



## How Slimpod Gold works

The Slimpod system uses unique voice recordings you listen to for just nine minutes a day. Our cutting edge technique uses a magical combination of unconscious persuasion, neuroscience, behavioural science, modern psychology and neuro linguistic programming (NLP). It gently retrains the mind to change the way you think and feel about food and yourself.

It's a complex process but Slimpod alters the brain's reward system so that the pleasure no longer comes from burgers, chocolates or sugar but from making healthier food and lifestyle choices.

By empowering you to control what you eat and motivating you to be more active, you lose weight without even having to think about it. Slimpod helps you lose weight without depriving yourself and it does what diets can't. It focuses on changing your behaviour towards food and importantly, they take the emotion out of eating.

In independent clinical trials, 95 per cent of Slimpod users lost weight. NHS consultant Mr Gideon Felton also tested Slimpod on himself and said: "I found its effects to be profound and life-changing."

Slimpods work brilliantly on their own or are the perfect partner to any eating plan.

### **The only weight control method which helps you to lose interest in sugar**

If we lived in a perfect world, with perfectly balanced meals, lots of time and no stress, worry or emotional attachments to food, then controlling our weight would be easy!

But we live in an imperfect world with imperfect food and everyday life can be stressful. So sticking to diets and eating plans long-term is almost impossible.

Sugar is also a major issue because it plays havoc with the mind and body's natural weight control system. Our Slimpod programme is the only weight loss method that enables you to control food and sugar without willpower or cravings.

It's like flicking a switch in your brain. Where you used to get your pleasure from unhealthy food and sugary snacks, your brain starts learning how to feel good when you eat healthy food and take exercise instead.

The more you do this, the more it becomes a habit. And your confidence and self-esteem grow.