

The best way to lose weight? Slim trance

PROBLEMS with bulging waistlines lie more in the mind than the stomach, a dramatic experiment has shown.

Overweight people fitted with a "virtual gastric band" under hypnosis shed an average of almost nine inches in just five weeks.

The idea is that the subconscious mind will not allow the body to over-eat.

People only have to follow simple rules to reduce their portion sizes as well as being encouraged to exercise and listen daily to a supporting hypnotherapy CD.

Hypnotist Sheila Granger said her trial saw significant weight loss in 99 per cent of the volunteers who had the virtual surgery.

She hypnotised 21 people - four men and the rest women aged between 24 and 65 - with varying lifestyles and weights who all had a history of dieting and struggling

By **Jo Willey**

to maintain a satisfactory weight and size.

One woman weighed 10st and only wanted to lose a few pounds and another, who was 21st, lost more than 2st during the five weeks alone.

In total, the group lost 14st between them during the programme.

Control

Ms Granger, who runs Trance Actions, in Beverley, East Yorkshire, said: "I expected to see a 50 to 60 per cent success rate.

"However, I am very excited to find that we have had a 99 per cent positive result."

The group shed an average of 8.8in from their waistlines. The most successful subject lost

18.5in from their entire body and the smallest amount lost was 1.9in.

Sheila said: "The key is to focus on inches lost rather than weight, but one inch lost equates to 1lb so we estimate a group loss of approximately 190in and 14st."

Successful candidate Amanda Brown said: "It has changed the way I approach food. I no longer constantly think about it like I used to - I feel in control."

Sheila added: "The general consensus from the group shows increased will-power and no need to deprive themselves of the foods they enjoy. As humans, if we are told to avoid something, we crave it even more.

"I want to take my findings to the National Health Service. I think the virtual gastric band can support, and in some cases replace, the actual gastric band."

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