

## The Reader Review:

# 'I lost 2 stone in 8 weeks!'

## with Gastric Mind Band Hypnosis

Our competition winner, Lyndsey Dain, won the chance to be hypnotised slimmer. Here she reveals all...

Over the past couple of years I put on about two stone and I was really miserable. I recently turned 30 and realised 'I don't want to do this anymore, I'm not happy or healthy.' But I was too self-conscious to go to the gym and I had no willpower when it came to diets.

"I knew that over-indulgence had played a part in my weight creeping up but I also did a lot of emotional eating, especially when my grandmother was ill. When we lost her I just ate to avoid the grief.

"The hypnosis competition in *No.1* came up at just the right time. I was absolutely petrified when I went to my first session but both my therapists, Margaret and Bryce, from Clinical Hypnotherapy Consultants, were excellent and really put me at ease. We had a long chat about my background and where I was going wrong with my weight. We then had a short hypnosis session.

"When I went away that day I thought 'I don't think I feel any different.' But when I got home that night my husband asked if I wanted a Saturday night treat and I just thought... no I don't! That's when I realised, 'This feels different!'

"I had four sessions in total. The first three focus on changing my attitude to food and then it's the last session that the gastric mind band is 'fitted'. During that session there are noises and smells in the background that make you feel like you're in an operating theatre – so

it definitely tricks your mind into thinking something has changed physically as well as mentally.

"But it was from after the very first session that things started changing. Suddenly I became more mindful of everything I was eating. It's not like you're totally put off food, that's not how it works. You still enjoy what you eat, you're just more aware of the enjoyment and don't feel the need to gorge.

"Now when I go to the cinema I'll have a normal-sized bag of peanut M&Ms quite happily. Usually I'd eat a family-sized pack and then be digging into whatever my husband was eating. Little changes like that don't feel like a hardship at all, you don't feel deprived!

My mindset has changed completely.

I now feel fuller quicker and the weight has just steadily come off over the last eight weeks. I even had a weekend

away with friends and whereas I would normally

put on a few pounds, I came back the exact same weight which has just never ever happened before.

"I even feel like I want to exercise more now too, I'm not embarrassed to go to the gym – I do three exercise classes a week. And now that it's summer, being able to put on shorts without feeling self-conscious is amazing.

"Before my hypnosis sessions I was squeezing into a size 14-16 but to be honest I was a 16-18, I just didn't want to admit that to myself. I weighed over 12 stone and now I'm 10 stone 3lbs and a dress size



Before

**Name:** Lyndsey Dain  
**Age:** 30  
**Job:** Dental Nurse  
**From:** Dunoon

After

10-12. I actually bought size 8-10 pyjamas the other day! It's hard to believe how miserable I was just a couple of months ago – now I'm like a totally different person, I'm in control again.

"The great thing about the Gastric Mind Band Hypnosis sessions is that they properly dealt with the mental aspects of the eating. That's made me feel in a really good place and like I won't put the weight back on in the future."

Sunlight Therapy Weight Loss System  
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