

The Gastric Mind Band® (GMB) treatment an overview...

The Gastric Mind Band® (GMB) treatment is conducted over four sessions, usually over three or four days. It is appreciated that everyone who undertakes GMB is an individual, and deserves to be treated as such; for this reason, particular sections of the therapy are personalised and unique, resulting in each GMB treatment plan having a number of exclusive elements.

The GMB sessions involve a combination of our unique blend of therapies, and are conducted at a pace and in a manner to suit you as an individual. Elite GMB clients are guaranteed that both Martin and Marion will be exclusively involved in their GMB experience, each of them specialising in their own particular field of therapy. The treatment will involve you being asked to participate in some short term changes in your eating patterns, to help you retune into your body's natural reflexes.

The first of the four sessions is called the conceptualisation session. Lasting up to four hours, it is designed to enable us to gain in-depth and detailed background information about your eating habits, your current relationship with food, any past dieting attempts, reasons for past successes and possible failures. The session will question your past willingness to make the necessary life changes and also your general and mental health. The information is gained using our own unique "forensic questionnaire."

The first session ends with your first introduction to Hypnosis. At the clinic we use Oxypleth pulse oximeters during all the Hypnosis sessions, which allows us to closely monitor your resting pulse rate and your general level of relaxation, providing us with indications of any possible adjustments that may be required in subsequent sessions.

The second session begins with three very important tests: firstly, a blood test, to check your glucose, cholesterol and triglyceride levels, and secondly, a state of the art, indirect calorimetry test, using the latest Korr Medical equipment, developed in the USA, to establish your unique Resting Metabolic Rate, (now better known as your Metabolic Fingerprint).

In the final test, the Tanita Body Composition Analyser is used to accurately establish your starting weight, as well as your body fat percentage, fat mass, visceral fat rating, and interestingly, your metabolic age too. Session two ends with your personalised Hypnosis session, recorded live.

Session three is dedicated to Cognitive Behaviour Therapy. Using all the data collected in the first two sessions, your therapist will introduce you to a whole new way of thinking about food, as well as sharing with you a selection of techniques that will ensure your new eating habits are permanent. Additionally we will explain how to use our pause button technique to literally stop or "freeze" time, along with TactileCBT®.

The Pause Button Technique, incorporating Time Perspective Therapy is a really effective approach that clients are taught how to use during their sessions. Clients are shown how to incorporate its use in their lives at times when they are feeling tempted to eat something that they know they don't actually need. The Pause Button Therapy® is unique to the GMB treatment package and is a protected trademark. All clients are, of course, presented with their own GMB pause button to take home after the final session.

The Gastric Mind Band is fitted during the fourth and final session. During the Hypnosis session which follows, you will then be taken on a virtual journey from the hospital ward to the operating theatre, incorporating all the accompanying sights, smells and sounds, culminating in the gastric mind band operation.

But, of course, that is far from the end of the therapy! Before leaving the clinic you will be given your own GMB tool kit: this includes a copy of the GMB comprehensive treatment manual, which covers in detail everything that happened during your sessions. You will also be presented with a personalised USB stick pre loaded with audio tracks of the sessions, a copy of the GMB treatment manual and additional documents and information as required.

We firmly believe that ongoing support is vital in the GMB process, especially in the first six weeks, so each client is contacted, usually by phone and / or email during this period. Of course everything does not stop after six weeks; we are here, and ready to help at any time whilst you are on your journey to a new, slimmer you.

The Gastric Mind Band Therapy is designed to be a life-changing experience, setting you off on a journey to a brand new way of life as a slimmer, healthier person.

After the therapy you will certainly have a different relationship with food, and maybe alcohol as well; you will find yourself eating much smaller portions and enjoying a generally healthier diet. Just as having a traditional Gastric Band surgically fitted is not a quick fix, nor a miracle cure, neither is the GMB approach: with both procedures, a number of life changes are required.