

Stop Spitting, Lose Weight....

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MARBELLA, MALAGA, SPAIN, April 30, 2015 /EINPresswire.com/ -- Stop Spitting, Lose Weight....

It's scientifically documented, but surprisingly seldom discussed, the positive benefits of Saliva in the constant battle to lose weight.

At the [Elite Clinic near Marbella](http://www.gmband.com) in Spain, www.gmband.com a popular weight loss haunt of many celebrities, one of the many weight loss techniques they introduce to their clients involves the use of saliva to lose weight.

Everyone has read or been told countless times, "eat slowly, chew your

food well; it takes twenty minutes for your brain to get the feeling full message to your stomach" But there is another powerful benefit in keeping the food in your mouth, which is even more important to those wishing to find the 'secret' to permanent weight loss.

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Elite Clinic near Marbella in Spain, weight loss choice of both celebrities and many members of the public.

Martin Shirran

A vital part of the digestion process of food starts in the mouth, Saliva contains the enzyme Amylase, which can break down starch, additionally salivary lipase in the mouth commences the breakdown of fats, but of course, only if you don't swallow the food too quickly!

So, are all slim people slow eaters? Martin Shirran of the Elite Clinic, also the original trial Guinea pig of their popular Gastric Mind Band treatment, thinks most are. Slowing down his own

eating was a major component of his amazing 65lb weight loss.

"We dedicate an enormous amount of treatment time to the careful completion our GMB Forensic Weight Loss questionnaire with each new client. Over eighty per cent confirm that they are fast eaters"

So what can you do to slow down, Alan Sugar's book advocates eating with a 'Little Fork', others suggest placing your knife and fork in the opposite hands. Some of the tricks taught at the Elite Clinic involve playing a secret game at meal times, ensuring you win by always being the last to finish.



The clinic's solution to achieving permanent weight loss with their clients involves the use of their own unique type of CBT – [Pause Button Therapy](#); it instigates permanently changing the person's thinking into that of a slim person, because slim people really do think differently around food!"

So, spit less, it is best in your mouth and far less offensive to others anyway.

More information on the Elite Clinic can be found at www.gmband.com. The two books published by Hay House internationally on the Clinic's work – Pause Button Therapy and Gastric Mind Band are available from Amazon.

Notes to Editors

The Gastric Mind Band® treatment is available through licensed clinics worldwide including - Dubai, Denmark, Egypt, Abu Dhabi and Lanzarote – Canary Islands.

The Gastric Mind Band® procedure was developed by Marion and Martin Shirran as an alternative to having a surgical, Adjustable Gastric Band fitted.

Gastric Mind Band® pioneers Martin and Marion Shirran opened their Elite Clinic in Fuengirola, Spain in 2004. They have dedicated most of the last decade to the research and development of their revolutionary weight-loss approach, the Gastric Mind Band Therapy®. Their method is unique, utilising a range of proven psychological approaches including their own take on Cognitive Behaviour Therapy.

The Gastric Mind Band® treatment approaches obesity from a psychological perspective and involves a combination of therapies including Cognitive Behaviour Therapy (CBT), Time Therapy (TP), Guided Imagery, and Pause Button Therapy (Tactile CBT). In addition, the Shirrans use what they refer to as a "forensic questionnaire". This detailed questionnaire is designed to uncover the exact and often deeply concealed reasons the individual is using food other than nutritional requirements.

Scientific Research

The Gastric Mind Band® procedure has an enviable 70% success rate. In addition to media interest in the UK, the US and Australia, the Shirrans' pioneering work has attracted the interest of academics. It has been the subject of two in-depth scientific research studies recently presented at universities in both Portugal and Poland.

A paper written by Dr Theano Kavanah and Martin and Marion Shirran containing research evidence demonstrating the efficacy of Pause Button Therapy for weight loss was presented in 2012 at the 1st International Conference on Time Perspective at Coimbra University in Portugal.

The latest research on GMB was presented at the World Conference in Warsaw, Poland in July 2014 by Clinical Psychologist Dr Sarah Clarke. It studied a group of 125 Elite Clinic clients from of a group of 176 for whom there is with detailed pre- and post-treatment data. The study showed that 117 had lost weight. The average weight loss of this group was 9.76kg. Based on this sample, 94% successfully lost weight.

About the Directors

Both Marian and Martin Shirran are registered in the UK with the Complementary and Natural Healthcare Council and are members of the British Institute of Hypnotherapy. Martin has a primary certificate in R.E.B.T. - "rational emotive behaviour therapy", a form of cognitive behaviour therapy, from Birmingham University School of Psychology. He is also a member of the United Kingdom Society for Behavioural Medicine, and the International Hypnosis Research Institute.

Martin Shirran

The Elite Clinic

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