YOU ARE CAPABLE OF ACHIEVING EVEN IF YOU DON'T. THIS IS THE BEGINNING OF YOUR NEW LIFE, JUST AS IT WAS MINE!

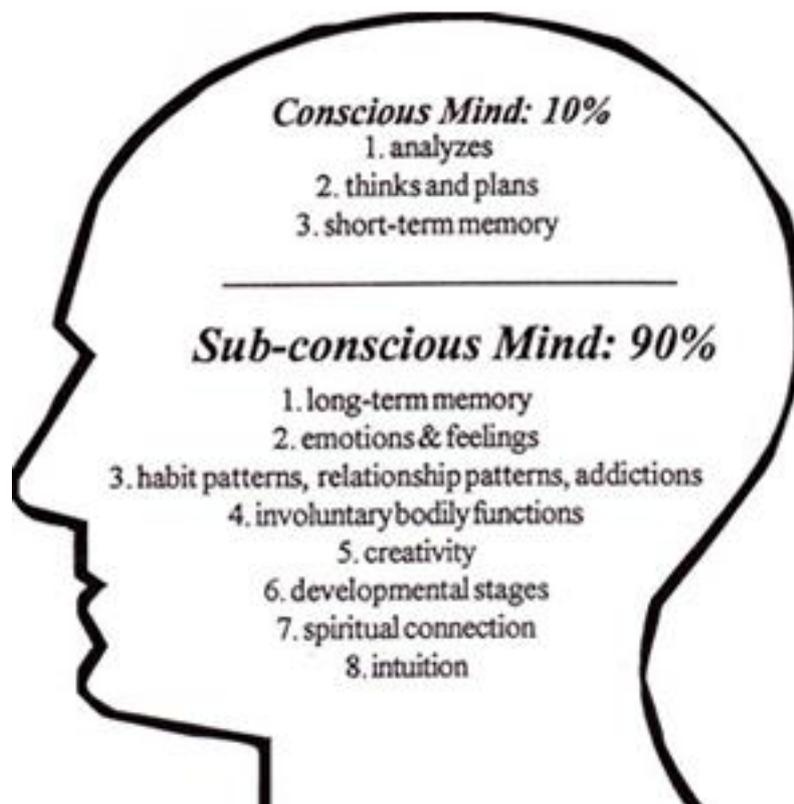
CHANGE YOUR MINDSET NOT YOUR DIET!

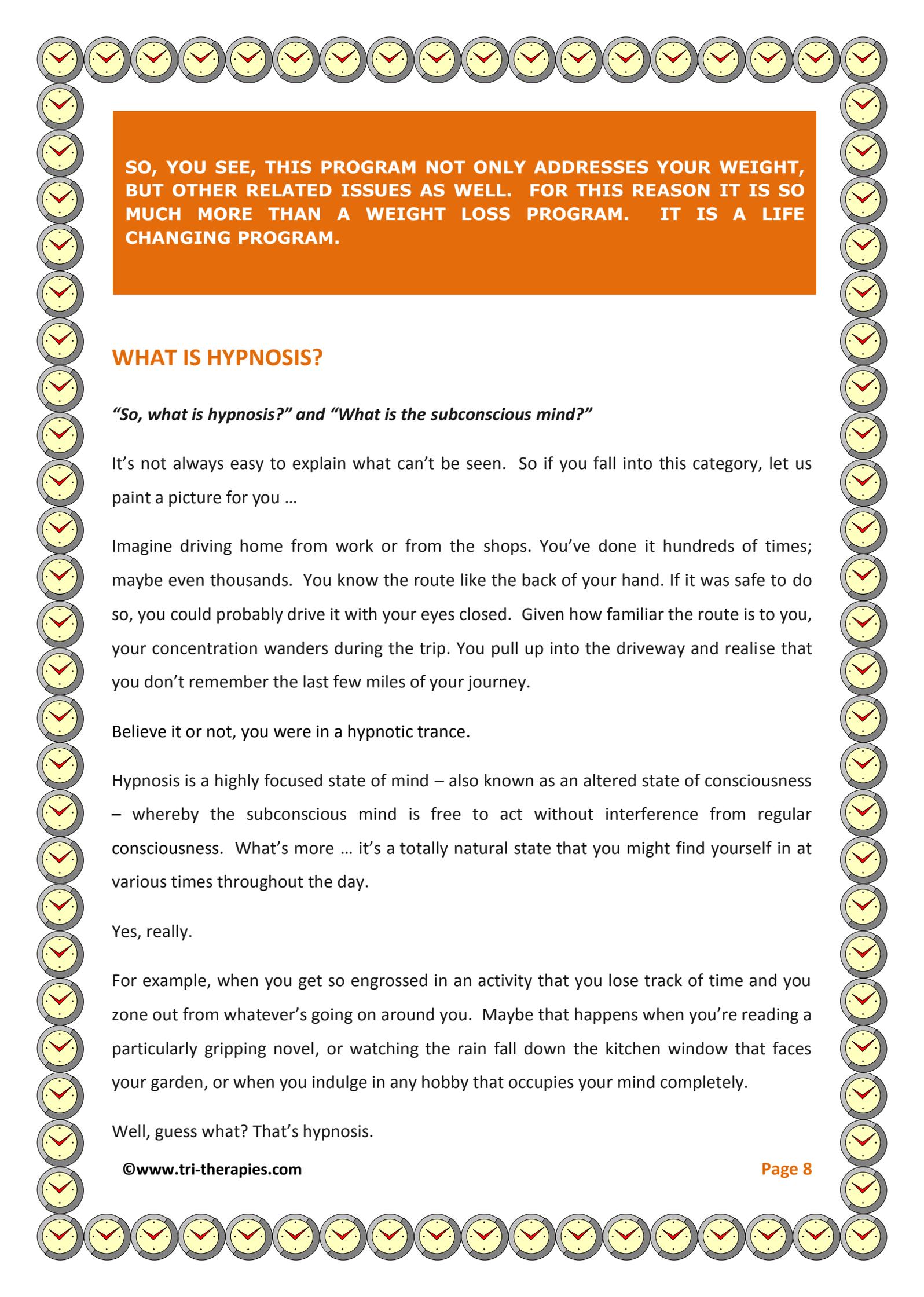


HOW THE PROGRAM WORKS

Did you know that the Virtual Gastric Band Program has a better success rate of people adapting to their new life style than the actual physical operation and without any of the horrendous side effects of surgery? The reason for this is that people who have gone through this Program know that they have done it themselves without any actual surgical intervention. This helps them to feel in control of their situation and empowers them to achieve whatever they set their mind to. They begin to believe that anything is possible if only they believe in themselves. This Program addresses the damaging limiting beliefs held in their subconscious mind, eliminating them completely and replacing them with new, constructive and beneficial ones.

The mind is a powerful tool – **IT** should work for you (it is **YOUR** mind after all), but unfortunately you are generally a slave to **IT**. This is because all of the important things in your life, that mean the most to you, have their roots deep within your sub-conscious mind as explained in the diagram below. These can only be addressed by by-passing your conscious mind and connecting directly with your sub-conscious mind. This is done using hypnosis.





SO, YOU SEE, THIS PROGRAM NOT ONLY ADDRESSES YOUR WEIGHT, BUT OTHER RELATED ISSUES AS WELL. FOR THIS REASON IT IS SO MUCH MORE THAN A WEIGHT LOSS PROGRAM. IT IS A LIFE CHANGING PROGRAM.

WHAT IS HYPNOSIS?

“So, what is hypnosis?” and “What is the subconscious mind?”

It’s not always easy to explain what can’t be seen. So if you fall into this category, let us paint a picture for you ...

Imagine driving home from work or from the shops. You’ve done it hundreds of times; maybe even thousands. You know the route like the back of your hand. If it was safe to do so, you could probably drive it with your eyes closed. Given how familiar the route is to you, your concentration wanders during the trip. You pull up into the driveway and realise that you don’t remember the last few miles of your journey.

Believe it or not, you were in a hypnotic trance.

Hypnosis is a highly focused state of mind – also known as an altered state of consciousness – whereby the subconscious mind is free to act without interference from regular consciousness. What’s more ... it’s a totally natural state that you might find yourself in at various times throughout the day.

Yes, really.

For example, when you get so engrossed in an activity that you lose track of time and you zone out from whatever’s going on around you. Maybe that happens when you’re reading a particularly gripping novel, or watching the rain fall down the kitchen window that faces your garden, or when you indulge in any hobby that occupies your mind completely.

Well, guess what? That’s hypnosis.

A decorative border of small, stylized clock icons surrounds the text. Each clock has a yellow face, black hands, and a grey frame. They are arranged in a rectangular pattern around the central text.

WHAT IS THE SUBCONSCIOUS MIND & HOW DO YOU ACCESS IT?

Hypnosis gives you access to the subconscious mind.

Here's a simple explanation to help you understand what that is.

When it comes to hypnosis, the human brain is often explained in two parts: a conscious mind and a subconscious mind.

The conscious mind is the one you're using right now to read this text. It's your "wide awake" mind, your intellect and all the things you are aware of. You probably think it's your conscious mind that takes in all the information from your environment. That's partly true, but in reality the conscious mind can only deal with between 7 and 9 bits of information at any given time. That's because you can only consciously focus on so many things at once before they start to get confusing or you lose track of some of them.

The subconscious mind is a totally different beast. The subconscious mind is everything that's happening in the background of your mind. It works automatically without any conscious help from you and can handle millions of pieces of data all at the same time.

Great, but why is it so essential that we access the subconscious mind anyway? Well, for lots of reasons.

By tapping into the power of the subconscious mind, you can find answers to questions or situations that are causing you to feel "stuck" in life.

Connecting with the subconscious mind also gives you the ability to **heal from inside out** – as it allows you to process buried and unresolved negative emotions that are having an adverse effect on your life.

The subconscious mind is also where your innate creativity lies and your ability to imagine those big, bold dreams of yours.

It's also where all your memories are stored.



That's how it's possible to tap into memories and get rid of traumas from the past, or to resolve issues that are preventing you from moving forward. ***In order to do all of the above, the subconscious mind needs your absolute focus and attention. And this is where hypnosis comes into the picture – because it gives you this directed focus.***

To see how the conscious & subconscious minds work in practice, let's return to the activity of driving your car.

When you learned how to drive, there seemed to be so many things to remember. You've got to steer, signal, accelerate, brake, watch your mirrors, keep an eye on the road and try not to run over any pedestrians.

At first it was confusing and difficult. Then, the more you practiced, the easier it became. And by now it just all flows together into one procedure called "driving" – something you just hop into the car and do automatically.

You don't have to go through the steps involved anymore. Your subconscious mind takes care of all of that for you. Your subconscious mind allows you to drive your car whilst your conscious mind is taking care of other things. Just like it does when you breath, or blink your eyes, or move a limb – you do all of those things without consciously thinking. That's how it's possible to drive your car from one place to another and be unable to remember part of the journey. Think of it like a computer - ***your subconscious mind is the hard drive that has the ability to Program exactly what it is that you want done, while your conscious mind is the monitor and keyboard that provides the output.***

In a nutshell, hypnosis is a form of communication between two people – the hypnotist and the client. **HOWEVER, IN ORDER FOR SOMEONE TO BE HYPNOTIZED, THEY HAVE TO BE WILLING TO PARTICIPATE.** This isn't something that I can do for you – you have to want it to happen.

In its purest state, hypnosis exists to help people make positive changes in their lives, from breaking bad habits to managing pain to eliminating emotional trauma from the past.

Thanks to media hype and cinematic sensationalism, many aspects of hypnosis have been exaggerated or completely misunderstood.

One of those aspects is trance. In films or on TV, people in a trance are little more than brainless zombies who do whatever the hypnotist asks them to do.

Trance is nothing like that. It's simply a relaxed state where you focus your thoughts and energy *inside*, instead of focusing on the *outside* world.

During a hypnotic trance ***you will remain wide awake***, but in a state of ***deep relaxation*** (beginning with Alpha waves, then going deeper) as defined in the diagram below.

Brain Waves Graph

