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ASH LONG reports

This report started as many do. An e-mail arrived from a publicist, advising of the impending visit of a keynote speaker at an industry conference.

UK-based publicist Leigh Clark advised that Yorkshire hypnotherapist Sheila Granger was visiting Australia to introduce a weight loss system that incorporated a 'Virtual Gastric Band'.

Leigh asked if the Melbourne Observer would like to report on the visit by Ms Granger, who has made news in America and the UK, including coverage on the BBC.

We replied that we would be prepared to report on the visit, and suggested that your scribe be a real-life candidate.

We placed one over-riding condition: that we give a truthful account of the success (or otherwise) of the therapy.

There was a prompt reply, agreeing to the trial.

"Your over-riding condition of a truthful account is certainly fair provided you adhere to all given instructions," Ms Clark noted.

Success

"The therapy has a 95 per cent success rate. However, we have discovered that the remaining 5 per cent failed to take time to follow the exercises set out by Sheila and didn't find time to listen to the back-up CD provided.

"As long as you follow the instructions, there is no reason why this won't work for you."

So, on Saturday, May 14, I attended a suburban hall in Keaysborough where 42 local clinical hypnotherapists had gathered for two days to learn Ms Granger's techniques.

My previous exposure to hypno-



inner-suburban practice in Melbourne, to trial the procedure.

I sat in a chair, we went through the relaxing routine, and I was always conscious of what was being said.

Control

At any time, I could have released myself from the procedure, under my own control.

Another hypnotherapist successfully showed me techniques for relaxation.

I joked that a third hypnotherapist's only success had been to suggest to me that I take him \$55 every Friday.

Before this 2011 session, I had checked out Ms Granger's credentials, on the Internet. All seemed OK there.

She has been winning publicity as she has offered her technique to the UK National Health Scheme to help people fight obesity.

I sought the OK from my general practitioner, who said there was nothing to lose.

A personal friend, who is a psychologist, said it was "bound to work ... hypnosis is a very powerful clinical

QUICK F

Hypnosis has been in use for years. Back in 1400 B.C. the first to record that the mind-body connection. Hypnosis is some primitive people's religious ceremonies.

Hypnosis used to be called 'mesmerism' and can be traced back years to ancient Egypt.

Studies are showing that hypnosis techniques and scientific research are showing the potential benefits of hypnosis.

The 'Virtual Gastric Band' is a weight loss system in which the participant undergoes a physical operation to reduce the size of the stomach.



Above: Melbourne Observer Editor Ash Long undergoes 'virtual gastic lap banding' with hypnotherapist Sheila Granger

Right: Visiting hypnotherapist Sheila Granger from East Yorkshire, UK

Jean-Alain d'Argy

Over the last thirty years I have devoted my life in the search of teachers and techniques, in the view of improving my understanding and mastery of my entire mind.

The reason for this quest was to hopefully assist myself and share with others the secrets to complete health and well being.

Part of this quest led me to study Hypnotherapy. As a clinical Hypnotherapist and working with Hundreds of clients, I came to realize that all physical emotional and mental disorders have their origins in the Subconscious mind, and to have a permanent resolution to the issue presented, then one must firstly have approval from the subconscious mind otherwise it may simply be a band aid rather than a permanent resolution.

This advanced secret to healing such as Hypnotherapy has always



brought about the disc first place.

In the mind all time present. Only once the subconscious has realized the danger is passed and danger is recalibrate and restore peace in health and well

In the case of weight loss Hypnotherapist such as I found "Virtual Gastric Banding" to assist client in ma



# EAT CHANGE

## Long

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● Melbourne Observer Editor Ash Long undergoes hypnotherapy with Sheila Granger

As a Type 2 diabetic, I have neuropathy, a loss of sensation in the feet. It makes it difficult to exercise by walking. Nonetheless, we have tried swimming, more walking and even the gym.

But problems compound as the years progress. Any exercise brings on perceived heart pain or angina.

My general practitioner has suggested gastric lap banding. A diabetes specialist concurred. It can be drastic surgery, and not without risk.

So when news came that UK hypnotherapist Sheila Granger was to visit Melbourne with her 'virtual gastric band', it seemed appropriate

"Nothing to lose," said my GP.

Sheila Granger's weight-loss technique involves hypnotherapy where the participant believes that they have undergone a physical operation to reduce the stomach to the size of a golf ball.

There is zero risk involved and no special diet is required. Instead the participant naturally reduces their food consumption, feeling satisfied with smaller portions.

In the UK, her first trial saw 24 of 25 candidates lose 190 lb (86 kg).

Sheila Granger has been keen to help those struggling with weight. Actual gastric band surgery is not always successful and aftercare can also be costly.

Sheila explains: "There is nothing magical or mystical about what I do. I am passionate about promoting the benefits of hypnotherapy and allaying the misconceptions associated with stage hypnosis."

"I believe that 'Virtual Gastric Band' can revolutionise weight loss and I am looking forward to hearing further success stories from my international associates."

I volunteered to be a candidate for the therapy, held over two days at Keysborough, at a conference of clinical hypnotherapists.

I was put into a relaxed state through hypnosis. At all times, you have complete control, and are aware of every word, and every thing going on around you. Some practitioners



Put your knife between mouthfuls; down between my

In my case, the involved me picture favourite beach. I asked to picture a was the fat I had l

I was asked to any fast food into eating it. Interestingly a fast food st since then!

I am starting ea planning the food l importantly - the f my lips. It isn't an it has been ma therapy.

Other technique front 'head hunger' you need food, b actually demanding

Some of the waiting it out (abo exercising, concentr breathing - or eating thing nutritious.

Of course, it a responsibility, tak are doing and in e

In the first week loss of 2½ kg, and

Part of the treati tifying some of th term goals, outline weaknesses.

One example weakness for che going to have any

For me, it has small change from making it difficult food stores. They

Who knows w achieve in coming picture that an ima virtual gastric b achieve those aim

