



Hypnosis for Stop Smoking

Did you know that hypnosis is one of the most effective means of stopping smoking? By working with the part of your inner mind that gives you the desire for cigarettes, hypnosis helps eliminate the internal battle that many people experience when giving up the habit.



How Hypnosis Can Help

Smoking is both a physical and psychological habit. While the physical habit can be overcome in a few short days, the psychological, or subconscious pattern of habit, can last for much, much longer. This is why hypnosis is such an effective way to stop your smoking habit. Hypnosis addresses these subconscious patterns and is able to help relieve the difficulties with cravings and withdrawal to help you to become and remain a non-smoker.

The Good News About Stopping Smoking

Immediately after your last cigarette:

- No more burns in your clothes, furniture, and car.
- Your body's healing processes begin.

20 minutes after your last cigarette:

- Your blood pressure lowers.
- Your hands and feet warm up.

8 hours after your last cigarette:

- The carbon monoxide level in your blood returns to normal.

24 hours after your last cigarette:

- Your heart attack risk decreases.
- You are less short of breath.
- You save money (\$10.00+ per pack).

3 days after your last cigarette:

- Your family and friends are happier.
- Your senses of taste and smell improve.
- Your skin begins to look and feel better.
- You have increased energy.

About 1 week after your last cigarette:

- Your mood improves.
- You are less irritable.

2 weeks after your last cigarette:

- Your circulation improves.
- Your lung function increases.

1 to 9 months after your last cigarette:

- Smoker's cough decreases.
- Your lungs' cleansing function returns to normal.
- Your risk for infection decreases.

1 year after your last cigarette:

- Your heart attack risk is half that of a smoker.
- You've saved approx. \$3,640.00+ or more from not buying cigarettes.
- Freedom! You're free of the cigarette smoking habit.

5 to 15 years after quitting:

- Your stroke risk is equal to that of a non-smoker.

10 years after quitting:

- Your lung cancer risk is half that of a smoker.
- Your risk of cancer decreases (including cancer of the mouth, throat, bladder, etc.).

15 years after quitting:

- Your risk of heart disease is equal to that of a non-smoker