

Do *you* want to
get all the
benefits of a Virtual
Gastric Band Weight loss
procedure *without*
the pain, expense
and inconvenience
of *surgery*?

Do you
want to?

Achieve sustained weight loss, without restrictive dieting, excessive exercise or the need to pay for expensive pre-packaged food?

Find the willpower to resist temptation?

Address problem snacking and emotional eating?

Achieve your ideal bodyweight/ideal body shape
and look good in your clothes again?

Regain your health and vitality and feel happy,
energised and alive again?

Start tuning in and respecting the needs of your body,
by learning to be satisfied with three healthy small meals a day?

Get the satisfaction of losing weight on your terms?

If you answered *YES* to any of the above
questions, VGB can help you.

The 30 Day Virtual Gastric Band Program incorporates the Signature Diamond System™

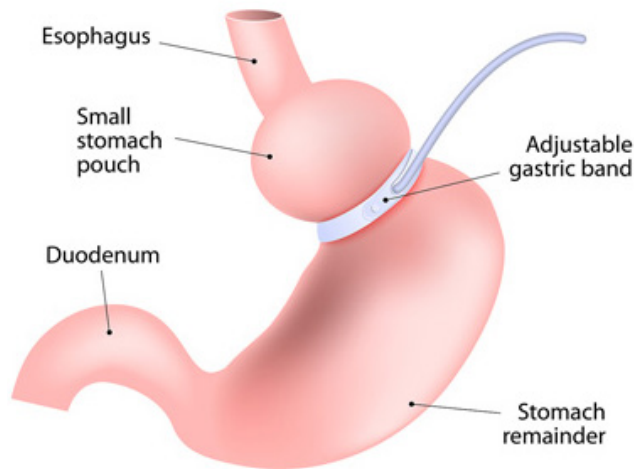


1. **Shift your mindset** - Explores problem behaviours, habits, thought patterns and personal barriers that prevent you from losing weight. Retraining how to think about food. Learn strategies to keep you focused and motivated to reach your ultimate shape and size.
2. **Introduce new behaviours** - Addressing the root cause of unwanted behaviours such as overeating, stress eating and emotional snacking by identifying triggers for these events. Alternative behaviours are introduced and reinforced during each session.
3. **Create conscious eating habits** - Teaching you “conscious” eating habits so that you eat when you are hungry, deal with “Head Hunger” signals (emotional tiredness, stress, irritability, anxiousness or just boredom) appropriately.
4. **Safeguard Weight loss** - Monitoring progress between sessions, accountability systems, post program reinforcement, education and coaching to ensure long term success.

Monika brings a different view on weight loss and is unique in her approach, I discovered more about myself than just the focus of my weight. Monika's one on one session really bought things to the surface and got me to better understand how to get into a habit that supported the lifestyle I wanted to live.

- Androulla Sakkas

The VBG program has had much success overseas, in the UK, USA and Canada, where people have been able to lose a staggering amount of weight, without gimmicks or unreasonable diets, in a short period of time.



"It has changed the way I approached food. I no longer constantly think about it like used to - I feel in control"

- Amanda Brown

Along with the obvious benefits of weight loss, program participants have experienced numerous other health benefits including reduced blood pressure and blood sugar levels, an increase in confidence, more enjoyment of exercise, stress reduction, loss of anxiety, sleep improvement, increased mobility, loss of depression and in several cases, an increased libido.

"Australian program participants are incredibly pleased with weight loss results and improvements in general wellbeing"

What sets Monika apart is how much research and testing she has put into this fantastic program. Her focus on shifting our mindset to get the results we each set out to is the key to success for her clients.

I am truly grateful that I have definitely achieved what I intended to - an increased level of energy, vitality and have noticed the benefits in my skin and general health. Thank you Monika for your dedication, sensitivity, care and support throughout your program. I wish you continued success in helping other clients achieve their weight loss goals also.

- Chris Picone 0409 740 933



If you are interested in eliminating the emotional, psychological and behavioural barriers, that have prevented you from sustained weight loss in the past, contact **0422 987 761**



My name is [Monika Polemicos](#) and I am a Hypnotherapist and Psychotherapist specialising in weight loss. Having lost 10kg myself, I am passionate about empowering people, to take charge of their body and end the weight loss struggle.

In addition, I am certified in delivering the Virtual Gastric Band Procedure (VGB). This unique 30 Day Weight Loss Program has had much success overseas and enables participants to see dramatic weight loss results in a short period of time.

The VGB procedure involves utilising your own powerful unique psychology. Guided by hypnosis you will learn mind management techniques to create new behaviours and strategies that support long-term weight loss.

Take advantage of a **FREE 30 minute weight loss consultation, either in person or via Skype** and decide whether the Virtual Gastric Band is right for you.

Contact

Success Circle

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