

## SLIMR® Program Content Summary



### SLIMR® is different!

We heard what you wanted! We designed the Tooley SLIMR® Weight Wellness Program to be unlike most other non-surgical weight loss plans:

- **Drug-Free:** Other plans may be based on a fixed program of drugs, hormones, or supplements. SLIMR® is totally natural, based on the way your body and mind work together. Nothing foreign is introduced into your body. You bring new thoughts into your mind that give you power over your body and set you free.
- **Diet-Free:** Other plans may have a rigid diet requirement, sometimes even prepared food that must be purchased. With SLIMR® you chose what works best for you. Your mind causes you to eat smaller portions. SLIMR® has no fixed diet. It sets you free from specific foods; free to choose healthful foods you like best.
- **Hunger-Free:** A plan may be composed of non-filling foods (e.g. shakes) of such low calories that you have a gnawing hunger and eventually binge. By contrast, your smaller SLIMR® stomach feels full after you eat very little.

*"I was really surprised when I weighed one week after my mental gastric band was implemented. I discovered that I had dropped 5 1/2 pounds. I expected to be hungry like on past diets, but now I just eat a very small amount of food and I feel full and satisfied." – Cathy Cappasola*

- **Yo-Yo-Free.** Most programs do not include any psychological or sub-conscious work to get at any root issue behind your excess weight. That is why you may go from one program to another with a yo-yo result of lose-gain-lose-gain. The unique benefit of the SLIMR® program is the systematic search for, and adjustment of, the underlying reason for the excess weight.

*"When I asked my sub-conscious what was the reason for my weight, I discovered that I did it as part of my love for, and imitation of, my great aunt. As a little girl I enjoyed being with her and loved her very much. She always told me "You will be just like me!" Besides being creative and loving, she was also short and fat!" – Debi P.*

## You can be FREE too!

## SLIMR® Program Content Details

**1. SLIMR® Mental Gastric Band® Preparation & Implementation:** This is the heart of the SLIMR-band® program. It includes two private hypnosis sessions of preparation, the band implementation private hypnosis session, and two follow-up private hypnosis sessions. Every SLIMR® program level has this essential element. It includes the first five of the hypnosis sessions listed below.

**2. One-on-one Private Hypnosis Sessions:** These are 50-minute hypnosis sessions with Duncan Tooley. The sessions are based around the following topics, adapted to your individual needs:

- Preparation: Being Positive in your Thoughts, Self-Talk, Attitudes, Speech and Behavior.
- Preparation: Your Food Consciousness & Expectation
- Your SLIMR® Mental Gastric Band® Implementation
- Determine your Goals for your Perfect Size and Shape
- Identify and Remove any obstacles to your Weight Reduction
- Your Family Food Rules and Beliefs
- Attitudes about physical activity
- Self Hypnosis for You
- Turn off your cravings & preferences for unhealthy foods
- Turn up your cravings & preferences for healthful foods
- Any part of you that wants to keep your weight
- Releasing your Emotional Holdbacks
- Emotional Eating
- A Current Issue in your Life Affecting your Weight Loss Goals



**3. Group Nutrition Education:** Proper nutrition is the key to long-term weight wellness. Beginning with week six, every other week includes a group nutrition session of 50-minutes. Topics include:



- Calories and Weight Loss Equation
- Mayo Clinic on Weight Loss
- Mayo Clinic food pyramid - Portion sizes
- Approaches to Weight Maintenance
- Nutrition relationship to disease, especially heart disease, diabetes, hypertension

## SLIMR® Program Content Details (continued)

**4. Group Hypnosis Sessions:** These are 25-minute sessions immediately following the Group Nutrition sessions every other week starting at session six. They are unscripted and reinforce the topics for that group lesson.

**5. Pedometer & Walking Program:** Moving your body is key to shedding weight. Regardless of your prior exercise experience, walking is a form of exercise that is available to you immediately. Your SLIMR® program contains a pedometer that you wear daily to record your body movement. Simply record the total each day and make the following day read higher (walk more steps) until you reach at least 10,000 each day. [If you have walking limitations, some form of stationary exercise that moves your pedometer can substitute, e.g. a stationary bicycle.]



**6. Program Weekly Journal:** Your SLIMR® program contains a daily food journal to record your food consumption and your practice of daily reinforcement. A 2008 study in the *American Journal of Preventive Medicine* found that participants who kept a food journal lost twice as much weight as those who didn't. By writing down what you eat, you can keep better track of your calorie balance and the daily conditions that may lead to overeating.



**7. At Home Support Audio CD:** Building a habit requires daily reinforcement. Your SLIMR® program contains four hypnosis audio programs by Duncan Tooley for listening reinforcement each morning and evening. The single program used each day is changed based on your stage in the program.



**8. "I Love Exercise" Audio CD:** Hypnosis audio by Dr. Shelley Stockwell Nicholas assists you with the desire to move your body more. It can be used at anytime throughout the program.

**9. SLIMR® case:** Your SLIMR® case is a convenient place to carry your reminder cards, current CD and journal. Having your photograph of yourself in the cover at your goal weight is a constant reminder and encouragement of where you are going.

**10. Daily Motto Reminder Cards:** Building a habit requires daily reinforcement. Each day you say your motto 10 times in the morning, 10 times at midday and 10 times in the evening. Your daily motto reinforces your lifestyle adjustment to your smaller stomach. Your strategically-placed motto cards remind you to smile and say your motto often.



**11. Stomach Size Reminder:** Your Mental Gastric Band® creates the sensation of a small round food chamber at the top of your stomach. A two-inch ball serves to remind you at meal time not to put more on your plate than will fit in your smaller stomach.



## SLIMR® Program Content Details (continued)

**12. Restaurant Card:** Your restaurant card authorizes you to request smaller or children's portion sizes because of your recent stomach-shrinking procedure. It frees you from the hassle to having a smaller eat-out experience.

**13. Calorie Reference Book:** Being a wise and healthy eater requires knowledge of the fat-carbohydrate-calorie content of what you eat. The pocket reference guide that comes with the SLIMR® program contains information on thousands of foods used in the home plus menus from 200 restaurants and fast-food chains.



**14. Nutrition Affects Disease CD's:** This set of 15 audio lectures by Dr. Pam Popper of the Wellness Forum is part of the nutritional education for at home or in-the-car listening. Depending on your program, some of these CD's are included as bonuses in your program:

- Attention Deficit Disorder
- Take Control of Your Health
- Heart Disease
- Understanding Diabetes
- Biological Causes and Treatment of Autism
- The Wellness Forum's Guide to Depression
- Cancer Prevention
- Health Benefits of Soy
- Prostate Health
- Osteoporosis: Fact vs. Fiction
- Weight Loss
- Heart Disease
- Cancer Treatment
- Protecting Our Future: Bringing Up Healthy Kids in America Today
- Improving Health, Academic Performance and Behavior in Children
- A Consumer's Guide to Evaluating Health Information and Research



**15. Gastric Band Adjustment Coaching:** You are instructed how to tighten (and loosen) your gastric banding. Tightening your gastric band before eating at a restaurant or attending a party is recommended. Your band cannot be over-tightened. You are in total control of your hunger or sense of fullness.

**16. Free Extra Hypnosis Sessions:** Once you experience the liberation of connecting with and changing your sub-conscious programming, you will want your family and friends to experience the same liberation. Your SLIMR-band® program includes one or more hypnosis session that you can use as gifts to family or friends for whatever will benefit them (not limited to weight loss).

**17. Email & Phone Support:** When you need additional support or want to celebrate a particular victory, Duncan is available to you via phone or email for the duration of your program.





## SLIMR® Investment – Private Sessions Program

Two levels of the Tooley Mental Gastric Band® program provide you with choice in matching your weight loss goals with the optimal program for you. [www.mentalgastricband.com](http://www.mentalgastricband.com)

<b>Program Features</b>	<b>Gold</b> Tooley's Mental Gastric Band® 13 weeks	<b>Platinum</b> Tooley's Mental Gastric Band® 25 weeks
Tooley's Mental Gastric Band® Preparation & Implementation	✓	✓
One-on-one Private Hypnosis Sessions	✓ x 9	✓ x 15
Group Hypnosis Sessions *	✓ x 4	✓ x 10
Group Nutrition Education Sessions*	✓ x 4	✓ x 10
Pedometer & Walking Program	✓	✓
Program Weekly Journal	✓	✓
Home Support Audio CD/MP3	✓ x 5	✓ x 8
"I Love Exercise CD" (by Shelley Stockwell Nicholas)	✓	✓
Nutrition Affects Disease Info. CD's (Dr. Pam Popper, Wellness Forum)	✓ X10	✓ x 15
Stomach Size Reminder & Adjustment Coaching	✓	✓
Calorie/fat/carbohydrate Reference book	✓	✓
Free Extra Hypnosis Sessions (for family/friends - any reason)	✓ x 1	✓ x 3
Email & Phone Support (for duration)	✓	✓

• dependent upon mutual scheduling opportunities.

At the end of either program you will have built the ongoing nutritional habits and will keep the materials and tools to continue on your weight wellness path. Should you choose ongoing support, a low-cost maintenance program can be personalized to your desires and budget. **Freedom** to return to a balanced “energy in” matching your “energy consumed” is our goal for you.



## **SLIMR® Investment – Group Sessions Program**

Two levels of the Tooley Mental Gastric Band® group program provide you with choice in matching your weight loss goals with the optimal program for you. [www.mentalgastricband.com](http://www.mentalgastricband.com)

<b>Program Features</b>	<b>Gold</b> Tooley's Mental Gastric Band® 10 weeks	<b>Platinum</b> Tooley's Mental Gastric Band® 25 weeks
Tooley's Mental Gastric Band® Preparation & Implementation	✓	✓
Group Hypnosis Sessions Includes Group Nutrition Education	x 10 ✓	x 25 ✓
Pedometer & Walking Program	✓	✓
Program Weekly Journal	✓	✓
Home Support Audio CD/MP3	✓ x 5	✓ x 8
"I Love Exercise CD" (by Shelley Stockwell Nicholas)	✓	✓
Nutrition Affects Disease Info. CD's (Dr. Pam Popper, Wellness Forum)	✓ X10	✓ x 15
Stomach Size Reminder & Adjustment Coaching	✓	✓
Calorie/fat/carbohydrate Reference book	✓	✓
Email & Phone Support (for duration)	✓	✓

Note Some private sessions at \$200/session may be necessary.

At the end of either program you will have built the ongoing habits and will keep the materials and tools to continue on your weight wellness path. Should you choose ongoing support, a low-cost maintenance program can be personalized to your desires and budget.

**Freedom** to return to full life of balanced “energy in” matching your “energy consumed” is our goal for you!