

On Your Mind

HYPNOTHERAPY

Thank you for getting in contact with us.

Due to the success of our sessions and media coverage we have found it easier to send out information pdf's so that you can get informed quicker – once you have read this and want to book in we suggest sending an email letting us know you are ready to change your life!!

If email is unavailable then please feel free to text our contact number below and we will get back to you as soon as we can.

Specialising in:

- Weight Loss
- Quitting Smoking
- Addictions
- Stress & Anxiety
- Confidence, Motivation
- Phobias
- and many other conditions

The Virtual Gastric Band is in your area!



Hypno-Band

Weight Loss System

As seen on Sunrise
and Today Tonight

Licensed Hypno-Band *Practitioner*

What if you could have all benefits of a Surgical Gastric Band, without the surgery and cost? Well now you can! By using the Hypno-Band hypnotherapy system we create a state of mind where you will believe you actually have a Gastric Band fitted! You will eat smaller portions and feel full. The Hypno-Band System is a long term solution to your weight problems.

Frequently asked Questions:

1. How much are the sessions?

We have kept the sessions to as affordable as possible. You will receive 4 one on one sessions with Amber, via skype or in person. You will also receive dietary and exercise advice and a cd to keep you on track. This is all for a minimal \$550! Much cheaper than a surgical gastric band procedure and much less evasive!!

2. But I'm on Jenny Craig!!! Does this matter?

No! If you choose to follow an eating plan that you know works for you, any of them at all, that is great! This works in conjunction with any good, healthy eating plan.

3. Will I get all the negative effects of a real gastric band?

No! That is the wonderful thing about this procedure but remember, we will be putting in all the suggestions you want and need to change your thinking and habit patterns forever.

4. Will I be in a room with lots of people?No! We only work one on one because your issues may not be someone else's and feel that you will get the best benefit in dealing with us personally.

5. How long will it take before I notice a difference?

We see changes in our clients immediately! Some people get massive change, others it is more gentle, but either way, each person sees a change and is able to realise that they are in control and can achieve whatever they desire – IF THEY KEEP THEIR MIND ON THE END RESULT!

6. But I've tried so many diets, what makes this one different?

Well, for one, it isn't a diet! This plan is about changing your thinking to what you should be thinking anyway! We were never built to eat junk! We were built to eat clean, healthy food and to move our bodies! Once your mind is flowing to realise that this is normal, not the junky lazy way of life, then change happens so easily!!! Also – the virtual gastric banding helps you to keep to small portions of food, hence the constant and gradual fat loss... slower, healthier fat loss leads to a complete change in life for life!

7. Can I pay by credit card when I come and see you?

No, sorry. At this point in time we accept these payment types:

Paypal, EFT into account prior to appointment or cash on the day. Every single client is asked to pay a \$100 deposit at time of booking. This will secure your slot. If you do not show for your appointment, or cancel less than 48hrs before your session this will be forfeited.

8. Can I pay as I go??

No..... we require full payment at the first appointment if cash. If paypal or eft will need these in account 2 days prior to your appointment – not only does this keep our records square but anything that we pay for we appreciate.

9. What is the success rate?

As with any weight loss system, if you are dedicated and serious about change you will get it. The thing that makes this very successful however, is that you are changing your thinking at the subconscious level! This means that the struggle that has always been there in staying on a program diminishes and you begin to flow with the rhythm of your life. Also, you start to learn that eating to live is awesome! That looking after yourself is normal and all the other things that we thought were, are not!

10. Do you post everything to me?

No, if you are a skype client then we will send links to the cd downloads and we will email your dietary and exercise advice.

11. Is Weight Loss the only thing you help people with?

NO! We have fantastic success with many other situations: Fear of flying, Smoking, Addictions, Anxiety, Nail Biting... almost anything can be helped with hypnosis – working together with our clients is our passion, so contact us if you have anything in your life about yourself that you would like to change – we'll see how we can help :)

Payment for other issues is \$120/session – we still require the \$100 deposit – it just keeps everything flowing nicely and remaining fee can be paid cash on the day if in person or if skype will need to be in the paypal or bank 2 days prior to appointment.

12. Cancellations

If you miss an appointment or cancel on the day, you will forfeit this appointment. We cannot keep moving them around for clients at late notice as then it is missed income for us. Please give 2 days notice if needing to change an appointment time or consider this appointment used – regardless of paying in advance.

If this is a single appointment and you are a no show, we will charge you 50% of that appointment. We really don't like being strict like this but unfortunately, the few affect the many.

***We truly hope we can be of assistance – change can be easy and wonderful.
What are you waiting for???***

www.onyourmind.com.au

amber@onyourmind.com.au

0400 11 55 33