



Board Certified Hypnotist

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Certified Forensic Hypnotist

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Certified By

National Guild
of Hypnotists
PATH Foundation
American Board of
Hypnotherapy

Speciality Certifications

Complementary
Medical Hypnotism
Hypnosis for
Pain Management
Hypnotic Anesthesia
Hypnosis for
Fibromyalgia
Syndrome
Hypnosis for
Irritable Bowel
Syndrome
Hypnosis for
Stroke Recovery
Abuse & Critical
Illness Recovery
Addictions Recovery
Grief, Depression
and Post Traumatic
Stress Recovery
Hypnosis
for Children
Childbirth Assistance

The Virtual Gastric Band Agreement

1. Purchase a new item of clothing in a size either at your goal weight or at a size part way through your journey as soon as possible. Hang it where it is visible daily. _____
2. Listen to your CD twice a day. It is just 10 minutes long. Listen when you arise in the morning and then again just before your evening meal. _____
3. Eat slowly and consciously. Chew 20 times per bite; put your utensils or sandwich down between bites and no television or reading while you are eating. Sit down and focus on the food in front of you. _____
4. Stop eating when you feel comfortably full. _____
5. Eat only _____ small meals a day. _____
6. Drink plenty of water: (8) 8-ounce glasses per day minimum. _____
7. Exercise 30 minutes a day. It doesn't have to be all at the same time. 3 10-minute walks is great. Be creative – get up and move! _____

I agree to the above in order to achieve the best results from my Virtual Gastric Band Hypnosis.

Member



Printed Name

Signature

Date