

## My experience of the HypnoBand

Hi, MY name is Jane Johnston and I wanted to write and tell your readers about my experience at Phoenix Hypnotherapy and particularly the HypnoBand Programme.

I went to see Mark Phoenix Murphy at



Jane Johnston pre HypnoBand treatment

his Villamartin Clinic at the beginning of November 2009. As I approached the clinic I really was a little apprehensive, I was unsure about what Hypnotherapy was, and if it would be effective in helping me in my battle against my weight issues. However, on meeting Mark I found him to be a very understanding person and non-judgmental; he immediately set my mind at ease.

### STOP DIETING FOREVER

After a 30 minute consultation, which included questions on my weight issue and brief history on other issues, Mark agreed to take me on to do the HypnoBand Programme. I was excited about the prospect of being slimmer, fitter and healthier. I started the programme there and then. He used his voice to gently relax me, and that was it - my eyes closed and although I could hear every word Mark said to me I was just floating: it was so relaxing.

After 25 minutes, Mark gently counted up to 5 and asked me to open my eyes. My first

Hypnotherapy session with Mark was over. I was so relaxed and confident that Mark could help me to help myself. Mark gave me a CD to listen to as part of my programme.

A week later, I had the second session. I had to believe I was 'in the consultant's office.' At the end of the session I had to giggle: not only had I seen the consultant's office but my surgeon was to be Michael Bolton, the singer. Wow...

The third session was the actual 'operation' I was finally to have my virtual gastric band. I was very nervous and excited. Mark once again relaxed me and off I went with Michael Bolton. When Mark counted me back up, I actually felt that my stomach was tight; I was really excited about my future weight loss. Mark gave me another CD to listen to as part of the programme. I really felt as if I was floating on a pink fluffy cloud all that day.

The fourth session was equally as relaxing. I went to have my HypnoBand tightened. After finishing the programme, the results so far are that I feel full after only a small amount

Jane Johnston today, post HypnoBand treatment



of food, similar to the real gastric band, but as it says in Mark's advertising, without the pain or cost. I do recommend this treatment to everyone, I really do. I have also joined a gym; I exercise; I have more energy. The results are amazing. At the time of writing, I have lost, so far, 30lbs and 82cm off my body.

So what are you waiting for? Call Mark today on **654 202 996** or visit [www.hypnospain.com](http://www.hypnospain.com) or [www.hypnosisspain.com](http://www.hypnosisspain.com) or see his advert on page 2 this week.

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