

# Totally Safe, Totally Pain Free Weight Loss Treatment

FED up of dieting? Just can't shift the pounds? A new ground breaking hypnotherapy treatment is now available, which is totally safe and totally pain free. Hypno Gastric Band Weight Loss – a fraction of the cost if you were to have the gastric band operation.

After initially meeting to discuss if this treatment is suitable for you, 3 sessions will then be taken to conduct the therapy including food cravings. Under hypnotherapy, guiding your mind through the process from consultation to anaesthetic to the operation itself. If you were to have the real surgical procedure all different kinds of complications could occur, hence the hypno gastric band weight loss therapy is totally safe.

Ann Bowditch says that hypnotherapy can be applied to many issues – weight loss, smoking, anxiety, phobias, insomnia, grief, OCD, motivation, confidence, eating disorders, almost anything.

**If you would like more information on this treatment log on to [www.hypnotherapyguernsey.com](http://www.hypnotherapyguernsey.com) or call Ann on 07781 111186. To find out how else Ann is able to help you visit her other website [www.bowditchfit.com](http://www.bowditchfit.com)**

