



**What it means to be a member**

Being in the E-SaW Club isn't about food, drink or even exercise. There are no banned foods or drinks, no arduous sessions to attend.

That's because to be the size you want to be you don't need to understand more about food, drink or exercise.

You need to understand more about you.

Being in E-Saw changes the way you think about food, drink, exercise and, most importantly, yourself.

**How we help you choose your way to being smaller permanently**

You want to be smaller; and you want to look better. Not just for a while. But permanently.

That's a good place to be.

But it can also be rather a confusing place to be. There have never been more ways to make these changes.

Please tell us:\*

Have you tried a programme or diet to become smaller before?

Did you actually become smaller?

Have you put most or all of that loss back on?

Do you want to become smaller permanently and not see-saw your size up and down?

Short-term diets get rid of fat for a short time but most people then put it back on. Ways to permanently make change include:

**Bariatric surgery**

The stomach is made smaller; the intention being that feelings of being full-up come more quickly so less is eaten.

**Advantages:**

- It works for some people - whilst others try to "trick" the surgery by eating little and very often.
- If it works, change comes quickly.

**Disadvantages:**

It also depends on the stomach sending messages to the brain saying it is full quickly. If the messages are not delivered quickly, there can be intense feelings of being over-full.

As before, this is setting up what is, effectively, a battle inside the individual - the mind wanting one thing and the stomach messaging another. Some people find this difficult to cope with. There is no attempt to address any emotional causes for the size problem.

**A programme that changes attitudes permanently**

**Advantages:**

- No surgery, no banned foods and ongoing support.
- It is the least expensive alternative listed.
- Change comes quickly if that is an important requirement for the individual.
- Attitudes change - so there is no 'battle' between what the mind wants and the messages coming from the stomach.
- If the person on the programme is up for it, great progress can be made with addressing the reasons for the size problem.

**Disadvantages:**

Programmes like these take up time - between 20 and 35 minutes per day on average - although many people find that they have much improved focus on their tasks and get more done.

There are also online or face-to-face meetings to attend. These can take a further 1-2 hours per week - normally at weekends or in evenings, but not always!

**Become smaller urgently for some reason?**

If the person taking the programme makes it clear that they have a need to see their size change quickly, the course will be altered to help achieve this. Once this target has been met, the programme concentrates on making the change permanent.

**More on choices**

Your choices may not be as complicated as you first thought. Although there are many ways to lose body fat and become smaller, diets mostly just cause your size to see-saw up and down. Surgeries like the installation of bariatric bands and liposuction involve intrusive procedures and introducing foreign objects into the body. Many people are not comfortable with this.

Non-surgery installations of balloons into the stomach can be uncomfortable but suit some people well. For example, in the past few weeks there has been much speculation about a new pill that contains a balloon which, when you swallow it, inflates in your stomach preventing you from eating as much as you normally do.

However, others feel they set up a 'battle' between what their minds want and a false sense of fullness messaging from the stomach.

The big question is: Do you want to be walking around with a big balloon inside your stomach? Have you really so little control that you have to resort to these extreme measures?

We believe that, in the vast majority of cases, surgery and other artificial means of reducing the size of your stomach are unnecessary, and carry health risks those of us wanting to be smaller simply needn't take.

And we mustn't forget that procedures like these a situation inside us which is, essentially, one of conflict. We are conning our stomachs into sending messages to our brains that, hopefully, will overrule its attitude to eating and drinking.

- Do any of us want this level of conflict within ourselves - every day, week in, week out?
- Do we need to set up these negative situations inside ourselves?

Almost everyone underestimates their ability to change how they think about food, drink, exercise and themselves.

We know it can be easy, positive and life-changing.

All you need do is fill in these last questions, and we will be in touch.

Your Forename\*

Your Preferred Forename if different

Your surname\*

Your email address\*

Your telephone number\*

Your postcode at home\*

This helps us to find the most suitable group for you.

Your postcode at work

This helps us to find the most suitable group for you.

**Group Meeting Option\*** (please select one option)

Yes, I wish to be invited to a group meeting so that I can find out more about being an E-SaW Club member and The E-Saw Guaranteed Permanent programme.

No, I feel that I have accumulated enough information about E-SaW Club membership and The E-Saw Guaranteed Permanent programme and don't want to be invited to a group meeting. I am happy to have the one-to-one talk with you as soon as possible.

**Feel free to tell us anything you think we should know at this stage**

This is not obligatory.

**How to submit this form**

Please save your completed form and send it as an attachment via email to [join@e-saw.club](mailto:join@e-saw.club)