

# Trevor Wales Hypnotherapy Solutions

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Quit smoking treatment information & E book on the health risks to smoking and the benefits of stopping smoking



If you are thinking of quitting smoking then please, do read on. If you have already made the choice to take action and seek help to give up smoking, whether you choose me, which I hope you will; or whether you choose any other method or practitioner well done! This is the best choice you could possibly make for yourself. I speak from experience having been a smoker from the age of fifteen to forty-three. I have been a non-smoker for over eleven years and have never once felt the urge to light up since I quit smoking. If I can give up smoking, so can you and I will be happy to help you.

## Statement from the world health organisation

***'A cigarette is the only consumer product which, when consumed as desired, kills half of its regular customers'***

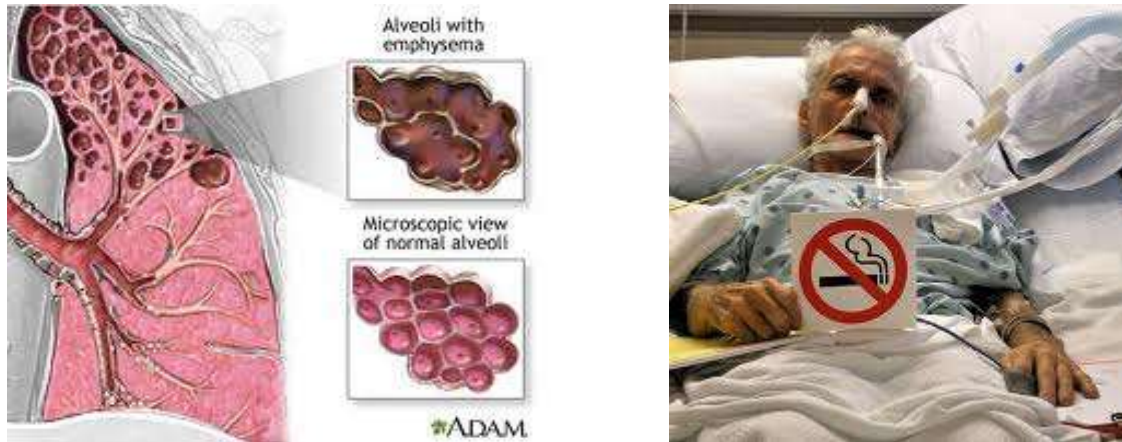
***That statement is certainly worth thinking very seriously about.***

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Dave Allen, Comedian.

I've stopped smoking.... I think the cost was a lot of it, and not being able to breathe I first gave up smoking when I was eight



How much do you spend on smoking and how much could save over a lifetime?

Most smokers who have smoked even for a moderately long time, even as a conservative guess smoke twenty a day. Some smoke far more. Smoking 20 a day with the average cost of cigarettes at over £6.00 per packet will have you spending over £2200.00 per year. That's a whopping £22000.00 over ten years and that isn't even taking into consideration VAT increases and budget hikes in tobacco duty!

Just imagine how much money would have gone up in smoke if you continued smoking just twenty a day for the rest of your life, perhaps into your seventies, eighties, or nineties, assuming you're lucky enough to have made it that far with all the complicated health risks associated with smoking. How much do you think you will have spent at today's prices even? Supposing you start smoking twenty a day regularly at the age of seventeen or eighteen right the way through to your late seventies.

Do you think it would be over £50,000? £60,000? No, the astounding figure at today's prices work out at over £136,000.00! Sobering thought isn't it. Practically the cost of a home in some parts of the country! Now, how badly do **you want to quit smoking**

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So if the high cost of smoking is crippling you financially as well as damaging your health and you want to give up for good, the good news is that within one two and half session you could be free of the habit forever.

## **How much does it cost?**

The fee for my two and half treatment session is probably the best investment you will ever make and I will happily share this with you when you call me for a free phone consultation. Call **Trevor Wales on 01726 69703**

Compared to the thousands that even average smokers spend each year on smoking cigarettes my Quit Smoking treatment is excellent value for money and costs a mere fraction of what you will no doubt be currently spending in a year and its value is not only financial.

## **How much is your health worth to you and your loved ones and can you put a price on it?**

I will bet that if my fees were to be as much as you spend in a year..... if your life depended on it you would find that money which you find every day to feed your habit. If **you really want to quit and take back control of your life**, in my opinion that will be money very well spent compared to the cost of smoking twenty a day at over £6.00 a packet. Just a reminder, that's over £2200.00 a year or £22000.00 over ten years. Just think what you could do with all that extra money! Plus your health will improve dramatically and that's got to be good hasn't it?

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### **How many sessions?**

My quit smoking treatment sessions last just over three hours approx. and are split into two separate parts. This programme is normally delivered in one just one session but may be split over two sessions at the clients request

### **Why are my treatment methods very successful?**

The reason my treatment methods are so successful is that prior to the main hypnosis session my clients have a full understanding of the psychological issues that make it difficult to stop smoking. During this first part of the treatment session this gives me the opportunity to dispel a few myths that smokers worry about such as weight gain or irritability bought on by withdrawal symptoms once they successfully stop smoking. This makes this method of giving up smoking very well suited for those smokers' who would like to quit smoking, but find it hard to believe they can without it having an adverse impact on their lives.

### **The treatment programme**

The treatment begins with a fact finding session about each person's background and their smoking history and to ensure that they are suitable subjects for the hypnosis session (ie, to make sure there are no current medical conditions where it could be a risk to use hypnotherapy. People with heart conditions, stroke victims etc.)

This is followed by the pre session discussion referred to earlier where we look at the various reasons why smokers smoke, the perceived benefits that smokers believe they get and the health risks to both the individual and family and the various psychological issues in quitting smoking using willpower alone and why in most cases it doesn't work.

We look too, in depth at all of the positive health and psychological benefits of becoming a non-smoker and what it means to the person giving up and how it will impact their lifestyle and improve their personal finances. Also I give a full explanation of why smokers who quit with the aid of hypnosis and hypnotherapy do not suffer nicotine withdrawal symptoms, cravings for cigarettes or gain weight.

The second part of the session uses hypnosis combined with the power of suggestion therapy, to assist you to quit your smoking habit with ease

The suggestions given in the hypnosis part of the session are all positively phrased. Unlike some other therapies I do not use any aversion material unless, so you need not worry about, after the session, having the taste of burning rubber whenever you smell cigarette or cigar smoke

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Instead all of the suggestions given during the hypnosis session are positively phrased to allow you to stop smoking easily, without withdrawal symptoms, cigarette and nicotine cravings, or gaining weight.

All of my sessions are recorded onto CD for additional reinforcement for the client to use to listen to regularly for a period of up to four weeks, listening on headphones for maximum effectiveness. By listening regularly right from the outset this is the most certain way to ensure permanent change.

The cd can be listened to as often as needed. Some people find this to be an enormous help as a booster if they find they are having the odd craving. Yes, it can happen in some situations as everyone is different.

### **Aftercare**

Furthermore to give my clients an aftercare support package that has real value, I offer a free six monthly 30 minute revue session either by Skype or over the phone.

If for any reason in rare circumstances after the six month period the client has not stayed a non-smoker and successfully quit, this gives a further opportunity to work together to find out what the clients blocks are and what the client needs. In some rare situations an aversion therapy CD session is sometimes recommended which usually does the trick for someone determined to continue to smoke with all of its known health risks.

In most cases though if the client is really clear with their intention and is really honest with themselves and really wants to quit smoking and does their bit to ensure the programme has the best opportunity to work this is usually not at all necessary.

If a client should need further treatment to stop smoking as part of the package I offer an additional session at a discount from my normal fees, as a goodwill gesture. If the client is not within travelling distance then the Cd will be posted to them.

Compared to the thousands that smokers spend each year on smoking my Quit Smoking treatment is excellent value for money and its value is not only financial.

How much is your health worth to you?

And don't forget, the treatment package price is inclusive of your personalised hypnosis session recorded onto CD.



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## Important Information to help you with your decision to Quit Smoking

In writing this valuable information for you which I sincerely hope will be the catalyst in helping you to arrive at your best decision to *give up smoking* I want to speak in a very direct way to you as if I was talking to you as a friend or family member.

You have arrived at this page through a conscious choice which tells me that you are either seriously thinking about quitting smoking or have already made the choice to quit smoking. Some of the things here are made to make you feel uncomfortable, perhaps even a little sad and reflective. I make no apologies for this.

Why would I do this? Because if I can help you to make the transition from being a smoker to a non-smoker, it will have been well worth it, for both of us. Firstly for me to know that I have helped another person make a life changing decision for the betterment of their own life and secondly for you to know that you have made a conscious choice to stop killing yourself slowly and enjoy improved health, vitality and a better quality of life.

Your loved ones will thank **you** for it and **you** will be being kind to **yourself** too.

Think about it? Everybody has friends and loved ones and so now what I want you to do is read this paragraph first then just close your eyes and imagine a point in your future.... See this clearly in your mind's eye and start to feel the emotion. Think about all of your friends and family gathered at your hospital bedside and imagine yourself wired up to a life support machine and ventilator, or sadly at your own funeral as they all gather around you to say goodbye and pay their last respects. I want you to just imagine the heartbroken, grief-stricken faces. For a moment feel their sadness and heart break at the loss of a dear friend and family member... Hurts doesn't it? Well we can do something to change this and give you a much more positive picture.



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Now let's completely change the picture, read this paragraph, then close your eyes again and imagine a different future.... See yourself as a non-smoker, feeling fitter with more stamina. Your clothes and hair no longer smell of smoke. Perhaps you have had your teeth polished and scaled and you now sport a lovely smile because you are no longer ashamed about showing a tobacco stained set of teeth to the world. Your fingers and finger nails are no longer nicotine stained. Perhaps you even have more energy to take up that sport or pastime you used to do? Sailing, Cycling, Golf? Gardening, Walking? Your family and friends all congratulate you that you have given up a dangerous, dirty, life threatening habit.

No more will there be cigarette ash spreading a fine cover of dust everywhere. No more will there be a very unpleasant musty smell in your home or car. If you are a very heavy smoker, where there is always the prospect of those unpleasant sticky tar films that seem to attach themselves to all sorts of surfaces, all of these horrible unpleasant side effects will be gone in a relatively short space of time. No more will you contaminate your body with noxious toxins and neither will any pets and loved ones breath in your cigarette smoke putting their own health at risk too. **You** now feel so much better and so do your family and friends too. **You** are now a non-smoker and that feels so much better all-around including the effect on your wallet or purse! Think what you can do with all the extra money you are now saving as a result of being a non-smoker.

Now, doesn't that choice feel better? Which future would you choose and more importantly **which will you choose?** The choice is entirely yours, you own it. You are entirely responsible for the choice you make, no one else. The choice is yours and if you decide to quit smoking I can help you. I am a registered member of the 'General Hypnotherapy Register' and a registered member of the 'Central Register of Stop Smoking Therapists.

## Why do people smoke?

There are very many reasons people smoke. Usually people who smoke will tell you that they really do enjoy it. Very rarely do they say that they are addicted and just can't stop. I personally remember the feeling for a long time of knowing that I no longer enjoyed smoking after many years of smoking daily. The horrible feeling of a permanently stuffy nose, tobacco stained teeth and the stale smell of tobacco on my clothes and all the other unpleasant side effects just became too much. I also too remember the cravings that **you** just had to smoke, that uncontrollable urge that made you light up even when you had a rotten cold and it just made you feel worse! So why do people smoke at all?

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**There are many reasons, but here are just a few:-**

- Relief from Stress and anxiety
- People who smoke will tell you that it makes them feel more in control and able to cope with stress. If this is a key point then, in most cases stress and anxiety are in there somewhere. During hypnotherapy these issues can be worked upon to assist with the process of giving up smoking.
- Social integration
- To be one with the crowd. From my personal experience most of us start smoking at a very young age. I started whilst a teenager and you could just not go out with your friends in your social group and not smoke. The trend then becomes a habit and the habit over time becomes an addiction that we just cast seem to live without.
- Confidence issues
- A lot of smokers use smoking as a perceived image enhancer. Hardly surprising really as the tobacco industry has spent millions in advertising over the years convincing us
- all that we will somehow be more attractive and confident with a cigarette in our mouth.
- Nowadays there is so much more regulation up on advertising the tobacco industry which over the medium to long term has had much less of an impact on the older generations who grew up with media advertising of tobacco almost everywhere and every day.
- During hypnotherapy confidence issues can be worked upon if necessary to assist the client in the process of giving up smoking by helping the client access a natural independent self-confidence.

### **Quit smoking? To smoke or not to smoke?**

It's a tricky and contentious question isn't it? Ask anyone who doesn't smoke and lives with a smoker about how their partner may react when the question of them giving up smoking is raised. It is a fact that the subject of the risks and dangers of smoking is a very emotive issue and conversations between smokers and non-smokers have the possibility of becoming very highly charged indeed! I know because I have experienced this at first hand when I was a smoker myself for many years.



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There are so many issues that can drive the conversations, particularly in family situations where there are young children involved. The most likely ones on the list will be centred on issues such as the risk to young children, pets and non-smoking adults of breathing in cigarette smoke.



Cost issues and the strenuous impact this can have on the family budget, health and emotional issues in the case of the smoker, such as the potential trauma of having to see a love one slowly dying a very painful death of a smoking related disease and the impact of the grief and loss on the loved ones left behind who will feel robbed and cheated of the times they could have spent together if only their loved one had made the choice to quit smoking.

Non-smokers will almost certainly reel of so many positive reasons as to why it is the best choice a smoker can make to give up smoking and on the flip side I know of smokers who get really defensive and passionate about the being pressurised into giving up smoking.

The fact is that smoking is a killer; we all know this because there is no such an overwhelming amount of scientific and medical evidence that proves beyond doubt that smoking is a killer. The smoker is driven by their cravings and addictions and understandably this will have a bearing on how the smoker may react to being badgered by friends, family, and health practitioners into giving up the weed.

Speaking as someone who used to smoke up to sixty a day I can say with the utmost certainty I understand how that works because no one likes to be told that their

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personal choices are wrong, especially when deep down inside you know the advice that you are being given is right!

What makes it all the harder when you haven't quite got to the stage of saying to yourself "Right I'm going to quit smoking" is the fact that people in the UK have smoked for hundreds of years and that it has for so many of us been an accepted part of the fabric of life. Actually, around the world, People have smoked or chewed tobacco for thousands of years.



The plant was first discovered in the Americas, possibly as early as 6000B.C. and later exported to Europe and other parts of the world. In 1492 Columbus discovered tobacco. He was offered "certain dry leaves" which he records as "giving off a distinct fragrance".

In 1600, Sir Frances Drake persuades Queen Elizabeth to try smoking. In 1604 King James I of England in his "Counterblast to Tobacco, said that *"Smoking is a custome loathsome to the eye, hateful to the nose, harmful to the brain, dangerous to the lungs, and in the black stinking fume thereof, nearest resembling the horrible stygian smoke of the pit that is bottomless"* He was the first to impose a tax on tobacco.

So tobacco has undergone both good and bad publicity, from being hailed as a protective agent against the plague to having associations with the development of serious health conditions since the earliest of times. The links to its darker nature were first speculated upon in the 1600's. Bear in mind though that tobacco is not the only

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constituent of the cigarettes we know today.

Nicotine is in fact a rather handy substance for the tobacco plant, it acts as a natural insecticide due to its highly toxic nature, and it puts the insects off of attacking the plant. And rightly so because Nicotine is three times deadlier by volume than Arsenic.

## The first Historical link between Cancer and smoking

Very few people actually know when the first link between tobacco and cancer was made. If you ask most people the answers will vary from the 1960's onwards. Well, the first link was indeed made in the 60's but it was in fact made in another century. Rather surprisingly not the 20<sup>th</sup> Century! It was, in fact, in 1761 that a London Physician by the name of John Hill made the link, reporting that he often found 'polyp's' present in the respiratory tracts of frequent snuff takers – as you probably know, snuff is one of the forms of tobacco



Let's look at why you should give up. On the next page is a handy little chart which shows Reasons to quit smoking and reasons why people continue to smoke. It's quite simply results versus excuses.

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## Why give up?

So why smoke anyway? Let's take a look at the reasons most people give for smoking and then the reasons not to smoke. This doesn't cover all the health risks.

Reasons against continuing to smoke	The reasons people say they smoke
<p>It is expensive. Average spends for a packet of 20 cigarettes is now over £6.00</p> <p>If you smoke 20 a day that is £42.00 and over a week or around £190.00 per month or over £2000.00 per year. What could I do with all that extra cash?</p>	<p>I smoke to reduce stress. Smoking helps me cope better, even though deep down inside I know this isn't really true</p>
<p>It is proven that it is bad for children and animals</p>	<p>I enjoy it.</p>
<p>It makes your eyes less bright and affects your vision....</p>	<p>I am used to it.</p>
<p>It increases the signs of bodily aging</p>	<p>It is relaxing.</p>
<p>It shortens life expectancy and the quality of your life.</p>	<p>It is too late to stop.</p>
<p>It sets a bad example to children.</p>	<p>My friends do it.</p>
<p>It can lower your self-confidence by making you feel out of control.</p>	<p>I've tried before to give up and just cant.</p>
<p>It makes your home smell and if you smoke</p>	<p>I need something to do with my hands</p>
<p>Your clothes and hair smell of smoke which a lot of people find very off putting nowadays with smoking being less popular than it once was.</p>	<p>It breaks the boredom and helps the time pass ,say when taking a tea or coffee break</p>

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### **Nicotine isn't addictive, harmful and dangerous is it?**

In February 2000, the Royal college of Physicians published a report on the addictive nature of nicotine, which concluded, *“Cigarettes are highly efficient nicotine delivery devices and are as addictive as drugs such as heroin or cocaine”* Try telling that to most smokers and get them to believe it, but it is a scientific fact. For years the controversy about whether nicotine is addictive has raged on with the tobacco industry in firm denial and anti-smoking lobby groups compiling overwhelming scientific evidence and data to prove that it is addictive. It was not until 1997 that one of the smaller American tobacco companies admitted that nicotine is addictive and this was in response to the settlement of a legal claim. Most Smokers believe they are addicted to smoking, however it is the nicotine component of the cigarette that is the addictive part .Smoking is in fact just another habit which has been learned and it can be unlearned even as addictions can be overcome.

**Here are a few facts that can be said about Nicotine:-**

### **Nicotine Is Dangerous**

Nicotine has been found to be a large risk factor associated with heart attack. It will raise your blood pressure, speed up your heart, and is considered a vasoconstrictor (i.e. it makes it more difficult for your heart to pump blood through your arteries). Nicotine also is a catalyst for your body to release stores of fat into your blood and can result in gout by restricting blood flow to your extremities.

### **Nicotine Addiction is hard to beat**

On the good hand, nicotine has not been proven to be a carcinogen. It is, however, one of the most addictive substances on earth. Trying to beat nicotine addiction has been likened to trying to quit hard drugs such as heroin and crack cocaine. Due to the addictive nature of nicotine, electronic cigarette companies market their products to people who are regular smokers.

### **Nicotine Can Be Deadly**

Nicotine is a poisonous substance. Some smokers who are trying to kick their habit resort to E cigarettes. These are electronic cigarettes that supply the nicotine to satisfy the craving for nicotine. If your child or pet were to ingest your e liquid, it could prove to be fatal. If you already have high blood pressure or a heart condition, it can be harmful to your health potentially resulting in heart attack. Most companies will recommend that you keep your e liquid locked away so that your family cannot access it when you're not around. If you are making your own liquid, you will also need to pay special attention to wearing personal protective equipment to avoid splashing the liquefied nicotine on your body.



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A lethal dose of nicotine for a child can be as little as 10mg where for an adult it will normally be between 30 and 60 mg. Remember that piece of information above of Nicotine being three times deadlier than Arsenic in volume

## Other facts about Nicotine and Smoking

- Nicotine is a stimulant drug but interestingly enough acts as a relaxant. As well, in effect, it actually medicates the symptoms it produces.
- If you smoke, giving up is probably the greatest single step you can take to improve your health. Seven out of ten smokers say that they want to stop, but most believe they can't. However, half of all smokers eventually manage to stop smoking.
- Some 3% of smokers quit by will power alone.(How successful this is can be enhanced or hindered by the environment that the smokers are in)
- Some 50% of lung cancer patients try smoking again after surgery.
- Most smokers smoke daily.
- About 15% of smokers light up within 5 minutes of waking up.
- Some smokers actually smoke in bed. The statistics for people who die in house fires as a result of falling asleep in bed with a lit cigarette is 4 in every 10, of the 500 deaths in house fires in the UK. These deaths are as a result of someone being careless with smoking materials, like cigarettes, matches and lighters. That's around 200 people killed every year.
- Smoking is the biggest cause of death and illness in the UK. More than 120,000 people die each year from diseases caused by smoking.
- Smoking is a major contributor to many serious diseases, such as heart disease and lung cancer.
- The majority of smokers say that they would find it hard to go without smoking for a day.
- Nicotine has withdrawal symptoms including craving, anxiety, difficulties with concentration, sleep difficulties, weight gain and irritability. With this information, Nicotine is obviously chemically addictive but this does not mean that you cannot quit smoking or get help to quit smoking; indeed it means quite the opposite. Being aware of the fact that you can quit smoking is what puts you in the best position to beat your addiction. You just need to choose what the best method that is right for you is, which we will looking at shortly.

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### Constituents of Tobacco Smoke and other fairly surprisingly unpleasant facts

There are actually more than 4000. These are the major toxins that are real killers and are contributing to your early demise and degeneration of your health should you still carry on with your dangerous habit. But, thankfully you have come to your senses and have decided not just to give up gradually, which nobody ever does, nobody ever succeeds at that. You have decided that you are going to STOP smoking! And that is the best decision you could have possibly ever made for your own good.

To help you understand what each of the major constituents do and for you to give yourself a much clearer motivation to stop smoking, I have included a much more comprehensive breakdown than the general list I first gave you. This list takes you deeper and .....well..... is designed to get you to think a bit and even shock you in case you don't know about what each of the toxins already do. Some of the information is a little scary and even surprising.

However, if it gets you to be even more determined to *Stop Smoking For Good*, it will have done its job and I think you will agree, that it was a good idea won't you for you to have the understanding of what these poisons are doing to your body?

**NICOTINE:** A highly toxic nerve poison. It constricts the arteries and at the same time increases adrenaline production. It also raises the blood pressure, in order to overcome the extra constriction in the narrowed arteries, and stimulates the entire nervous system.

***It is a powerful stimulant and does not relax you.*** In some areas of the world, it is used by veterinarians to destroy sick animals and is highly efficient at this task.

A dosage of ***one fifty-thousandth of a gram*** is ample to kill an adult – and there is far, far more than this in any cigarette, whatever the brand. If the arteries are already narrowed as a result of ageing or a build-up of cholesterol, then the extra constriction can be very serious and may result in amputation or even sudden death.

**HYDROGEN SULPHIDE:** A poisonous chemical with a characteristic smell of bad eggs.

**METHANOL:** A fatal poison. Small internal doses, prolonged exposure of the skin to the liquid or continued inhalation of the vapour may cause blindness.

**ACETONE:** A form of paint-stripper better known as nail varnish remover.

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**AMMONIA:** Ammonia solutions are used to clean, bleach, and deodorise; to etch aluminium; to saponify (convert to soap) oils and fats; and in chemical manufacture. Ammonia and ammonia vapours are irritating—prolonged exposure and inhalation cause serious injury and may be fatal.

**DDT:** Once considered a wonder pesticide, now banned from commercial use because of its lethal side-effects.

**BENZENE:** An aromatic chemical, proven to be a major carcinogen.

**HYDROGEN CYANIDE:** Used in America in the gas chamber

**CARBON MONOXIDE:** Present in car exhaust gasses. Causes death if inhaled for a relatively short time, because it inhibits oxygen from entering the bloodstream.

**PYRIDINE:** A solvent and waterproofing agent.

**FORMALDEHYDE:** This is better known as embalming fluid.

In addition to these chemicals - that are given off purely as a result of the tobacco leaf burning - there are various additional unwholesome substances that may be present as a result of the plantation environment and the conditions in which the harvested leaf is stored and shipped.'

The cut leaf is not particularly well protected while being stored prior to shipping and may be contaminated with bird and rodent droppings, insects, animal urine, etc.

But the most startling of the additives is acquired while the crop is being harvested, because, in the countries where it is grown, the tobacco leaf makes an excellent substitute for toilet paper by the pickers working in the field.

In Brazil this is often the Amazonian Indians, inhabitants of a Third World country where far less emphasis is placed on hygiene than in more civilised areas; they are paid by the kilo they pick and they are simply not going to throw a leaf away when it can just as easily go into their sack...

All very unpleasant and very unsavoury facts and I am sure that the above paragraph you have just read would be enough to put anyone who smokes off of smoking for good. But, however as I said earlier on, if reading this information sheet gives your greater resolve and determination to *Stop Smoking For Good* then it will have all been worth it.

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### So what method to use in giving up?

The following are statistics of quitting smoking results:-

Success rates for quitting smoking with various methods are given below. These statistics clearly indicate that **quitting smoking with hypnotherapy** is the most successful method.

- Stopping smoking on your own — 2% to 5%.
- Stopping smoking with nicotine replacement therapy – 25%.
- Stopping smoking with non-nicotine medication such as Zyban – 25%.
- Quitting smoking with hypnotherapy – up to 66%.

### Smoking and Hypnotherapy

To quit smoking, hypnosis has been used with an effective success rate. Hypnotherapy has been shown to offer a higher chance of helping the client to quit smoking than most of the other methods used today. This has been confirmed by the New Scientist Magazine in the report of a study in 1992.

There of course can be no cast iron guarantees that hypnotherapy will work in every case, every time because each client is different and the strength of desire and belief will of course vary in each person, so effectiveness of hypnotherapy is not one hundred percent but with a little help of a strong will power, you can call it probably the most effective way to quit smoking.

Hypnotherapy can also be combined with nicotine therapy such as use of nicotine gums and nicotine patches to make it easier and more effective to quit smoking. Smoking and hypnotherapy probably forms the most successful smoking cessation aid.

### Quitting Smoking with Hypnosis

What is Hypnotherapy and how does it work? A little knowledge on quitting smoking with hypnotherapy is in order to help understand how hypnosis helps to quit smoking. Hypnosis is a state of relaxation which is used to make suggestions directly to the subconscious mind by bypassing the conscious mind. In a normal state of mind, this is not possible.

Why is that? It is an accepted fact in psychology that in a battle between the conscious and the subconscious mind that in nearly all cases the subconscious mind is much stronger and will almost always certainly win because it has a very powerful effect on our behaviour patterns and subsequently our lives.

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If you do not believe this then just take a moment to think about all the automatic bodily functions that the subconscious regulates whilst our body is asleep or unconscious, such as breathing, heart rate, blood pressure and flow etc.

## **What happens during hypnotherapy then?**

During hypnotherapy the conscious mind is by-passed allowing the therapist to address the subconscious directly and implant new constructive suggestions that can overturn and replace limiting belief patterns. Our subconscious mind has been associating smoking with pleasure. So the role of the hypnotherapist is to facilitate change and change the associations with smoking from one of pleasure to one of displeasure and danger to ones long term health and to instil the need for the individual to quit smoking. The type of therapy work varies between individuals. Aversion therapy is one very useful method that has a track record of producing successful results. Once this therapy is delivered this can make it easier to quit smoking now that the barrier of the subconscious is lowered. Some people will respond immediately with excellent results and it can sometimes take only one session. Others may take longer. It all depends on the will power and belief of each individual that they can quit smoking.

As a general rule I would expect between one to three sessions to be the norm. This can be because there are sometimes secondary gain issues that the subconscious holds on to as it is adjusting to being re-educated with a new paradigm.

For example. Someone who suffers from chronic pain or someone who has severe confidence issues and subconsciously uses smoking as a foil to help them cope with their problems.

## **Hypnosis to Stop Smoking**

You can use smoking cessation hypnotherapy to stop smoking in three ways.

### **1) Self Hypnosis to Quit Smoking**

Here you hypnotize yourself and appeal to the subconscious, you could do this with the help of certain hypnosis aids such as CDs, tapes, etc. This requires time to master and a longer period is required for results. Smoking cessation hypnotherapy by this method shows limited results.

### **2) Quit Smoking Hypnotherapist.**

Smoking cessation hypnotherapy with the help of a competent quit smoking hypnotherapist can give good results. It is very important that you do some research and locate a trained, certified and experienced quit smoking hypnotherapist. Usually one session of hypnotherapy is suggested, but in some cases more hypnotherapy sessions may be necessary for desired results.



# Trevor Wales Hypnotherapy Solutions

Helping you to be the best that you can be

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### 3) Combination of the above.

Quitting smoking with hypnosis can also be practiced by combining the above two methods. After a session with the quit smoking hypnotherapist, you can continue using the self-hypnosis method by listening to tapes and Cd's in your home\*.

*\*Each of my clients will receive a custom tailored transcription of the hypnotherapy script on a compact disc that they can listen to for further re-enforcement.*

A lot of your success rate will depend on your determination and the research you make in finding a quit smoking hypnotherapist. Do a little research and be sure you engage a good qualified and experienced hypnotherapist for your quitting smoking programme. **The central register of quit smoking therapists\*** is a good place to start.

*\* I am a member of the Central register of stop smoking therapists and a member of the General Hypnotherapy Register. I am also CNCH Registered (Complimentary and Natural Healthcare Council. I have held a diploma in hypnotherapy since 2007 and I hold a General qualification in hypnotherapy.*

**If you are ready to quit smoking today and would like to talk to me, then, please make that step and take that decision to take your life back. You will never look back and will always be glad that you became a non-smoker.**

**Call me now on 01726 69703**

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