

BREATHE
The **EASY**
Complete
Stop Smoking
Program

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Breathe Easy

The Complete Stop Smoking Program

*“100% of all humans are BORN non-smokers...
You CAN be that way again...”*

Welcome to the first day of finally being free from nicotine!!!!
Thank you for choosing
Breathe Easy; The Complete Stop Smoking Program.

5 Key Reasons to Quit Smoking

You can have all the money in the world...but if you don't have your health, nothing else matters

Every person that smokes know they face an increased risk for serious health issues stemming from smoking cigarettes and cigars. You already know smoking causes heart disease, lung cancer and emphysema. None of this is earth shattering news to you or anyone else that smokes.

As a smoker though, we learn to effectively ignore the particulars about smoking related diseases. We gloss over, tune out or otherwise distract ourselves whenever possible. All smokers harbor the secret hope that they will be spared the disease and death that follows nicotine addiction. We tell ourselves we'll quit *in time* and somehow dodge the bullet that smoking is.

But with four million people dying every year due to tobacco use around the world, the odds aren't in our favor. Put another way, a smoking-related death occurs somewhere in the world every eight seconds, 365 days a year.

The sooner we remove the blinders and look carefully at nicotine addiction and the damage it causes, the sooner we can begin pulling away from the lies.

But then again, as a current smoker, you already know this...

In fact whether you realize it or not, you are already an expert on stopping smoking...you do it many times each and every day so this manual is not going to be a lesson in why you should or should not decide to give up smoking.

But what you may not realize is that each and every time you put out a cigarette...

you become a non-smoker.

As a smoker it was your personal choice to decide to begin smoking and in order to be successful; it must be a personal decision to stop. You must do this for yourself, not your spouse, your doctor or best friend...nobody but yourself.

Therefore please acknowledge yourself in that by purchasing this program it is taken for granted that you have already made the decision to take back the power that you have given away to a tobacco plant and have decided to regain control over your life; no longer being a slave to a stupid piece of paper wrapped weed. Congratulations on the first step.

So how do I use this program?

This program has been designed to help you kick the nicotine habit. That's exactly what it is...a habit...nothing more-nothing less.

The program consists of three easy to use (just lay back and listen) audio programs that are specifically written and recorded to change the key mental images and program running through every smokers brain.

Use Cd one on the first day, Cd 2 on the second...you get the idea...

Find a quiet place that you won't be disturbed for about 20 minutes or so...

Then

Read the manual...

The Cd's and manual are chock full of Neuro Linguistic Programming or NLP for short.

This is a way to make rapid changes in the brain by using language.

You see...NOBODY HAD A GREAT FIRST EXPERIENCE WITH TOBACCO!

Nope...you coughed...you felt nauseated, your throat hurt, your head was dizzy, your eyes may have watered and that cigarette probably tasted like sh*t.

BUT

You ***WERE COOL WEREN'T YOU...***

Hang on a minute...get that mental picture in your head for a minute...

Hmmm maybe looking back we WEREN'T so cool after all...

You had to get USED to smoking...you had to acclimate yourself to having smoke in your lungs. And we all told ourselves that it was fun—cool...whatever the reason.

Speaking of reasons...there are 6 common reasons for someone to begin smoking...let's see how you measure up...remember this is ***when you started smoking***...not now

Check which ones apply to you

- Looking Cool
- Looking Adult
- Getting Away with Something
- Being a Rebel
- Peer Pressure (wanting to be “one of the gang”)
- Admiration (wanting to be like someone else who smoked)

Now add them up...surprised?

If you had more than a few “reasons”, please remember that they were valid when you STARTED smoking...not now...but the subconscious mind still holds on to those reasons like they were the gospel of the day.

Don't worry... help is on the way...AND It's easier to quit than you think.....

Remember...if you MAKE it hard...it is...choose to make it easy...

The Best Way to Quit Smoking - Guaranteed

Hypnosis has a long history, longer than is usually realized. There are accounts of hypnosis mentioned in the bible, the Talmud and the Hindu Vedas from 1500 BC.

Hypnosis has been used professionally to help people stop smoking since the late 1800's. Such notables as Albert Einstein, Thomas Edison, Winston Churchill, Jacqueline Kennedy Onassis and a host of current Hollywood stars such as Kevin Costner have all used hypnotherapy to stop smoking, lose weight or address other conditions. In fact, the American Medical Association studied hypnosis carefully before they declared it to be an effective treatment for behavioral modification in 1959. Since then, studies have shown that hypnosis is particularly effective in modifying certain habitual behaviors such as smoking, overweight and poor public speaking.

In 1993, the results of the largest, world-wide study ever recorded evaluating stop smoking methods was published in the New Scientist magazine. The study included thousands of people in Europe, America and Asia and revealed that hypnosis was a remarkably effective method in helping people to quit smoking. Why hypnosis is so effective in changing the smoking habit lies in the way it utilizes the very nature of the human mind.

The human mind is composed of both the conscious and subconscious "minds". The conscious mind is physically located in the brain's left side and makes rational decisions and processes information. However, it is usually "weaker" than the subconscious mind since human emotions and instincts are usually more persistent and powerful than purely rational decisions. The unconscious is located in the right hemisphere of the brain and makes decisions based solely on avoidance of pain and the "pleasure" principle. It is not "intelligent" but rather reactive to pain or pleasure only.

The unconscious mind was meant to serve as our "survival instinct". As such, it is extremely powerful. But the subconscious mind is not very good at making decisions concerning something that may feel good to do right now but will kill us 20 years from now. It will pick the "right now" every time. That is why most smokers continue to smoke and stay addicted to nicotine even though they KNOW it will kill them in the end. Their subconscious is simply too strong for their rational mind to overcome.

Hypnosis directly affects the behavior of the subconscious mind. When done properly by experienced professionals, the suggestions that are implanted during hypnosis "convince" the subconscious mind that it wants no part of ever smoking again. Both parts of the mind then "agree" that smoking is not desirable. The person becomes a nonsmoker from that point forward.

Using the power of hypnotic suggestion, this change happens immediately. This melding of both "minds" is why hypnosis is such a remarkably effective method to quit and become a non-smoker. Hypnosis reinforces your will to quit with strong emotional and instinctive support

In my hypnosis practice, quite a few of my clients needed help to stop smoking. So I immersed myself in the whole smoking cessation topic. I became an expert in the why and how of quitting smoking. Over a period of a little more than a year, I learned just what problems made quitting so difficult and how to overcome them.

Did you know that the drug contained in cigarettes and other tobacco products, nicotine, is as **mentally** addictive as cocaine and heroin? In my search for knowledge about the smoking process I learned that nicotine causes your brain to produce the same intoxicating neurotransmitters, dopamine and serotonin, as does cocaine. Cigarettes deliver nicotine to your brain in just 7 seconds after you inhale. This is faster than an intravenous injection! The potent nicotine drug and the very fast drug delivery system make quitting without help nearly impossible.

I also learned that certain foods you eat, and when you eat them, are intimately related to cravings for cigarettes and sweets. Each craving builds upon the last until you give in and either smoke another cigarette or eat a very fattening food. Your diet is an important part of your stop smoking program. You can use this information to make quitting even easier.

The American Medical Association approved hypnosis in 1958 as the preferred treatment for people who want to quit. As you will begin to understand hypnosis directly reinforces your subconscious mind in the exact areas required for a successful stop smoking program.

The Breathe Easy method is designed so you have NO DESIRE to smoke again. It is not difficult to quit as you immediately begin thinking and acting as a NONSMOKER.

The program is designed so that you have no cravings, no “weak moments” and your negative smoking habit becomes a thing of the past. With the Breathe Easy hypnosis method you will learn to handle stressful situations without craving a cigarette. You will know how to avoid unwanted weight gain and actually be able to do it without even thinking about it.

So...quitting smoking is “hard” right??

Many people think that stopping smoking is a “hard” thing to do...Actually...NOT smoking is much easier than smoking ever will be...

Let me explain...

To not smoke is easy....

- Don't light a cigarette...

Smoking on the other hand takes a lot of effort.

Let's look at this in detail...

- First you have to work to make the money necessary to purchase the cigarettes.
 - Then you have to go to the store to BUY the cigarettes.
 - Opps...forgot about making and money and buying something to LIGHT the cigarette...
 - Then store and carry all the appropriate items that you need TO smoke...
 - Now we have to FIND A PLACE to smoke...(it gets harder and harder)
 - O.k. we HAVE the cigarette, we HAVE a lighting device, we HAVE found a spot that doesn't have people complaining and whining about us smoking...now what?
 - NOW, we have to spend 3-5 minutes of our lives smoking....
- If it seems like a lot of work---you're RIGHT!!!

An average smoker smokes approx one pack of cigarettes a day. 20 cigarettes X 5 minutes per day equals 100 minutes or approx one hour and forty minutes per day SMOKING!

Not adding the time spent making the money etc **THAT'S A LOT OF WORK!**

And you thought quitting was the hard part didn't you?

Stop smoking for good

Without withdrawals ~ Without cravings or at least a lot easier than you thought it would be! Withdrawals symptoms are largely the result of powerful conditioned responses. We reinforce these conditioned responses with our beliefs and our self-talk. Have you ever heard yourself say, ***“Quitting is always so hard; I just don't think I will ever be able to stop. I want a cigarette SOOO bad, I won't be able to think straight until I get one.”***

You are basically asking you body to crave a cigarette and make yourself feel you can't think straight until you get one. ***You will get what you ask for so WATCH YOUR LANGUAGE BECAUSE YOUR MIND IS LISTENING!!!!***

Imagine that you are a hypnotist for your brain and whatever you suggest is the only result you will get. What do you want to create? How do you want to hypnotize yourself? Some of my clients say they have no cravings when they use hypnosis to stop. Here is why.

- ✓ They do not fall prey to the negative self-talk that assures failure.
- ✓ They repeatedly tell their body that this will be easy. Every time they take a deep breath and drink a glass of water they decide that they will feel satisfied, energized and clear headed. They affirm the results and expect it to be easy.
- ✓ They also understand that most cravings are a result of a conditioned response! Certainly true, conditioned responses are powerful, but you can create new ones. Conditioned responses are powerful, but creating new ones can be easy.

Here's a way to start.

Relax, close your eyes (not while you are reading this) and imagine yourself in a future moment when you no longer smoke. Make it as real as you can, adding in a visual experience as well as the sounds, the smells, the emotions, etc. Spend time in your imaginary future when you are a non-smoker. Take a trip on your future time line to a time when you have completely forgotten about smoking, where it does not bother you a bit, and then let yourself look back on the time line and remember how ***EASY*** it was for you to stop. Reflect on the amazement you felt when you realized that one day you stopped having any desire for tobacco, and never gave it another thought.

Now, let yourself really feel the freedom you have. Notice what it is like to no longer be owned by cigarettes, that your thoughts are your own, you are free to choose what you want to do and where you want to go, without cigarettes coming into your thoughts. Spend lots of time here in the future, and let your mind take these future resources back with you.

Create this anchor for these future resources:

Press your thumb and finger together on your right hand and hold it for about 30 seconds. Now imagine yourself even farther in the future, at a time when you really don't even think about smoking ever. Make it very real. Anchor it in with the thumb a finger for about 30 seconds.

Now, the touch of the thumb and finger connects a feeling in your brain, or STATE with the trigger of a squeeze of your thumb and finger. Now, bring yourself back to the present moment while you are still holding your thumb and finger together. That is your anchor for the state of being a non-smoker.

You are creating a new conditioned response, or trigger. Any time you think you want a cigarette, stop, and remind yourself that the urge will be gone in a moment.

- ❖ Drink a big glass of water.
- ❖ Take 3 very deep slow breaths.
- ❖ Close your eyes and use your anchor for 30 seconds.

You have to stop the old pattern of a conditioned response of craving, and tell your brain to access a new feeling. Water, oxygen, and positive future image of being a non-smoker will become your new conditioned response.

Before having a cigarette, realize that the feeling you have may be a need for water. Your body could be dehydrated and what you are really craving is water.

Take three very deep breaths. Your body may be craving oxygen. One thing that smoking does is make you breathe deep. Your brain knows that this is one way to get you to take deep breaths, so you think you need to smoke. Tell yourself (in your self hypnosis sessions) that when you exhale on the third deep breath you will feel completely satisfied and at peace. **DO NOT** say you won't want a cigarette, or you **WON'T** want to smoke. Use words like satisfied and comfortable that describe the way you want to feel. **DO NOT underestimate the power of this! If you do it, it will work.** Remember, you must create a new message, or conditioned response for your brain to respond to when it is trying to want a cigarette.

*If you are thinking about having a cigarette,
1st- take three very deep breaths, holding each one for at least eight counts, exhale fully.
2nd- Drink a large glass of water, all at once.
3rd- Use your anchor, and have a moment of quiet peace.*

Do this every time and your body will create a new conditioned response every time you used to think about a cigarette. You will begin to feel satisfied and calm with a deep breath and a glass of water!

You are detoxifying your system, and the nicotine will be gone in less than four days. Cravings and withdrawals are within your control. The words and phrases you use when you talk to yourself will influence your body greatly, in that your mind communicates every thought and word to your body. If you say, "this craving feels like it will never go away", then your body has no choice but to respond and make the craving last. This is the most important thing in being free!

Here is a good message, "I feel good when I take a deep breath, and my body relaxes and feels satisfied." If it doesn't get it the first time, don't just decide it won't work. Continue to talk to your body and it will learn a new response. Use the breathing, the water, the words and keep your commitment. You are more powerful than some disgusting piece of paper filled with chemicals and dried plant stuff.

6 Reasons to Quit Smoking (*The Facts*)

1) Heart Disease

Coronary heart disease is the leading cause of death in the U.S., and the leading cause of death caused by smoking. The toxins in cigarette smoke cause plaques to form in the arteries, which leads to atherosclerosis, otherwise known as hardening of the arteries. Smoking is hard on the heart.

2) Stroke

According to the U.S. Dept of Health and Human Services, stroke is the third leading cause of death in the United States, killing upwards of 150,000 people each year. For smokers, the risk of stroke is nearly 2-1/2 times that of nonsmokers.

3) Lung Cancer

According to the American Cancer Society, an estimated 213,380 new cases of lung cancer will be diagnosed - and 160,390 deaths will occur - in 2007 from lung cancer in the United States alone. Lung cancer is the leading cause of cancer death for both men and women, and with 87 percent of all lung cancer cases involving tobacco, it is one form of cancer that is preventable.

4) Emphysema/COPD

Tobacco use is the number one cause of COPD, and quitting smoking is the best way to halt further damage. It's estimated that as many as 10 million Americans suffer from COPD, with upwards of 14 million others who may have it but are undiagnosed. In the United States, it was the fourth leading cause of death in 2000 and projections place it as the third leading cause by the year 2020.

5) Oral Cancer

Oral cancer (mouth cancer) is included in a specific group of cancers called oral and head and neck cancer. It's estimated that 70 to 80 percent of all cases of OHNC are due to tobacco use and heavy alcohol consumption.

6) *IT'S EXPENSIVE!!!!*

Just think how expensive each and every cigarette that burns up in your hand...and everything that you COULD be doing with that money...a vacation...new clothes, new car...etc etc etc...NOW how much is that smoke worth?

There's No Time Like The Present...

If you're thinking about quitting, a good place to start is exactly where you avoided going in the past. Delve into the facts and figures about how destructive tobacco is. Learn exactly what you risk when you light up, day after day, year after year.

Don't be afraid to look at nicotine addiction head-on! It will help you shift your attitude away from thinking of smoking as a friend and allow you to see it for death trap it truly is.

The Proper Care and Feeding of a Healthy Smoking Cessation Plan (or what REALLY to expect)

We all want this time to be the LAST time - the one that lasts us a lifetime. We're looking for permanent freedom from nicotine addiction.

Let's take a look at some of the things you should avoid when quitting tobacco. Build a strong quit program by educating yourself about the process!

Don't Be Impatient—

The natural tendency is to quit smoking and expect to be done with it within a day or two. For some people that is exactly what will happen; for others it may take a bit more time. When you quit smoking, you are letting go of a habit that you've had for many years, if not all of your adult life. It's only fair to expect that breaking all of the old associations that tied you to smoking will take some time. Sit back, relax, and put some time between you and that last smoke you had. Have patience with yourself, and with the process.

Don't Worry About Forever—

It can be overwhelming to think you'll never smoke another cigarette, so don't. Don't focus on forever, focus on the day you have in front of you. This is where your power is, and always will be. You can't do a thing about yesterday or tomorrow, but you sure can control today. If you find your mind wandering ahead or back, pull yourself out of it by focusing on the present.

Don't be Negative—

It's been said that the average person has approximately 66,000 thoughts in a given day, and that two-thirds of them are negative. We can be so hard on ourselves! Don't beat yourself up for things you can't change, such as the years you spent smoking. And don't look at past quit attempts as failures. Learn from the experiences you've had and move on. Think about all of the positive changes you're creating in your life by quitting tobacco. Successful long-term cessation *always* starts in the mind. Keep your eye on the prize and develop an attitude of gratitude. We have a way of believing what we tell ourselves over and over, so don't feed yourself negatives. Affirm the changes you are working to create in your life, and action will follow more easily.

Don't Neglect Yourself—

This is a time when you should be taking extra care to make sure all of your needs are being met. The following guidelines will help you weather withdrawal more comfortably:

What TO do...

Relax---

Realize that smoking does NOT help you relax...**BREATHING DOES!**

It takes an average of 3-5 minutes to smoke a cigarette...breathing in and out deeply for 3-5 minutes...a cigarette is simply **A TOOL** to get you breathing...you **CAN do it ON YOUR OWN WITHOUT A TOOL! JUST BREATHE!**

Eat a well-balanced diet.—

Your body needs good quality fuel now more than ever as it works to flush the toxins out of your system.

Get more rest.—

Chances are you'll feel extra fatigue for a few weeks. Don't fight it. Sleep more if you can.

Drink water.—

Water is a great quit aid. It helps you detox more quickly, works well as a craving-buster, and by keeping yourself hydrated, you'll feel better overall. Drink LOTS OF WATER!

Exercise daily.—

Walking is a wonderful way to get exercise. It's a good, low impact aerobic workout, and it works well to keep cravings in check. Take a few 15-minute walks every day and see if it improves your spirits.

Take a daily multi-vitamin.—

Your body can use the extra boost a vitamin provides for the duration of withdrawal from nicotine. Cigarettes deplete so many nutrients. A daily multi-vitamin may help you regain your energy more quickly.

Withdrawal.—

Withdrawal isn't a pain-free experience, but it is survivable, and it is certainly short-lived. Always keep in mind the fact that *withdrawal from nicotine is a temporary condition*.

Do Something Different---Change it up...

Will you be able to excuse yourself to step out for some fresh air? Can you request that people don't smoke around you?

However you decide to handle the situation, don't be shy about it. This is your life we're talking about here, and quitting tobacco has to be a top priority for awhile. Whatever you need to do to maintain your decision to take back your life, you should do. Period! Remember, life won't always be this way - it will return to normal eventually.

Don't Overdo—

We've talked about taking care not to neglect your physical health. Your emotional well-being is every bit as important. Stress can build if you're not careful, and before you know it, you're fighting a strong urge to smoke. Early cessation creates its own tension, let alone all of the other stresses that come and go in our busy daily lives. Make sure you don't let yourself get run down to the point of exhaustion, and that you take time *every single day* to de-stress with an activity that you enjoy. Whether it's time alone with a good book, a hot bath, or working on a hobby, make sure you incorporate some time just for you. Fatigue and stress are big triggers to smoke, and it can be a quick jump to feeling that you need a cigarette to cope. Plan *ahead of time* how you'll keep yourself out of those danger zones.

Don't Take Yourself Too Seriously—

You will have bad days. Expect and accept that. Such is cessation, and such is life. On those off days, make a vow to put yourself on ignore! Sometimes the best thing we can do is to get out of our own way. Our minds can make a small issue big, and make a drama out of every little thing if our moods are out of whack. When you have a bad day, use it as an excuse to pamper yourself excessively. Be good to yourself and put your thoughts on hold. Decide to wait and see what tomorrow will bring. Nine times out of ten you'll wake up feeling 100 percent better the next day. And when you do, you'll be grateful to still be smoke free.

Don't Believe That You Can Have "Just One"—

There is no such thing. It doesn't work with Lays potato chips, and it sure doesn't work with cigarettes. Smoke one cigarette and you run a very high risk of being back to a pack a day quicker than you can imagine. Don't fall for faulty thinking. **A relapse *always* begins in the mind.** If you recognize unhealthy thoughts of smoking cropping up, it's time to renew your resolve.

Don't forget.--You quit smoking for a reason. Probably several. Don't let time and distance from the habit cloud your thinking. Keep your memory green by reviewing your reasons often. They will never be less true as time goes by, but they can feel less critical if you're not careful.

Cessation is a journey. Take it one simple day at a time, and you'll find that what started out as a difficult task soon enough becomes an enjoyable challenge.

Six Steps to becoming a Non-smoker

#1 Listen to your enclosed CD's DAILY

The enclosed CD's are FILLED with both hypnotic suggestions and Neuro-Linguistic programming, which has been shown to be the fastest way to make changes in the brain. Listen to each program by the corresponding day; i.e. disc 1 = day 1 of cessation, disc 2 = day 2 etc etc. At the end of the first three days, start them over. Repeat as necessary. **THESE ARE HYPNOSIS CD'S... THEY WILL PUT YOU IN AN ALTERED STATE OF REALITY. *DO NOT USE THE CD'S WHILE DRIVING***

I know it should be a no-brainer but some people.....

#2 Cut down on caffeine and liquor...

If you drink caffeine or liquor, please consider cutting down by at least 50% during the next two week period. Switch to decaf coffee or water instead of caffeinated sodas. This will help you control the urges for nicotine. Drinking liquor and caffeine stimulate old patterns and increase the urge to smoke.

#3 Drink 10-14 glasses of water per DAY...

The body needs a minimum 8 8oz glasses of water per day. Actually the old school thought was we needed 8 8oz glasses of water per day...but that has been shown to be adequate for a 125lb person!

By increasing your water intake to 10-14 or more glasses per day, this helps to flush out your system, eliminating the poisons and nicotine from your body. To make the flavor of water more interesting, you may want to try using citrus slices, i.e. lemon, lime or orange slices in cold ice water. ***Also remember for every caffeinated beverage that you consume, please add an additional 6 ounces of water.***

#4 Calcium...

There have been studies that have suggested that as nicotine leaves your system it can sometimes leech out the calcium with it. Some people have found it useful to take calcium supplements during this period of time. Check with your local drugstore to find the best one for you.

#5 Fresh Citrus fruit every 2 Hours...****

As nicotine leaves your system, the body's blood sugars also drop, causing a craving for nicotine. By eating fresh fruit, (***not fruit juices***) they supply the body with natural sugars (***glucose***) which keeps the serotonin and blood sugar level constant. Citrus fruits, such as Oranges, Grapefruits, Lemons, Limes, Strawberries, etc. work nicely for this. ******CAVEAT: People with diabetes should be cautioned to watch their blood sugar levels if following this suggestion.**

#6 Vitamin B-12....

Because smoking can be related to stress, some people have found it helpful to take vitamin B-12 or B complex. Some studies have suggested that these two vitamins have shown to reduce stress levels in some people. Please take these in the morning with food as B vitamins are also nature "pick me up" and may cause insomnia.

Continue this program for 10 days...

Research has shown that it takes an average of 4 days to remove the residue nicotine from your blood stream. What this means is that by the fourth day, you'll feel great because the nicotine is gone from your system. After tenth day, you'll feel EVEN BETTER, as your blood cells will have re-oxygenated themselves. All the residual smoke, tars, nicotine's and poisons will be leaving your body.

CONGRATULATIONS!!!!

FAQ's

Q: *How do I know when I have truly quit smoking?*

A: This is a very subjective question. Each person is very different so each person will have a different answer. If you have a very addictive personality you may find that the desire to smoke stays with you for years. Some ex-smokers report cravings years after quitting. On the other hand, some people, such as yourself, just ***"know that they have quit forever after only a couple of days, and they never look back."***

This is exactly why hypnosis and Neuro Linguistic Programming programs such as the Breathe Easy program are so successful in smoking cessation. By reframing the desire to smoke in the subconscious it becomes very easy to quit.

The important point to remember is that you have quit smoking when you put down each cigarette. ***You never have to smoke again.*** When you pick up another cigarette, you have made a decision and have **CHOSEN** to be a smoker again. So, the choice is yours: ***If you quit smoking this morning and you decide you will never smoke again, you have quit. If you quit two months ago and you finally feel like you no longer need to smoke, you have quit.*** Most habits are formed or broken in about three weeks. Keep the three-week threshold in mind when you are quitting. Make it past three weeks and you are much more likely to never smoke again. But the **DECISION AND COMMITMENT CAN START TODAY!**

Q: *How successful is your program?*

A: Our program is only as successful as you are committed to making it work. If you sincerely wish to quit the nicotine habit, using our hypnosis program can make it easy and successful. We have helped 1000's of people "kick the habit" and improve their health and daily lives. Please understand, that hypnosis and your therapist cannot "make" you do anything. That's not the way that hypnosis works. The mind will not accept any suggestions that it does not want to accept. Your therapist has no "power" over you, and you are ultimately responsible for the success or failure of your program.

Q. *I'm concerned about gaining weight when I quit. What can I do to avoid weight gain?*

A. By using our program you will find that instead of substituting one habit for another, i.e. eating for smoking to eliminate stressful situations, you have been taught self hypnosis. By practicing self-hypnosis 3-5 times per day, 3-5 minutes each time, you will be training your mind to deal with stress in

a completely different way than before. It is not uncommon for many of our clients to **ACTUALLY LOSE WEIGHT** while quitting the nicotine habit.

Q. Will I have to go through withdrawals?

A. As the body comes back to normal, (i.e. not smoking because we aren't born on fire, now are we?) often new nonsmokers mistake both the natural fluctuations in their blood sugar levels and unfamiliar cravings for "withdrawal symptoms". Low blood sugar can cause irritability, nervousness, nausea, headaches, stomachaches, dizziness and cravings. They experience these symptoms because for quite some time they have substituted nicotine (an appetite suppressant and stimulant) for the normal craving for food! Ask a diabetic what it is like to have low blood sugar; for them the symptoms are quite severe. (75 years ago diabetics were locked up in mental institutions.) So, the people who stop smoking suddenly, unprepared for the blood sugar issue, will relapse when their blood sugar dives because they rationalize that they are "addicted". The fact is, it takes 4 full days for the body to remove the nicotine; it does not happen all at once. Managing your blood sugar with a bit of fresh citrus fruit every two hours, 3 sensible meals a day and healthy snacks in between makes the process a whole lot smoother than you ever thought possible.

Q. What happens to my body when I quit? Will it ever heal to the point where my health is equal to a person who never smoked?

A. According to the American Cancer Assoc. within **20 minutes** of smoking a last cigarette, the body begins a series of changes that continues for years.

- Blood pressure drops to normal
- Pulse rate drops to normal
- Temperature of hands and feet increases to normal

8 Hours:

Carbon Monoxide level in blood drops to normal
Oxygen level in blood increases to normal

48 Hours:

Nerve ending start re-growing
Ability to smell and taste is enhanced

2 weeks to 3 months:

Circulation is improved
Walking becomes easier
Lung function increases up to 30%

1 to 9 months:

Coughing, sinus congestion, fatigue, shortness of breathe decrease
Cilia re-grow in lungs, increasing ability to handle mucus, clean lungs, reduced risk of infection
Body's overall energy increases

1 Year:

Excess risk of coronary heart disease is half that of a smoker

5 years:

Lung cancer death rate for average former smoker (1 pack a day) decreases almost by 50%
Stroke risk is reduced to that of a non-smoker 5-15 years after quitting
Risk of cancer of the mouth, throat, and esophagus is half that of a smoker

10 years:

Lung cancer death rate is similar to that of nonsmokers

Precancerous cells are replaced

Risk of cancer of the mouth, throat, and esophagus decreases

15 years:

Risk of coronary heart disease is that of a nonsmoker.

Now isn't THAT just too cool?

The True Cost of Smoking

Have you ever done the “cost numbers” for smoking?

Here they for you....

Most smokers smoke an average of one pack per day...adjust as necessary for your habit...

In 2008-09 the average cost for a pack of name brand cigarettes was approx \$6.00

These figures below are based on the actual cost of smoking one pack per day.

1 Pack per day =	\$6.00
per week =	\$42.00
per month =	\$168.00
per year =	\$2016.00
Five years =	\$10,080.00
Ten years =	\$100,800.00

Just think for a moment...

At 2008-09 prices...

If you started smoking at 16 years of age and smoked just ONE pack per day until you were 56 years old...one pack per day for 40 years...

That's **\$403,200.00** that has gone UP IN SMOKE...Burned up...gone forever...

Just think what you could have done with that amount of cold hard cash in your hands....

One hell of a retirement plan isn't it?

But that's just the “average” smoker....

Most people spend on average \$1,600 to \$2,000 a year, every year, just for cigarettes. But that isn't the real cost each of these people pay to smoke. The true cost is listed at the bottom of this page. But before jumping to the end of this article, take a moment to review just what is in the cigarette smoke you inhale and what these chemicals' effects are in general.

Would you be surprised to find out that there are over 3,000 chemicals present in cigarette smoke? All are inhaled by the smoker and by those people around the smoker via second hand smoke.

Some, like Polonium 210, are particles (small pieces of chemicals) while others, like Benzene, are gases. All retain their toxic effects despite being burned in the tobacco.

25 of the most deadly are listed below along with their general effects on the human body.

Major Poisons in Cigarettes

- 1) Carbon monoxide..... (Toxic)
(EPA Controlled Substance (Same as car exhaust.))
- 2) Carbonyl sulfide.....(Toxic)
(EPA Controlled Substance)
- 3) Benzene..... (Toxic) & Carcinogenic
EPA Regulated (Causes hallucinations & brain death)
- 4) Formaldehyde.....(Carcinogenic)
(Used for embalming dead bodies)
- 5) 3-Vinylpyridinen(Suspected carcinogen)
- 6) Hydrogen cyanide Toxic ...
(Regulated Pesticide.)(Standard rat & animal poison)
- 7) Hydrazine..... (Carcinogenic)
(OSHA Banned. Used as auto racing fuel)
- 8) Nitrogen oxides.....(Toxic)
(EPA regulated Auto Emission)
- 9) N-Nitrosodimethylamine....(Carcinogenic)
- 10) N-Nitrosopyrrolidine.....(Carcinogenic)
- 11) Tar..... (Strong carcinogen)
(Clogs lung tissue)
- 12) Nicotine.....(Toxic
(EPA Registered Pesticide)
- 13) Phenol.....
(Causes both cancerous and benign Tumors)
- 14) Catechol.....
(Acts as Catalyst for other carcinogens)
- 15) o-Toluidine.....(Carcinogen
(Banned in all consumer products since 1983)
- 16) 2-Naphthylamine.....(Carcinogenic)
- 17) 4-Aminobiphenyl.....(Carcinogenic)
- 18) Benz(a)anthracene..... (Carcinogenic)
- 19) Benzo(a)pyrene.....(Carcinogenic)

- 20) Quinoline..... (Carcinogenic)
- 21) NNN.....(Carcinogenic)
- 22) N-Nitrosodiethanolamine.....(Carcinogenic)
- 23) Cadmium.....(Carcinogenic)
- 24) Nickel.....(Toxic pesticide & carcinogen)
(EPA Reg. Used for deforestation)
- 24) Polonium 210.....(Extremely Radioactive Carcinogen)
(Responsible for 135,000 deaths /year)

Just think...they are only 2975 more chemicals to go!!!!!
Hmmm...the smoooooooooth taste of tobacco...

What These Poisons Do and Have Done:

- Nicotine changes your metabolism causing blood sugar, insulin and adrenaline highs that stress your system.
- Each puff creates ***1 trillion*** "Free Radicals" that damage body cells, cause early aging and low energy levels.
- Nicotine replaces the normal neurotransmitters in your brain causing a drug addiction rated as strong as Heroin.
- Second hand smoke endangers your family. The third leading cause of preventable deaths in America.
- Smoking depletes the skin's natural collagens causing facial wrinkles and roughness.
- Cigarettes contain high levels of radioactive Polonium 210. Known as the MAJOR cause of smoking induced cancers.
- 425,000 Americans ***DIE EACH YEAR FROM DISEASES CAUSED BY SMOKING!***
- Smokers who quit by age 50 cut their risk of dying in half for their next 16.5 years.
- 2 times as many smokers die from heart disease as do nonsmokers.
- Smokers are 17 times more likely to die from lung cancer than nonsmokers.
- Quitting reduces the risk of dying from stroke, pulmonary disease, the flu, pneumonia and aortic aneurysm.
- Nicotine crosses into an unborn baby's system causing low birth weight and several other complications.

**But the true cost of each and every cigarette is:
7 Minutes Of YOUR Life!**

Every cigarette, on average, reduces the smoker's expected life span by seven minutes.
That average is for EVERY smoker, EVERY time they smoke one cigarette.

Yes, it **DOES** apply to you as it does to every smoker.
But quitting now **DOES** help get some of those minutes back.

Within five years, death rates for former smokers almost equal lifetime nonsmokers.

Keep your faith, you will be FREE!
Congratulations on becoming a NON-smoker
So just for today...choose NOT to smoke...
Then tomorrow...choose again...then again...
You CAN do it...one day at a time...now and forever...You're worth it...



*Ron Stubbs is available for Hypnosis Instruction, private sessions in person or by phone, interviews and lectures.
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*For programs to help you reach your goals and take back control over your life,
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And
“Can’t Get Through: 8 Barriers to Communication” Pelican Publishing 2003
Available on our websites*

*For Stage Hypnosis Shows
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WEIGHT NO MORE

Weight Reduction Program

*Diets will NEVER work because they deny you the basic reason why you over eat in the first place. Emotions. As you deny yourself food, you deprive yourself of emotions.
That's called Pain.*

*Imagine for a moment, losing all the weight you want while eating your favorite foods, keeping that weight off and learning a brand new way to satisfying your emotional needs at the same time.
That's called Pleasure.*

You already know that weight loss can be an elusive goal. Now find out why and what you can do to lose 19 pounds and three inches within weeks. Goals, willpower, fad diets, and a positive mental attitude are ***NOT*** enough to take inches off. They never work and never will. This amazing 3 Cd audio program and over 40 page manual will take you through the process of re-programming your mind so you can create new stimulus responses to food and your hunger urges, addresses the core reasons why the weight has stayed on and why it will not change until three key mental programs start running differently. Now you ***CAN*** take back control of your life and begin to feel better as you realize that your weight will begin to fade away..... Giving yourself a new sense of pride and a slimmer look.

It's your choice...Pleasure or Pain....

Empower yourself to

- ✓ Lose the Weight YOU want
- ✓ Look fit and trim
- ✓ Feel better about yourself
- ✓ Increase your energy Level
- ✓ Stay motivated indefinitely
- ✓ Decrease Health Risk

Weight No More 3 Cd Audio Program and 60 page Manual \$99.00

Breathe Easy

The Complete Stop Smoking Program

You have good reasons to stop smoking

Your health, your family...you've tried to quit before and you already know that. Breaking the smoking habit can be one of the hardest things you'll ever do in life. But now it doesn't have to be.

By addressing and reframing the six core reasons that over 98% of people START smoking, you can finally be free of the smoking habit. Breathe Easy does just that. It restructures the way your mind thinks about smoking, naturally, easily. Eliminating the habit forever with no weight gain, no cravings, no desire...

Because Breathe Easy isn't a replacement. Join thousands of people just like you that have quit the smoking habit for good.

Isn't it time you were able to Breathe Easy?

Breathe Easy helps you to..

- Quit smoking effortlessly
- Be free of all smoking desires
- Feel good about yourself
- Enjoy a more healthy lifestyle
- Acquire more time
- Save over \$1825.00 per year (one pack per day habit)
- Become healthier, happier and more active

If you have tried to quit smoking in the past, thought about giving up the habit or are unable to enroll in Ron Stubbs's live programs, you can "Breathe Easy" simply be listening to this Cd Set recording.

**3 Cd Set Plus Manual
\$99.00**

The Heart's Journey

Considered for Seven Grammy Awards in 2003

"The Heart's Journey" not only raises the proverbial ceiling for Hypnosis and Guided Meditation work; this CD shatters that ceiling."

Kevin Hogan Author of Psychology of Persuasion

"Combine a beautiful metaphor for life with an entrancing soundtrack, mix well and you have one amazing piece of work..."

Rachel Taplin, Psychotherapist

"The Heart's Journey is simply an audio masterpiece for the soul."

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From an island off the beautiful Washington coastline comes an ambitious new project, Ron Stubbs' "The Heart's Journey".

This unique album combines noted clinical hypnotherapist and instructor Ron Stubbs' narration with the music of acclaimed keyboardist and composer Laurie Z to create an incredibly powerful relaxation experience.

Ron Stubbs places the listener in a relaxed, hypnotic state, then through the use of storytelling and metaphor, provides a comfortable environment in which tension and anxiety can be released. Many listeners with physical ailments affected by stress find themselves relaxed and uplifted by this album. The score created by composer Laurie Z specially to accompany Ron's Narration provides a lush backdrop for the piece.

A simple story of life...as you listen to the waves and hear the story of a man on a quest... as he discovers what is important in his life...you just may discover something too...

**The
Heart's Journey
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