

TYPE 2 DIABETES REVERSAL

**WEIGHT LOSS HYPNOSIS - THE ALTERNATIVE TO
GASTRIC BAND SURGERY**

TYPE 2 DIABETES IS NOT A DISEASE

- One important thing to remember is that diseases need a cure. Often scientists and doctors work towards finding a cure for diseases
- Type 2 diabetes is not a disease, but pertains to our chosen lifestyle
- You must be willing to question who really profits from type 2 diabetes
- You must question what “they” are really telling you
- Type 2 diabetes CAN be reversed, and we will show you where to start



INTRODUCING THE LCHF – LOW CARB, HIGH FIBRE DIET

What is the
LCHF diet?

Let's avoid calling it a diet for now - the LCHF, which stands for Low Carb, High Fat is more of a lifestyle change.

Low carbs means you eat fewer calories, and you cut your carb intake by half, or more.

It means you eat a higher proportion of fat – it may be hard to believe, but you can't argue with over [150 years of proof.](#)

WHAT EXACTLY IS THE LCHF DIET?

Low carbs means you eat fewer calories. You cut your carb intake by half or more and eat a higher proportion of fat. Our fear of FAT started long ago, and today we can see the affects all around us. [Type 2 diabetes in the UK](#) and around the world is a pandemic . The low carb, high fat approach will reverse your type 2 diabetes if you stick with it and commit to a lifestyle change.



GETTING STARTED WITH LCHF

- You get to eat meat, fish, eggs, vegetables that grow ABOVE ground, and natural fats like butter.
- You must AVOID all sugars and starchy foods like bread, pasta, rice, beans and potatoes
- You must AVOID industrially produced "so called" low-fat products.
- When you avoid sugar and starches your blood sugar IMMEDIATELY begins to stabilise, and the insulin levels drop.

The Basics

The LCHF diet is straightforward with no hidden agenda's - you simply eat when you're hungry, and until your satisfied.

STRAIGHTFORWARD

The LCHF diet is straightforward with no hidden agenda's - you simply eat when you're hungry, and until you're satisfied. You do not need to count calories or weigh your food. There is [scientific reasons](#) why the low-carb diet works. But what are the major benefits to choosing a LCHF lifestyle?



THE BENEFITS OF A LOW CARB, HIGH FIBRE DIET

**What are
the benefits
of a LCHF
diet?**

1. **You Lose Weight:** Carbs stimulate the release of hormones and insulin is the body's main fat storing hormone.
2. **Less Stomach Troubles:** Low carb means you have less problems with your stomach including cramping, no diarrhea, and less heartburn

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What are
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diet?

3. Reduces Sugar Cravings: Low carb means no sugar; this will dramatically decrease your cravings. Try the no sugar challenge.

4. Reverse Type 2 Diabetes: Don't take our Word for it, check out these incredible stories.

[Too good to be true?](#)
[Freedom and Health](#)

THE QUICK GUIDE TO LCHF

- GO AHEAD AND DIG IN:
- Meats: including beef, pork, game meat, and chicken.
- Fish and Shellfish: including all kinds like fatty fish such as salmon or herring; just avoid breading
- Eggs: including all kinds like boiled, fried, omelettes etc.
- Natural fat and high fat sauces: use butter and cream to make your food taste great, and best of all you feel satisfied. Try Bearnaise or Hollandaise sauces
- Veggies that grow above ground: cabbage, cauliflower, broccoli, zucchini, eggplant, peppers, onions etc.

**What you
should and
shouldn't eat**

THE QUICK GUIDE TO LCHF

- GO AHEAD AND DIG IN:
- Dairy products - make sure to always choose full fat options for dairy. This includes real butter, cream at least 40% fat, sour cream, Greek or Turkish yogurt, and high fat cheeses.
- Nuts - a better treat than candy! But ideally in moderation.
- Berries - This is great in moderation as well, but even better with whipped cream.
- WHAT TO DRINK:
- Drink water, tea or coffee

**What you
should and
shouldn't eat**

THE QUICK GUIDE TO LCHF

**What you
should and
shouldn't eat**

- TRY AND AVOID:
- Sugar - this includes the worst possible item, soft drinks. Avoid all candy, avoid juice, sports drinks, chocolate, cakes, buns, pastries, ice cream, breakfast cereals, and avoid sweeteners, these are very bad for you.
- Starch - avoid breads, pastas, rice, potatoes, french fries, potato chips, porridge, and muesli. Make sure to avoid legumes like beans and lentils, these are high in carbs.

THE QUICK GUIDE TO LCHF

**What you
should and
shouldn't eat**

- TRY AND AVOID:
- Margarine - this is industrialised and has a high content of omega-6 fat. There are absolutely ZERO benefits in eating margarine, and it has statistically been linked to asthma, allergies and other inflammatory disease
- Beer - This is liquid bread so avoid it at all costs
- Fruit - You can eat fruit once in a while, but remember it is very sweet and has lots of sugar.

BE AWARE OF “FAKE” LOW CARBS

Be Aware of FAKE low carb products

When you see your favourite foods displayed by big brands as low carb, you must remain very skeptical. These types of foods are a scam, and have prevented lots of people from losing weight and getting healthy. These types of products are full of carbs, once you see past the creative marketing.

Two simple rules to avoid this junk:

Don't eat “low carb” versions of high carb stuff, like cookies, bars, chocolate, bread, pasta or ice cream – unless you are SURE of the ingredients (perhaps from making it yourself). Avoid products with the words “net carbs” on them. That's usually just a way to fool you.

Read more here - <http://www.dietdoctor.com/low-carb/foods#foodlist>

THE GASTRIC MIND BAND

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The revolutionary Gastric Mind Band® permanent weight loss treatment, which can be completed over either three or four days at the Elite Clinic in Fuengirola, Spain, has literally changed the lives of hundreds of men and women from all over the world and from all walks of life; and it can, and will, change your life as well. Read on the many pages of this web site about how the Gastric Mind Band Treatment delivers what is surely Utopia for dieters... Permanent Weight Loss using proven psychological interventions underpinned with weight loss hypnosis.

4 DAYS THAT WILL CHANGE YOUR LIFE



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Book Your Treatment Today

The Gastric Mind Band has several case studies presenting incredible results from the treatment. [The Shirran's](#) base their high level of success on treating each client differently based on their own individual needs. Each client that arrives at their clinic has their own set of problems and issues; therefore, personalising the treatment has helped significantly increase the success rate in each client.