

IT'S NO LONGER YOUR FAULT YOU'RE SMOKING

**YOU ARE NO LONGER SMOKING BY CHOICE
BECAUSE IF YOU WERE.... YOU WOULD BE
ABLE TO QUIT BY CHOICE**



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Dedication

For everyone who knows consciously that smoking is bad for you, wants to quit, but continues to smoke. Smoking is a habit you spent many years enforcing. You have to reverse the habit in your mind to eliminate it. Change your mind, eliminate the habit. Your mind is your most powerful tool and used correctly you can refocus your thoughts to eliminate the desire to smoke. Some will be lucky enough to use the willpower method from this book; others will need hypnosis, medicines, or a trip to their doctor's.

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Preface

You need to understand you are no longer smoking by choice. Of course it's your right to smoke and it's your body. But when you can no longer just put down the cigarette and quit because of the addiction that the Tobacco companies have paid scientists millions of dollars to create, then you're a victim of the tobacco companies' nicotine scam. They've created a cigarette that's so addictive you couldn't just walk away from smoking. If you can no longer quit by choice, then you're no longer smoking by choice.

Most companies would pull a deadly product off the shelf and not try to make money off it. When meat or produce gets contaminated, the companies issue an instant recall. The Tobacco companies think nothing of putting some of the most dangerous, contaminated, and deadly chemicals in your cigarettes. When some of those chemicals combine and are lit, they form 4,000 deadly chemicals in the cigarette and its smoke. To create a strong addiction they had to use toxic chemicals to keep making money with no regard to what happens to all who are exposed to these harmful chemicals. You don't see them or their families smoking anymore!

I think this is really unfair; they make a deadly product put a tiny label on it to warn you this is dangerous, yet make it so addictive you can't just walk away. Instead of taking this deadly product off the market when they found out it was harmful, they hired scientists to make it more harmful to create an addiction so you couldn't stop smoking and they could still make their billions of dollars. You don't hear much about the Tobacco companies getting sued anymore because they call your death a foreseeable death. They foresee your death and have warned you right on the label that this product is dangerous and can cause death, or worse cripple your health leaving you to suffer for years or even decades to come. Who pays attention to the small print anyway? That's what they bank on.

Cigarettes were more natural when they first came out. Not necessarily good, but they didn't contain all the extra toxic and cancerous chemicals they do now. If they put cigarettes back in their more natural form, it would lose the chemical control cigarettes have over people and the Tobacco companies wouldn't make money. They started to add these toxic chemicals to get people more addicted when the Surgeon General's report came out on how bad smoking was for your health. As consumers have become more sophisticated,

the Tobacco companies have had to become more savvy at increasing the addiction ingredient to keep people smoking. Smokers need to stop blaming themselves for smoking and put the blame where it belongs: on the sneaky Tobacco Companies!

Cigarettes are the only product when consumed as intended kill or cripple half or more of its consumers. Even though alcohol is legal and can cause harm if overused, alcohol in and of itself is not addictive. Just one cigarette can cause harm. You have to have an addictive personality or turn to alcohol because of your troubles. People who have been tricked by smoking and don't have any problems, have tried to quit several times but still can't. It's even said that if you drink one small glass of red wine per day, it's good for you, but they've proven that smoking just one cigarette a day isn't good for you, and the second-hand smoke from the cigarettes can kill you as well.

People say, "Well I have to die anyway!" It's not dying you should worry about, it's chronic diseases and the horrible effects from smoking. You would be one of the lucky ones to die early from smoking, because the others are crippled for 10 years or more with chronic diseases which makes living life miserable. An early death should be the least of your worries; the slow painful suffering death should be the thing you worry about. Remember it only takes 72 hours to get the poisonous addictive chemical nicotine out of your system breaking the physical addiction, compared to a decade of suffering. Three days is nothing, and you can do this with the help of this book. Hypnosis can break the psychological addiction in one session. Visit www.TryHypnosis.net or call (760) 918-9463.

My grandma used to say she wanted to die in her sleep so she could avoid any suffering. She got her wish after living 89 years of a healthy, productive life. You need to act like you're going to need your body for 50 years or more depending on your age. If you don't have your health, you don't have anything. Go to a chronic hospital and talk to people who say they wish they could wave a magic wand and go back and had made that decision to stop smoking.

Every tobacco user knows smoking is dangerous, including yourself, right? But can you explain what the Tobacco companies have done to make you believe smoking is enjoyable or why it's so hard to quit? The vast majority of smokers don't smoke because they truly enjoy it anymore, and those who

do enjoy it, don't fully understand that they're being played by the Tobacco companies. The Tobacco companies, by adding all the toxic chemicals, have figured out a way to have an endorphin called dopamine, a natural neurotransmitter, released in your brain only to disappear just as fast, leaving you wanting more. This is why some might think smoking is enjoyable. But as you damage your body more and more with all the poisons, your body will need more and more and soon feel anxious and nervous until you're so dependent on the cigarettes, you can't quit. Nicotine is a stimulant poison.

Use your mind to convince your body that cigarettes are not enjoyable; they're just poison that the Tobacco companies are using to get rich off people. Stop the chain of the Tobacco companies making money off you while your family and your health ultimately pay the price. Your desire to inhale that poison and make the Tobacco industry rich, could simply vanish.

If you change your perception, you can change your biology. In other words, when you imagine with each breath all the different poisons leaking out into your body and think of the taste of a car exhaust, cigarettes may lose their appeal.

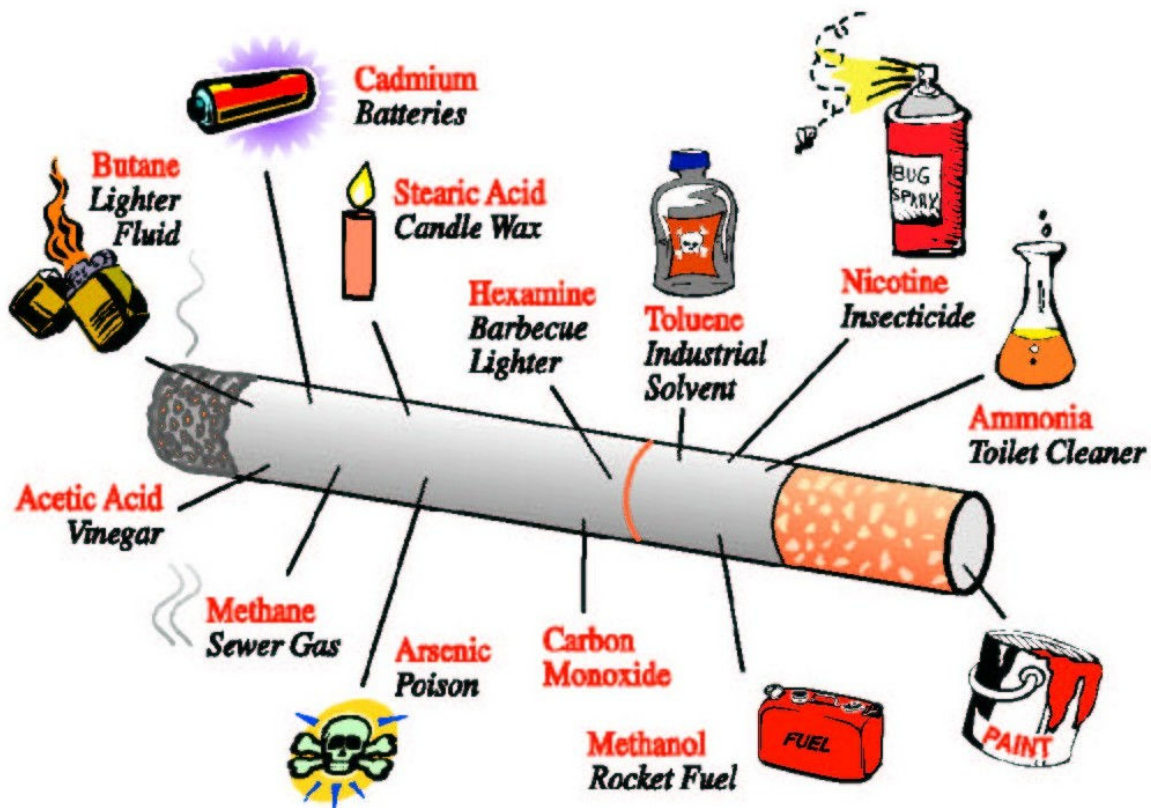
Anthony Robbins has a seminar called "Personal Power" in which he illustrates the power of perception. People have been able to walk barefoot over red hot coals without burning their feet. Nothing is impossible if you change your perception and use the power of your mind. Hypnosis works well for changing perceptions in the mind.

In this book you will learn that withdrawal from nicotine has two parts: the physical and the psychological. You must take care of both parts of nicotine withdrawal in order to be successful at quitting smoking. For the *physical withdrawal*, I'll show you how to regulate your blood sugar and what to do to break triggers the first week. For the *psychological withdrawal*, I'll impart you with knowledge and show you how to use your anger and fear. Some people may need a bit more help and can use hypnosis or see their doctor. For more help, visit www.TryHypnosis.net.

Smokers have been harassed so much, they have become defensive. It's really not fair when judgments are not based on all the facts. It's time to drop the defensive attitude and turn something bad into something good by joining

the Non-Smoking Team. Use your valuable lessons and knowledge to help yourself, then others to quit smoking for life.

What's in Cigarettes and Tobacco Smoke?



“I’ve always wondered why all of a sudden my cigarettes are making me feel so icky, and now I know,” said one long-time smoker. “At first I felt okay smoking, but as the years and all the poisons and toxins took effect, I feel horrible, yet I can’t quit.”



Cigarettes are the only consumer product which, when consumed as intended, kills half of its regular consumers.

- Most companies when they find out their product is dangerous or can cause harm, would take it off the market. The Tobacco companies have no conscience about using nicotine to line their pockets and get rich.
- Smoking causes half a million deaths in one year alone in the U.S. That's 1,300 deaths per day or one death every 82 seconds. It's like two jumbo jets falling out of the sky 7 days a week, 365 days a year. They call it a foreseeable death and have a "tiny" label on the package warning you.
- Smoking causes COPD and Emphysema, diseases that block airflow to the lungs, and sufferers have described it like breathing through a straw. Most smokers may be unaware that they're starting to suffer from a disease until it's too late.
- COPD is a deadly crippling disease. People get holes cut in their throat just to breathe, and they carry around oxygen tanks to breathe.
- Every 4½ minutes in the U.S., someone dies from lung cancer. Lung cancer is the number one killer of all the cancers.
- Smoking causes more than bad breath; it's been linked to causing all types of cancer.

The number of deaths caused by cigarette smoking is greater than those caused by alcohol, illegal drug use, homicide, suicide, car accidents, and AIDS combined. That amounts to over 1,300 deaths per day.

KICK IT.



STOP SMOKING NOW.

Introduction

The goal of this book is to radically change your feelings about cigarettes and to motivate, educate, and empower you.

Knowledge is power. This book will give you the knowledge—facts you probably didn't even know—and it will give you the specific steps and techniques to move forward with your goal and quit for good.



This book is designed to make quitting smoking simple, manageable, and attainable. You probably didn't start smoking on your own, and you don't have to quit on your own. No one has been taught the secret to how to quit smoking until now!!!!

First of all, I want to explain that *it's not your fault that you're smoking*. The tobacco companies can take full responsibility for that. **They've engineered a highly addictive, habit forming nicotine delivery device: the CIGARETTE!**

I just want you to understand that you're no longer smoking by choice; you're a victim of the tobacco companies' nicotine scam. Of course, it's your right to smoke, and it's your body. But when you can no longer quit by choice, then it's unfair! Especially when you could suffer a crippling disease from this habit or worse, die.

Nicotine is more addictive than heroin, cocaine, or amphetamines. The tobacco companies have put nicotine in its free-base form (more concentrated and volatile) to reach the pleasure center of the brain in 7-10 seconds, only to leak out just as fast and put in the craving for the next cigarette. This is often the main reason people smoke, because it hits the pleasure center in the brain and people are tricked into thinking putting poison in their mouth is enjoyable.

Smoking is no longer socially acceptable, and it's getting tougher and tougher to find a place to even smoke in public—let alone deal with those judging stares you get for smoking. Smoking is becoming more and more of an inconvenience for most smokers. It's become a social poison in all aspects of the word.

The vast majority of smokers don't smoke because they truly enjoy it any more, or because they want to. They smoke because they've become dependent on the cigarettes. They have a false concept that cigarettes relax them and somehow give them courage and confidence. A false sense that cigarettes bring enjoyment.

It all comes down to a few reasons you believe you can't quit fear, habit, and addiction!!!!!!!!!!!!!!.

- Fear that you have to give up their crutch or pleasure.
- Fear that you won't be able to enjoy life or handle stress.
- Fear of failure.
- Fear that you will put on weight.
- Fear that you have to go through an awful trauma to get free.
- Fear that you never get completely free of the cravings.
- Nicotine is habit forming and very addictive.

Habit: A recurrent, often unconscious pattern of behavior that's acquired through frequent repetition.

Addiction: The state of being enslaved to a physiologically or psychologically habit-forming substance.

Fear, anger, and a little anxiety are the side effects of life's every day stressors. They are natural and can even be helpful in some situations. A little anger and a lot of fear can be a powerful doorway for transforming your future. In this case, they are going to be helpful to empower your future to be smoke free for life.

It's a known fact that smoking kills. This isn't fiction. We all have cancer genes in our bodies. It's just a matter of whether they get turned on. If they get turned on, you get cancer. Smoking is a giant risk factor that turns these genes on. With every cigarette you smoke, it's like playing Russian Roulette—you

never know which puff could suddenly turn on a cancer cell. This can leave you wondering: is this cigarette going to give me cancer or even emphysema? Cancer researchers have found that smoking even a small amount can lead to cancer. Yikes! Every day there are new studies confirming this. Smoking is said to be a vicious habit that should be ditched at the start before you get addicted—but is anyone listening?

Psychologically, you're in for a treat when you quit smoking. As a smoker, nicotine addiction gradually beats you down. Most of us spend years tied to a habit we desperately wish we could rid ourselves of. We feel weak and powerless and that leads to a slow destruction of self-esteem, usually so gradual we don't even realize what's happening. It's no wonder that so many long-term smokers suffer from anxiety and depression. When you quit, you'll be psychologically uplifted in many ways!

Physically, you're also in for a treat when you quit smoking. Within hours of stopping smoking, your body will begin to recover from the effects of smoking. You'll see a difference in your breathing and your energy level, among other great effects.

If you're only smoking in social situations—and those aren't *daily* situations—you're at a lower level of dependence. Maybe you're one of the lucky ones and aren't addicted. Try to go three days without cigarettes and see if that's true for you. And if you've quit, certainly don't ever start smoking again.

Most smokers understand tobacco use is harmful and they want to quit. Yet, they just can't!!!

- BUT, now it's time to take back your choices! Tobacco companies are earning billions of dollars at the expense of the health and deaths of millions.
- Use your anger directly upon the cigarettes and those who've manipulated you into this deathly spiral just to keep milking money from you.
- NOW is the time to use your anger and fear to motivate you to quit smoking and remain a non-smoker for good!

- NOW is the time to use the power of your mind to break this addiction. Once and for all—forever!

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Chapter 1 Nicotine Addiction: Why People Smoke

When I was a smoker, there wasn't much I wouldn't have done to maintain my addiction. I cut short my time with family and friends. I missed out on many entertainment and recreational opportunities. I sacrificed much of my physical health and my self-esteem. I sacrificed the quality of my physical environment—my home, my car, my clothing. I sacrificed a good portion of my income, too. Wow! In retrospect I sacrificed soooooo much to maintain my nicotine addiction!



Nicotine is the drug responsible for making cigarettes so addictive. Studies have shown it's more addictive than heroin, cocaine, and amphetamines, and just as hard a habit to break. It makes your body crave more cigarettes and that creates the addiction. Nicotine is the most dangerous chemical of all those inside a cigarette, because it reinforces the addiction with a deadly stronghold. The tobacco companies have learned how to make it even more addictive by converting nicotine into its free-base form. Most smokers are addicted to the nicotine in cigarettes, in addition to the physical habit itself.

No one starts smoking to become addicted to nicotine. This is the doing of the tobacco companies knowing full well that smoking nicotine is habit forming, and now described as highly addictive. So smoking has no longer become a choice; it's become a burden for many smokers. As many as 8 out of 10 smokers have tried to quit, with little success! Once again, people are no longer smoking by choice—they're addicted.

Tobacco companies highly engineered the cigarette. They've spent millions of dollars and have hired scientific research teams who discovered that without nicotine, the cigarette would lose its chemical control over the smoker. They've added all these dangerous chemicals just so they can get more nicotine into your system, without concern for the other toxic chemicals that are damaging your health.

Nicotine affects the entire body. It acts directly on the heart to change the heart rate and blood pressure, increasing your heartbeat to where your heart is pumping an extra 35,000 beats per day. That extra workload damages and wears out your heart. Nicotine also acts on the nerves that control respiration to change breathing patterns. In high concentrations, nicotine is deadly, in fact one drop of purified nicotine on the tongue will kill a person. It's so lethal that it's been used as a pesticide for centuries.

Nicotine and Dopamine

Research has shown that nicotine increases the brain's levels of dopamine, a neurotransmitter responsible for feelings of pleasure and well-being. New smokers generally feel some unpleasant side effects of nicotine, such as headaches or dizziness, but after a while their bodies get used to it, and these effects are gone only to be replaced by the more pleasurable ones. The acute effects of nicotine wear off within minutes, so the smoker must continue smoking frequently throughout the day to keep the pleasurable effects of nicotine and to prevent uncomfortable withdrawal symptoms.

The "Nicotine Rush" makes people feel temporary pacified, but actually it's just putting in the brain the craving for the next cigarette. It creates a nicotine hunger, and your body has to use more and more to get the same results and then bam, you're hooked. Once you've been smoking for a while, though, your body becomes used to a certain level of nicotine, and without it, you no longer feel okay.

People need to realize they can get the same stimulation of the pleasure center in the brain by eating a satisfying meal, such as steak and baked potato, or a delicious sweet dessert like ice cream or anything chocolate. Exercising also releases dopamine, so it's a great way to get that same pleasurable feeling. So get moving and get that dopamine high!

Breaking the Addiction

Cigarettes are probably one of the most addictive habits that exist. Even though the nicotine is physically addictive, nicotine takes from 36 to 72 hours to leave your body. This is why smokers relapse if they smoke just one

cigarette. The nicotine hunger has them in its grip again.

In this book, I will use your new motivation and willpower to break this cycle. Withdrawal from nicotine has two parts: the physical and the psychological.

You must take care of both parts of nicotine withdrawal in order to be successful at quitting smoking. For the *physical withdrawal*, I'll show you how to regulate your blood sugar for the first week and give you different ideas to fight off cravings. For the *psychological withdrawal*, I'll impart you with knowledge and show you how to use your anger and fear. Some people may need a bit more help and can use hypnosis or see their doctor. For more help visit www.TryHypnosis.net.

When smokers quit, their bodies go through fluctuations in blood sugar levels. When you quit smoking, oxygen levels are often better than they've been in years. But with a limited supply of sugar, the oxygen can't properly fuel your brain. This is what can cause the withdrawal symptoms.

Nicotine withdrawal symptoms include irritability, headaches, cravings, depression, anxiety, cognitive and attention deficits, sleep disturbances, and increased appetite. These symptoms may begin within a few hours after the last cigarette, quickly driving people back to tobacco use. However, symptoms peak within the first few days of smoking cessation and usually subside within a week. So, you must hang in there. You won't go through withdrawal forever, but you will be addiction free forever!

TRUE STORY

I've been a nicotine addict for 45 years, and I'm writing this in the hopes that someone may find my experience useful to help them to quit smoking. I had tried everything to quit smoking. I'm convinced that tobacco is one of the most addicting substances on the planet. I've watched several of my friends and family members suffer at the cost of smoking. Three years ago, I was diagnosed with bladder cancer which was from smoking. Many of the carcinogens from cigarettes are excreted in the urine where their presence can cause bladder cancer, which is often fatal. My daughter convinced me to try hypnosis to give up smoking. I'm now cancer free after my long three-year journey of fighting it. Giving up smoking with the use of hypnosis was the best decision I ever made. After getting cancer from smoking, I knew I had to find the will to quit before it killed me.

~ Gloria Sanborn, California

Chapter 2 Knowledge is Power: Get Empowered

Tobacco companies claim they don't have to disclose the amount of free-base nicotine in cigarettes as this is a "trade secret" protected by law. However, we do know that tobacco smoke contains over 4,000 chemicals. Here are a few of them:

AMMONIA: A toilet bowl cleaner. This is added by the tobacco companies to increase the amount of nicotine in its free-base form so it's absorbed quickly and efficiently. Smokers get a higher dose of nicotine with each drag to keep them addicted.

ARSENIC: This metal is used in rat poison and by tobacco farmers as a pesticide. People have tried to poison others this way, but they end up in jail. But not the tobacco companies. They have too much money, and their lawyers have argued that it's a foreseeable death since there are warning labels on cigarette packages. That's why you haven't seen any more lawsuits with the tobacco companies. Yet, cigarettes are 10 times more deadly now than ever.

BENZENE: Benzene is a highly toxic hydrocarbon component of products derived from coal and petroleum and is found in gasoline and other fuels. It's been used to make plastics, detergents, inks, rubber, paint remover, drugs, pesticides, and other chemicals. Research has confirmed that exposure to benzene causes leukemia, deficient bone marrow and blood production, and death.

CARBON MONOXIDE (CO): This is the big one. Let's talk about its effects. CO is a poisonous, colorless, odorless gas produced as a result of incomplete burning of carbon-containing fuels. Cigarette smoke contains high levels of CO. Carbon monoxide is the same odorless, colorless gas that comes out the tailpipe of cars, buses, and trucks.



Most people don't understand the nature of the problem from **Carbon Monoxide** poisoning. We're all aware that people commit suicide in their cars, but that's about the level of most people's understanding. CO stays in the blood for eight hours. People die from carbon monoxide poisoning because the doctors can't get it out of the body. It attaches to your red blood cells filling the spots oxygen should take, and then travels to every part of your body with poison instead of oxygen. Every time you smoke a cigarette, you have eight hours of CO traveling through your body on your red blood cells. If you smoke just three cigarettes, you have 24 hours of this poison floating around your body. Prolonged exposure to low level CO has devastating effects on your health.

CYANIDE: A rapidly acting, deadly poison in the form of a colorless gas that exists in various forms. Hydrogen cyanide is the poison used in gas chambers, and is obviously an efficient killer. Smoking cigarettes is probably one of the major sources of cyanide exposure for people who don't work in cyanide-related industries. It can cause heart and brain damage. In small doses, like those found in cigarettes, it will damage the tiny hairs that are part of the natural lung cleaning mechanism. As a result, toxic substances build up in the lungs.

DDT: An insecticide that was banned in the United States in 1973 because of the unacceptable risks to the environment and potential harm to human health. It's still used in some parts of the world. How come they can't use this on crops anymore, but they can put it in my cigarette?

ETHYL FUROATE: This chemical compound had been found to be severely toxic when administered to rats. May cause liver damage in animals. Wonder what it's doing to smokers?

FORMALDEHYDE: A colorless, pungent-smelling gas used in embalming fluid to preserve dead tissues. Exposure can cause eye, nose, and throat irritation; wheezing and coughing; fatigue; skin rash; severe allergic reactions, nausea, and difficulty breathing. May trigger attacks in people with asthma. It's also been shown to cause cancer in animals and may cause cancer in humans as well.

LEAD: Lead-based paint and lead-contaminated dust in older buildings can lead to lead poisoning. Also found in contaminated air, water, soil, and some toys and cosmetics—and of course “cancer sticks!” China was in trouble for adding lead to many of their products, until they put it on the labels. Lead in their products has killed many small children, and cigarettes will kill many more.

METHYL ISOCYANATE: Used to produce pesticides. It's extremely toxic to humans from short-term exposure. Can cause respiratory infections, pulmonary edema, and death. May affect reproductive health causing stillbirths and spontaneous abortions.

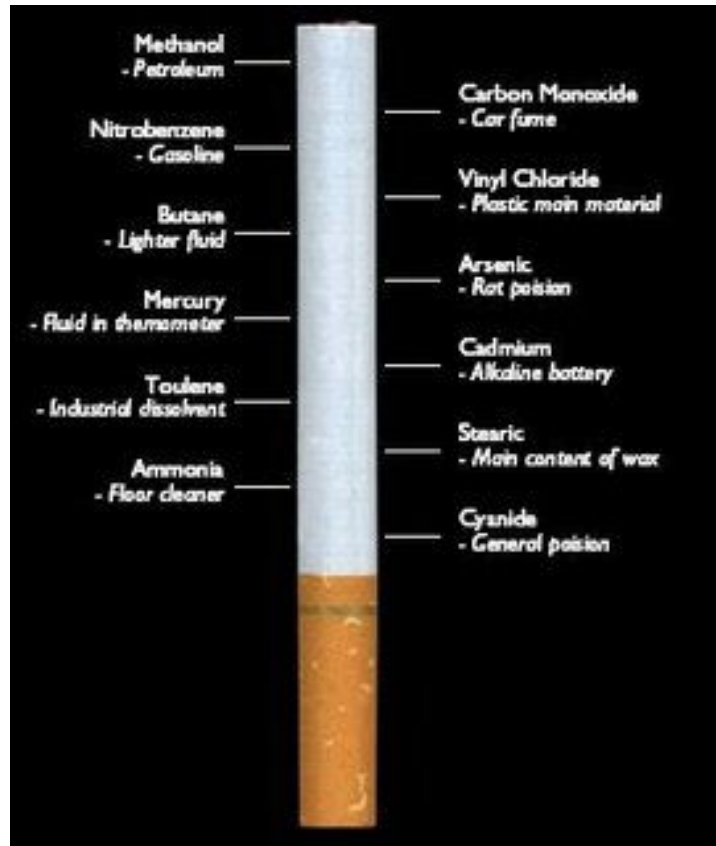
NICOTINE: A deadly poison used in pesticides to kill bugs and an addictive chemical in cigarettes. If you take one cigarette and purify the nicotine, then put just one drop on seven people's tongues, death would be imminent. So, one cigarette could literally kill seven people. Within seven seconds of inhaling on a cigarette, the nicotine reaches your brain, stimulates the nervous system, increases heart rate, raises blood pressure, and constricts small blood vessels under the skin (which can cause wrinkles). Nicotine occurs naturally in the tobacco plant, and tobacco companies added their "trade secret" ingredients to get it to its free-base stage. Who knows if the "trade secrets" included additional nicotine added to the cigarette?

POLONIUM 210: The only component of cigarette smoke that has produced cancer by itself in laboratory animals by inhalation. Tumors appeared already at a polonium level five times lower than those of a normal heavy smoker. If you smoke a pack of cigarettes a day the amount of polonium you get is like getting 300 X-rays a year.

TAR: Tar is the given name for the toxic, cancer-causing chemicals (such as nitrosamines and polycyclic aromatic hydrocarbons) in cigarettes. Tar forms a thick, black coating in your lungs, inhibiting efficient oxygen transfer and increasing your risk of developing throat and lung cancer. It's also responsible for coughs, colds, emphysema, and chronic obstructive pulmonary disease.

These are merely a few of the toxic chemicals in cigarettes, but I think you get the idea. The four most well-known and dangerous of the chemicals in cigarettes are: nicotine, carbon monoxide, tar, and phenols (phenols enter from the drying process of the tobacco).

You have to ask yourself: Are the tobacco companies trying to kill us on purpose?



Chapter 3 Effects on Your Health



The tobacco companies have found a way to make people believe that putting poison in their bodies is fun. Huh??? Yeah, right! You wouldn't go down to the store and purchase poison (antifreeze) and put it in your body, would you? You wouldn't go out to your car every day and inhale exhaust fumes, would you? But that's the equivalent of smoking one cigarette a day. *Whose idea of fun is that?*

Between 1964 and 2004, more than 12 million Americans died prematurely from smoking, and another 25 million U.S. smokers alive today will most likely die of a smoking-related illness.

How Does Smoking Affect Your Health?

Continuing research is revealing daily the increasing health risks created by cigarette smoking. It can be attributed to poor health, illness, disease, and even death. These are among the more common negative effects smoking has on your health:

- Decreased oxygen to the heart and to other organs
- Decreased exercise ability and endurance
- Decreased HDL (good) cholesterol
- Damage to cells that line coronary arteries and blood vessels
- Increased blood pressure and heart rate
- Increased risk of coronary artery disease, stroke, blood clotting, and heart attack
- Increased risk of lung and throat cancer, chronic asthma, chronic bronchitis, and emphysema
- Increased risk of diabetes, ulcers, and gum disease
- Increased risk of illness and lowered immune system

These are some of the diseases and illnesses known to be caused by smoking:

Cancer: Many types of cancer have been linked to smoking, including lung, bladder, kidney, stomach, throat, tongue, and leukemia. Smokers have higher rates of deadly pancreatic cancer. Bladder cancer is caused from smoking. Adenoma carcinoma is the common type of bladder cancer.

Chronic Coughs & Colds: Smoking increases the frequency and duration of coughs and colds. Smoker's cough is your body trying to rid the toxic poison from your system and will only get worse.

Chronic Obstructive Pulmonary Disease (COPD): A progressive disease that makes it difficult to breath, and produces wheezing, shortness of breath, chest tightness, and mucus congestion. Cigarette smoking is the leading cause of COPD.

Crohn's Disease: Smoking increases the risk of this ongoing disorder that causes inflammation of the digestive tract, causing diarrhea, abdominal pain, rectal bleeding, weight loss, arthritis, skin problems, and fever. Generally considered to be caused by a weakened immune system.

Decrease in Athletic Performance: Most sports and physical activities require endurance and stamina; however, smoking limits lung capacity so athletic performance suffers. You also have an increase in muscle tension which you can see by testing hand tremors before and after a cigarette.

Emphysema: A crippling lung disease, it's like breathing through a straw; you soon become so tired that simple actions feel like a chore. Emphysema is an irreversible degenerative lung disease in which tissue deterioration results in increased air retention and reduced exchange of gases. People with emphysema have a hard time getting out of bed and performing typical tasks. They're tired all the time because they're not getting enough oxygen exchange and they have difficulty breathing and shortness of breath. Most people with this disease have to carry around an oxygen tank everywhere they go so they can breathe. Some even require a wheelchair.

Gallstones: Gallstones are small, pebble-like substances that develop in the gallbladder and form when liquid stored in the gallbladder hardens into pieces of stone-like material. They block bile ducts which can cause severe damage or infection in the gallbladder, liver, or pancreas and can be fatal.

Gum Disease, Tooth Decay, and Tooth Loss: Tobacco increases the deep pockets between the teeth and gums, loss of bone and tissue that support teeth, and calculus, a plaque that hardens on the teeth. In addition, smokers have a higher incidence of oral cancer, bad breath, stained teeth, tooth and bone loss, loss of taste, gum recession, mouth sores, and facial wrinkling.

Hearing & Vision Loss & Disease: The nicotine in cigarettes can cause many side effects, among them hearing disorders, tinnitus, dizziness, and vertigo. Smoking constricts the tiny blood vessels in the inner ear cutting down blood flow and oxygen to the inner ears. Lack of oxygen damages the hair cells in the ears temporarily reducing hearing, and also making ears more sensitive to loud noises.

Smoking also increases the risk for eye problems including cataracts, loss of central vision, inflammation of the cornea, pink eye, and even permanent blindness. Untreated cataracts may cause a complete loss of vision. Cigarette smoking also increases the risk for developing age-related macular degeneration, which is a progressive loss of vision. Smoking damages the optic nerves completely, resulting in sudden, painless loss of vision, and often permanent blindness.

Heart Attack, Heart Disease, Blood Clots, Hypertension, & Stroke:

The effects of smoking on your heart are devastating. Nicotine raises blood pressure and makes the blood clot more easily. Toxins in cigarette smoke cause plaque to form in the arteries. **Carbon monoxide robs your muscles, brain, and body tissues of oxygen,** making your whole body and especially your heart work harder. That's a heart attack waiting to happen!

Heartburn & Ulcers: People who smoke experience an increase in concentration of secretions in saliva in the mouth. The stomach secretions of gastric juice, pepsin (a powerful flesh digestant), and muriatic acid decrease and also become greatly concentrated in strength. This can cause ulcers, heartburn, acid reflux, and other digestive problems.

Liver & Organ Damage: The various chemicals in cigarette smoke cause cancer and other damage to the liver and various organs. Cigarette smoke decreases the capacity of red blood cells to carry oxygen to the organs of the body which prevents oxygen and nutrients in correct amounts from reaching the liver and other organs. Chemicals in cigarette smoke cause oxidative stress on the liver, which leads to damage of the liver cells and fibrosis. This also prevents the liver from performing its main function, so it becomes less efficient at removing toxins.

Poor Circulation in Hands & Feet: Cigarette smoking restricts the amount of oxygen carried to all the cells of the body. This means poor blood circulation and thus cold hands and feet.

Smokers Face: Smokers' faces are often leathery, wrinkled, and discolored with a yellowish tint or a grayish tone. Cigarette smoke and the chemicals in cigarettes damage the skin by reducing the ability to form collagen (the main structural component of skin), decreasing blood circulation (thus reducing oxygen supplies to the skin), causing elastin (the normally long, smooth, elastic fibers in skin) to thicken and break apart, cutting estrogen levels in women (causing skin dryness and cracking), and interfering with the skin's ability to protect itself from free radicals (unstable compounds with unpaired electrons or protons).

Yellow Fingers, Toenails, & Teeth: Tar is a sticky brown substance that causes smokers' fingers and nails to go yellowish brown and teeth to stain yellow. This is the same black, sticky stuff that carries toxic chemicals to your lungs. Tar not only leaves stains on smoker's lungs, but on their fingers and teeth.



The poignant story of the 33-year-old man who died of lung cancer

<http://whyquit.com/whyquit/BryanLeeCurtis.html>

Cigarette smoke hangs in the air in the room where Bryan Lee Curtis lies dying of lung cancer. His head, bald from chemotherapy, lolls on a pillow. The bones of his cheeks and shoulders protrude under taut skin. In Bryan's emaciated hands, his wife Bobbie has propped a photograph taken just two months ago. It shows a muscular and seemingly healthy Bryan. A pack of cigarettes and a lighter sit on a table near Bryan's bed in his mother's living room. Even though tobacco caused the cancer now eating through his lungs and liver, Bryan smoked until a week ago, when it became impossible. Across the room, a 20-year-old nephew crushes out a cigarette in a large glass ashtray where the butt joins a dozen others. Bobbie Curtis says she'll try to stop after the funeral, but right now, it's just too difficult. Same for Bryan's mother, Louise Curtis. Bryan knew how hard it is to quit. But when he learned he would die because of his habit, he thought maybe he could persuade at least a few kids not to pick up that first cigarette. Maybe if they could see his sunken cheeks, how hard it was becoming to breathe, and his shriveled body, it might scare them enough. So a man whose life was otherwise unremarkable set out in the last few weeks of his life with a mission. At the funeral service, Bryan's casket was open, and 50 friends and relatives could see the devastating effects of the cancer. Addiction is more powerful. As the graveside ritual ended, a handful of relatives backed away from the gathering, pulled out packs of cigarettes and lit up.



2 months before his death



Bryan near death

Are There Ways to Prevent Cancer?

The risk of developing cancer from smoking can be reduced by:

- **Not using tobacco products.** The most consistent finding, over decades of research and hundreds of studies, is the strong association between tobacco use and cancers of many types. Lung cancer death rates in the U.S. have mirrored smoking patterns, with increases in smoking followed by dramatic increases in lung cancer death rates and, more recently, decreases in smoking followed by decreases in lung cancer death rates in men.
- **Choosing foods with less fat** and eating more vegetables, fruits, and whole grains. Obesity is associated with colon, breast, endometrial, and possibly other cancers.
- **Avoiding excessive alcohol drinking.** Excessive alcohol consumption is associated with increased risk of oral, esophageal, breast, and other cancers.
- **Exercising regularly and maintaining a lean weight.** Physical inactivity is associated with increased risk of colon, breast, and possibly other cancers.
- **Avoiding the harmful rays of the sun,** using sunscreen, and wearing clothing that protects the skin. Overexposure to harmful rays is associated skin cancer.
- **Avoiding exposure to ionizing radiation** and ultraviolet radiation, certain occupational and chemical exposures, and infectious agents.
- **Talking with a doctor** about the possible benefits of drugs proven to reduce the risk of certain cancers.

How Does *Stopping Smoking* Affect Your Health?

It's totally possible to reverse many of the negative effects cigarette smoking has on your health. Within hours of stopping smoking, your body will begin to recover from the effects of nicotine and additives. The following are some health benefits and physiological changes that start to happen to your body as soon as you break the habit:

- **After 20 minutes:** Blood pressure, body temperature, and pulse rate which the nicotine elevated will return to normal.

- **After 8 hours:** Smoker's breath disappears. Carbon monoxide level in blood drops and oxygen level rises to normal.
- **After 24 hours:** Chance of heart attack decreases.
- **After 3 days:** Lung capacity will increase and bronchial tubes will relax, making breathing easier and fuller.
- **After 2 to 3 months:** The poisonous carbon monoxide in the blood will decrease and allow the blood to carry more oxygen to all cells. Circulation will improve. Walking becomes easier.
- **After 1 to 9 months:** Sinus congestion and shortness of breath decrease. Cilia that sweep debris from the lungs grow back. Energy increases.
- **After 5 years:** Lung cancer death rate for the average pack-a-day smoker decreases by almost half. Stroke risk is reduced. Risk of mouth, throat, and esophageal cancer is half that of a smoker.
- **After 10 years:** Lung cancer death rate is similar to that of a person who doesn't smoke. The pre-cancerous cells are replaced.
- **After 15 years:** Risk of coronary heart disease is the same as a person who has never smoked.

Many of the health hazards from smoking can be reversed when you stop. If you quit smoking now, you will also:

- **Prolong your life.** According to the American Heart Association, smokers who quit between the ages of 35 to 39 add an average of 6 to 9 years to their lives. Smokers who quit between ages 65 to 69 increase their life expectancy by 1 to 4 years.
- **Reduce your risk of cardiovascular disease.** You'll reduce the risk of repeat heart attacks and death from heart disease by 50% or more. You will also reduce your risk of high blood pressure, peripheral artery disease, and stroke significantly.
- **Reduce your risk of developing a variety of other conditions.** You'll no longer be at a high risk for developing diabetes, throat cancer, lung cancer, emphysema, chronic asthma, chronic bronchitis, peptic ulcers, and gum disease.
- **Feel healthier.** After quitting, you won't cough as much, have as many sore throats, and you'll notice an increase in your energy and stamina. Your resistance to illness will also improve as your immune system strengthens.

- **Look and feel better.** Quitting can help you prevent face wrinkles, get rid of stained teeth and fingers, improve your skin, and especially get rid of the stale smell in your clothes and hair.
- **Improve your sense of taste and smell.** It'll be great to smell, taste, and enjoy your food as never before.
- **Save money.** You'll save on the cost of buying cigarettes, as well as the cost of doctors and medications for your ill health.

Chapter 4 Excuses: Why Haven't You Quit?

Do you really want to quit smoking? You're not the only one. Every year, more and more people decide to quit smoking cigarettes. Why? For a variety of reasons.

However, there are many obstacles in their way to quitting.

Have you made some of these **excuses**?



It's one of my few pleasures in life

Cigarettes often give a false sense of pleasure (some of this pleasure comes from the relief of the nicotine hunger). The beautiful truth is there is nothing to give up once you purge the nicotine from your body and reprogram your mind with motivation. You will neither want nor need a cigarette. Taking away the bad habit of smoking will actually add more pleasure to your life.

It's too late for me to heal these old lungs

Nonsense! If you haven't yet caused permanent damage, you'll increase your lung capacity by 30% in as little as 90 days after quitting smoking. It's amazing how much damage your lungs can repair if smoking hasn't caused cancer or emphysema yet. Even those with emphysema can save the other remaining tissue that hasn't yet been damaged.

I have to die of something

Smoking is a crippling disease you don't want to die from. It's a horrible, long, painful death! Unless you're lucky enough to die of a heart attack before you get lung cancer! But, again this is usually an early death....at early or middle age.

Smoking is my a reward

Robbing you of your health, your money, and your energy? What kind of reward is that? If your boss rewarded a job well done by taking away your pay, would you consider that a reward? Smoking is taking away your health and your freedom.

My concentration is better

Sucking in large amounts of carbon monoxide and poison does NOT improve concentration. Nicotine is a stimulant poison, so you'll feel a lift as it excites neurons in your brain. But as it constricts all the blood vessels (that's why you have cold fingers and toes) and robs the oxygen from your brain, your thinking will become fogged over time.

It's going to be so painful to quit

Going through chemotherapy or radiation for cancer is painful. Using your mind to battle this addiction will be pain free. You're going to get easy steps to do this.

Friend vs. enemy?

What type of friend would be secretly trying to kill you or worse leave you crippled, while taking all your money? A friend whose smell is so vulgar, that you become unwelcome everywhere!

Let's be real! The cigarette is not a true friend. It's your enemy!

I'm bored; I need something to pass the time

Some people believe smoking cures boredom, but so does banging your head against a wall and stabbing yourself with a fork. That doesn't mean it's either good for you, effective, productive, or an adequate way to deal with the situation. We're all looking for that carefree enjoyment we enjoyed as a child. Everyone experiences boredom, even non-smokers. Try guided imagery, self hypnosis, and activities that won't harm you. Sometimes when I'm bored, I take a lollipop (a small one) and twist it in my mouth, because it helps me think better and put my thoughts in order.

My friends are smoking

I hear this excuse all the time: my friends smoke, or others smoke around me. If your friend jumped off a cliff, would you do that too? I know peer pressure can be great, but wouldn't it be great if you quit and set an example for your peers?

It relaxes me

One of the main reasons people say they smoke is to calm their nerves or relax themselves. Nicotine is a stimulant poison, so it's medically impossible for it to calm your nerves or relax you. Cigarettes actually increase

your heartbeat 10 beats per minute trying to get rid of the poison in the smoke, so your heart has to work overtime. Cigarettes truthfully destroy your nerves rather than relax them.

People say smoking reduces stress, when in fact you actually increase the stress by the last cigarette. When nicotine and the other chemicals enter your body, you put it under a huge strain. Then when the nicotine leaves your body, it becomes stressed again, because there's no nicotine to release sugar into the blood. Your body tries to clean out the chemicals, which again makes you feel uncomfortable, and puts you under more stress. And you do this every day going round and round in circles. No wonder you're so stressed!

A major reason why people say they can't or won't stop smoking is they feel they would be giving up an effective stress management technique. But once you stop smoking for a short period of time, you'll become a lot calmer, even under stress, than when you were a smoker.

The relaxation smokers think they're getting only comes from taking the deep breaths when inhaling the smoke and taking a break from whatever you were doing, or maybe removing yourself from a stressful situation for a few moments. Your in-breath is much stronger when you're smoking. Try it now. Inhale as if you were smoking a cigarette. This deeper in-breath sucks in a lot more air than normal breathing does, because you're sucking air in from the bottom of your stomach as you expand your diaphragm.

The second thing you may notice is the way you exhale. Your out-breath is also much stronger and deeper when smoking. Try it now. Breathe out deeply without cigarette smoke. You can do this without putting poison in your body. Just deep breathe. Try taking five of these deep breaths.

How do you feel? You feel relaxed and calm, don't you? Exhaling feels good, especially when it's done strongly. Have you noticed that when you laugh and when you sigh, you exhale and breathe out strongly? Breathing out has a calming and positive effect on the body.

Sometimes it takes a painful experience to make us changes our ways. Effective triggers to quit can be small, such as just being sick and tired of being sick and tired, or large, such as a physician's delivery of news of cancer or disease.

I can't imagine anything more devastating than being diagnosed with lung cancer and knowing it was wholly preventable if you succeeded in quitting smoking. Remember, over 500,000 people die from smoking-related illnesses every year, and many of these people have tried repeatedly to quit. Don't become a victim of this powerful addiction; quit smoking as if your life depended on it. And it does!

It's never too late to quit smoking!

We've looked at your excuses! Now let's look at your reasons. **You have every reason to quit smoking now!** Even though you've smoked for years, the benefits you'll enjoy when you quit smoking will begin within 20 minutes of your last cigarette and continue for years to come. You'll reduce your risk of heart attack, stroke, and cancer. Your circulation and lung function will improve. And so much more!

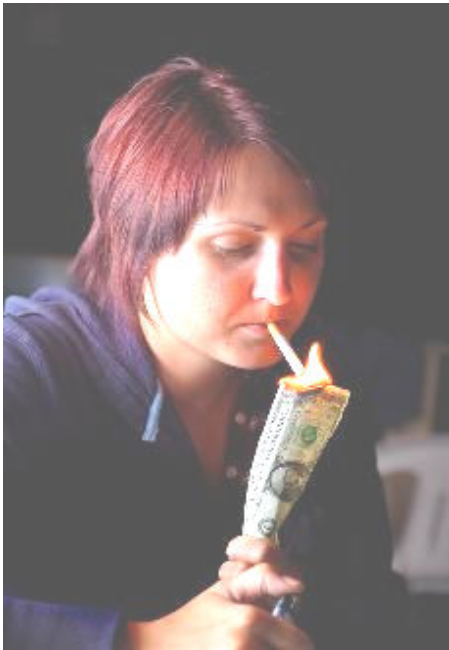
QUIT NOW! Every day you dedicate to this habit steals more of your life from you and from those who love you. Don't fall for the misguided thinking that it's too late for you to quit smoking. That's nicotine addiction talking or what's called junkie thinking. It's never too late to quit smoking. As soon as you put down that last cigarette, the benefits begin.

REASONS TO QUIT:

- No longer be controlled by the tobacco companies
- Quit paying the tobacco companies to poison you
- Your health
- Self respect and respect from others
- Money and the expense of smoking; health costs are rising!
- Smoking doesn't really relax you
- You know cigarettes are dangerous
- Get rid of smokers cough; breathe easier
- Inconvenience and embarrassment of smoking
- Death or a long suffering illness and death
- Pressure from others
- Smoker's face, premature aging
- Smell of smoking, stale smell
- Not socially acceptable
- For your children and grandchildren

- You can do whatever you put your mind to
- Nicotine creates a false sense of pleasure
- You can get that same type of pleasure without smoking

Costs



Let's estimate how much you think you will spend on smoking for the rest of your life.

Wait, did you add in all the extra costs you haven't thought about: chemotherapy, radiation treatments, surgeries, paying for your own health care because insurance companies will not insure smokers?

This should be incentive in itself to quit forever. Just remember years or months down the line, if you fall into the trap of "thinking" you want a cigarette, that cigarette is really going to cost you possibly your life, definitely your health, and half a million dollars.

Every time you see a cigarette, think about throwing away half a million dollars—or worse giving it to the tobacco companies. Would you give the tobacco companies half a million dollars? So they can live in fancy houses, drive nice cars, and take great vacations, all while they're killing millions of people? They damage people's health and get away with murder, while they get rich!

Would you give away your money and get nothing in return except grief and guilt?

Be a Hero

Wouldn't it be great to be the example of successfully quitting so you can influence your loved ones? If your friend was drowning, wouldn't you try to save them? You know secretly deep down inside, everyone really wants to

quit. Take the first step and others will follow. Be the leader, be the hero. Save your friends and others' lives by setting a good example with your educated decision to quit. Knowledge is power, and you have the power to help save others' lives.

Share your knowledge with them. Tell them they no longer have to feel guilt and shame about smoking—it's not their fault! Tell them how the tobacco companies have spent millions of dollars protecting the most addictive nicotine device.

Tell them about this book. Send your loved ones to my website at www.TryHypnosis.net so they too can get motivated to quit!

Secret to Success

You've made the choice of life over death, health over disease. You've made the right decision to quit. Don't ever let the tobacco companies, others, or yourself give you any doubts about this decision!

It's easy to quit smoking! Really! All you have to do is not smoke any more! Turn on your will power. It's not like running a marathon where you have to train for several months, buy running shoes, use a heart rate monitor, etc.

For the vast majority of smokers, re-introducing nicotine after quitting leads back to full-time smoking. There's no such thing as just one cigarette for a nicotine addict. Smoking, even as little as a few puffs on a cigarette, is enough to awaken the nicotine beast within.

If you should ever get tricked into smoking just one cigarette, that doesn't make you a failure. Just STOP right away! Do the steps in this book, and get back on the non-smoking wagon.

Congratulations! You're here today reading this book, ready to change your habit before it causes any more harm to yourself and your loved ones!

TRUE STORY

After smoking for over 21 years, I made a plan to quit the day after my 40th birthday. The one thing I didn't expect a week and a half into quitting was the exhaustion that hit me like a ton of bricks. What really helped me was a trip to the pharmacy and a purchase of Vitamin B complex, including some Vitamins C and E, Folic Acid, Calcium, Magnesium, and Zinc. It pumped up my energy and eased the cravings. And considering all the stuff I was pumping into my system with each pack of cigarettes I had smoked, I'm pretty sure these are helping my body mend. My husband said he would try to quit if I could. I was able to quit cold turkey. With the motivation, I could save both our lives by quitting. He tried cold turkey and couldn't quit. He got hypnosis, though, and now we're both non-smokers. I feel like a hero, because I was able to quit and it motivated him to quit too.

~ Terry Jordan

Chapter 5 Weight Concerns

Smoking dehydrates the cells in the body. So, if you gain a little weight after you quit smoking, rest assured that it's water weight—which, by the way, is the easiest to lose. This can be done by:

- **Walking.** A simple, great way to be physically active and help you lose weight and reduce stress. You can do it anytime, anywhere. Start with short walks and as you feel your energy and lung capacity grow, increase your speed and distance.
- **Drinking water.** Drink eight glasses of water per day. It'll help your body function properly and will help you lose weight. Remember to mark the cups off so you drink all eight.
- **Drinking juice.** Your blood sugar drops after you stop smoking and leads to sugar and hunger cravings. It's really important to drink juice at least two to three times a day for the first five days. Apple juice is the best type to drink.
- **Snacking.** Eating raw almonds and using lollipops (some have only 25 calories each) can help stabilize blood sugar and keep the weight off, fighting all kinds of cravings.
- **Exercising.** Moving your body releases dopamine in the pleasure center of the brain. Use exercise instead of poison to release that “feel good” chemical, and soon you'll be hooked on exercise instead of poison.



Urges & Cravings

Another symptom of quitting smoking is CRAVINGS! The body doesn't differentiate cravings. When blood sugar levels drop (hypoglycemia), you get

all type of pangs and cravings: cravings for food or sweets, cravings for cigarettes, or cravings for whatever your addiction is. The body and brain don't distinguish between types of cravings, so to satisfy your craving, you will go back to the quick fix. Sometimes when your body is really thirsty, you mistake that craving for a food urge and eat instead of drink water which is what your body truly needs.

What to Do? The "4 W's"

1. **Withdraw:** Whenever possible, walk away from any situation where you'll be tempted to smoke again or overeat.
2. **Wait:** As you now know, the urge normally lasts about ONE minute. So, busy yourself doing something else, and the urge will subside.
3. **Wander:** Daydream. Your mind can only think about one thought at a time, so change your thought.
4. **Wisdom:** KNOWLEDGE IS POWER. It was your wise idea to quit. Remember your reasons for quitting, and feel proud of your accomplishment.

Blood Sugar

Bet you didn't know that cigarettes are 12% sugar. Tobacco companies soak tobacco in sugar and add molasses so tobacco won't taste so bitter.

In many people, their blood sugar plummets when they first quit smoking. The most common side effects felt during the first three days can often be traced back to blood sugar issues. Symptoms such as headaches, inability to concentrate, dizziness, time perception distortions, irritability, nervousness, nausea, depression, loss of libido, stomach aches, and the ubiquitous sweet tooth encountered by many, are often associated with this blood sugar drop. Some juice or a can of sugar soda can be useful, and the caffeine in soda could help get rid of headaches.

The symptoms of low blood sugar are basically the same symptoms as not having enough oxygen, similar to reactions experienced at high altitudes, or in people with diabetes. The reason is that the inadequate supply of sugar and/or oxygen means the brain is getting an incomplete fuel. If you have plenty of one and not enough of the other, your brain can't function at an optimal level. When you quit smoking, oxygen levels are often better than they have been in years, but with a limited supply of sugar the oxygen can't properly fuel your brain, which in turn can cause withdrawal symptoms.

To minimize some of the low blood sugar effects of the first few days, it helps to keep drinking juice throughout the day and sucking on lollipops or hard candy at least four to five times per day. After the fifth day though, this should no longer be necessary, as your body should be able to release sugar stores on its own if your diet is healthy and normal.

I don't think it's the cigarettes that put sugar into your blood stream. It's more of the stimulant effect of nicotine that affects blood sugar levels causing hyperglycemia (increased blood sugar) acting as an appetite depressant. Cigarettes, through a drug interaction, cause the body to release stores of its own stored sugar in a matter of seconds.

When smokers quit, their bodies go through fluctuations in blood sugar levels. Low blood sugar can be mistaken for an urge for a cigarette when all you need to do is increase your blood sugar. Low blood sugar and hypoglycemia (low blood sugar) are "withdrawal symptoms."

Blood sugar levels should return to normal and regulate in one week. So adding sugar for the first week is all that's needed. If you feel worse symptoms that continue and don't go away, schedule an appointment with your doctor.

**IT ONLY TAKES THREE TO FIVE DAYS FOR THE
BODY TO REMOVE ALL NICOTINE FROM THE BODY
AND REGULATE YOUR BLOOD SUGAR LEVELS!**

A lollipop or a tootsie pop can help regulate your blood sugar. (How many licks does it take to get to the middle of the tootsie roll? Do you remember this commercial?) It can also fight off boredom, or help you keep your thoughts straight if you're experiencing an inability to concentrate. Spin or twirl the candy around in your mouth to give you something to do with your hands as well.

To deal with symptoms of low blood sugar
when you quit smoking:

DRINK THREE GLASSES OF JUICE PER DAY
DRINK EIGHT GLASSES OF WATER PER DAY
SUCK ON HARD CANDY OR LOLLIPOPS
FOUR TO FIVE TIMES PER DAY
(more if needed)

Chapter 6 Hypnosis

Hypnosis is often used to help smokers overcome their nicotine addiction and to help them stop smoking.

What is Hypnosis?

Hypnosis comes from the Greek “ypnos” which means sleep because of the Trance State. However, hypnosis isn’t sleep, because the person stays alert, can talk and move, and the brain waves differ. Hypnosis has been defined in various ways by different people. The most popular traditional view of hypnosis is a sleep or trance-like state. A trance is a natural state we all experience from time to time, for example, when we daydream. During that time, we’re mentally focused on some internal event, and we have decreased awareness of our external environment.

Most people aren’t even aware that they actually undergo hypnosis every day. The trance-like feelings (deeply focused on one thought) you experience while reading a book, watching a movie, daydreaming, or driving from one destination to another without remembering much about what you experienced while driving (road hypnosis), are all hypnotic states characterized by focused attention. And just before you fall asleep and just after you wake up, you’re in hypnosis. You’re in the Alpha brainwave state.

Movies and stage shows sometimes demonstrate hypnosis being used to control people and make them do all kinds of strange things like bark like a dog or sing like Madonna. But this doesn't have much to do with the reality of hypnosis. The old myths and misconceptions about hypnosis have given way to proven scientifically sound applications.

Hypnosis is Natural and Safe

Hypnosis is a natural state of mind characterized by an extraordinary state of relaxation—physically, mentally, and emotionally—in which you experience a heightened state of awareness, you’re more focused, and you



have an open responsiveness to suggestions.

You're actually more intelligent in this state of mind, because you're relaxed and your mind absorbs information better. Studies show that activity decreases in the left hemisphere of the brain while it's heightened in the right hemisphere. This means you'll perceive your circumstances in a less analytical way and more in terms of emotions and images.

Hypnosis is basically a way to deeply focus your mind. Like going into a comfortable daydream or being absorbed in an interesting movie or book, it's not the movie or book that's controlling you, it's that you're enjoying paying attention to it and are happy to go along with it and engage in the story. You're in a heightened state of awareness. Your brain waves are in the Alpha wave state.

Brainwave State	Cycles Per Second	Characteristics	How to Get There
Beta	14-30 Hz	Walking around, alert state	Wake up, start moving and thinking
Alpha	7-14 Hz	Light relaxation, beginning hypnosis, and visualization	Close the eyes, breathe deeply, focus, and relax
Theta	3-7 Hz	Meditation, light sleep, deep hypnosis, lucid dreaming, memory, and OBE	Guided meditations that take you on a journey deep within
Delta	0.5-3 Hz	Deep sleep and healing	In the sleep cycle

Gentle and safe, hypnosis was approved by the American Medical Association in 1958 as an effective therapy for all kinds of emotional and mental conditions. Best of all, hypnosis is non-invasive and has no side effects. It's used in medicine, dentistry, law enforcement, professional sports, and education, among other situations.

Hypnosis allows you to access your imagination, change automatic behaviors in yourself, and even bring about physical changes, such as lowering your blood pressure and giving you the ability to heal faster.

How Does Hypnosis Work?

While some people have an extraordinary ability to enter hypnotic states (some are even able to undergo surgery or dental work without anesthesia), most people respond to hypnosis techniques much the same way they do to a good book or movie, becoming enjoyably absorbed and free from distractions around them. To ensure your success, bring an open mind and sense of willingness to your hypnosis sessions.

People often describe the feeling of being under hypnosis as a highly pleasurable experience, much like having a pleasant dream. As a result of guided relaxation, your breathing slows and deepens, muscles loosen, and sensations of tingling or warmth may occur throughout your body. You may notice an increased ability to visualize and find yourself drifting away into pleasant memories or imagined scenarios. It's like taking a mini-vacation. While in this state of focused attention, you may also be aware of the everyday sounds around you, such as traffic or other noises, but your attention will be focused on your own private reality.

Can I Be Hypnotized?

Anyone can be hypnotized. Because all hypnosis is really self-hypnosis, a person must simply allow him/herself to experience it. In fact, you already have during the course of many routine activities.

If you're having trouble getting relaxed, all you have to do is pretend. Close your eyes and relax your eyelids, pretending they're so relaxed that they won't open. Keep pretending and soon you may find yourself really relaxed. You don't put yourself in road hypnosis on purpose, you're just driving along engrossed in a thought and the next thing you know, you've gone into a natural state without any effort on your part. So don't try at all, in fact I just want you to sit back and pretend, and soon you might find yourself relaxed and under hypnosis.

The Mind Model

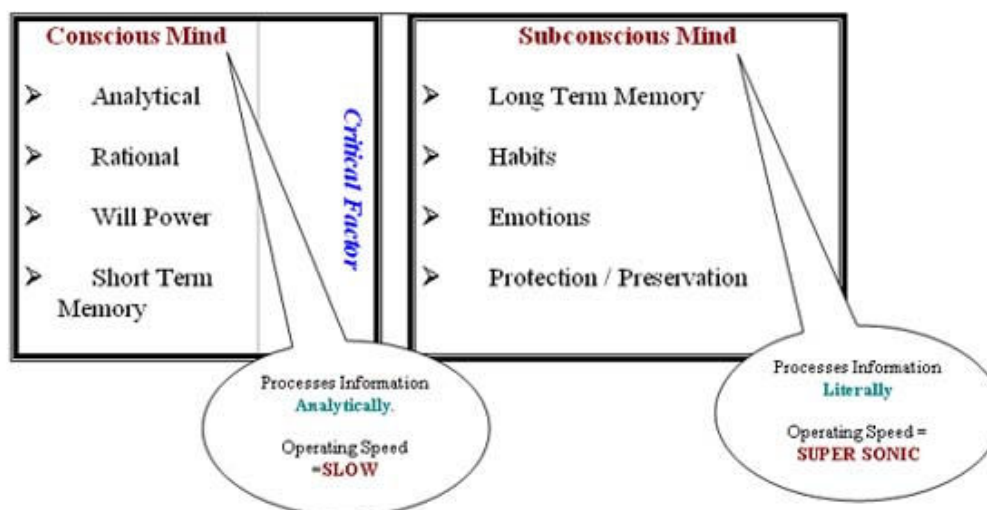
Our minds work on three levels, but for our purposes we'll just look at the conscious and the subconscious parts of the mind. The three levels of mind include:

- the conscious
- the subconscious
- the unconscious mind

You can think of the mind split up into two parts: the conscious and the subconscious. The **conscious mind** makes decisions, thinks, and acts. It's the analytical side. The **subconscious mind** is the creative side of the brain, and it controls our habits, long-term memory, imagination, and runs our emotions. The **unconscious mind** (a deeper level than the subconscious) controls breathing, heart rate, and other automatic body functions at night while we're asleep.

Think of the mind as being similar to an iceberg. The smaller part of the iceberg is what you see above the water and equates to the conscious part of your mind. However, the larger part of the iceberg is under the water and this equates to the subconscious part of your mind. The conscious part thinks it's running the show, but it's not. The subconscious really contains who and what you are.

The Mind Model



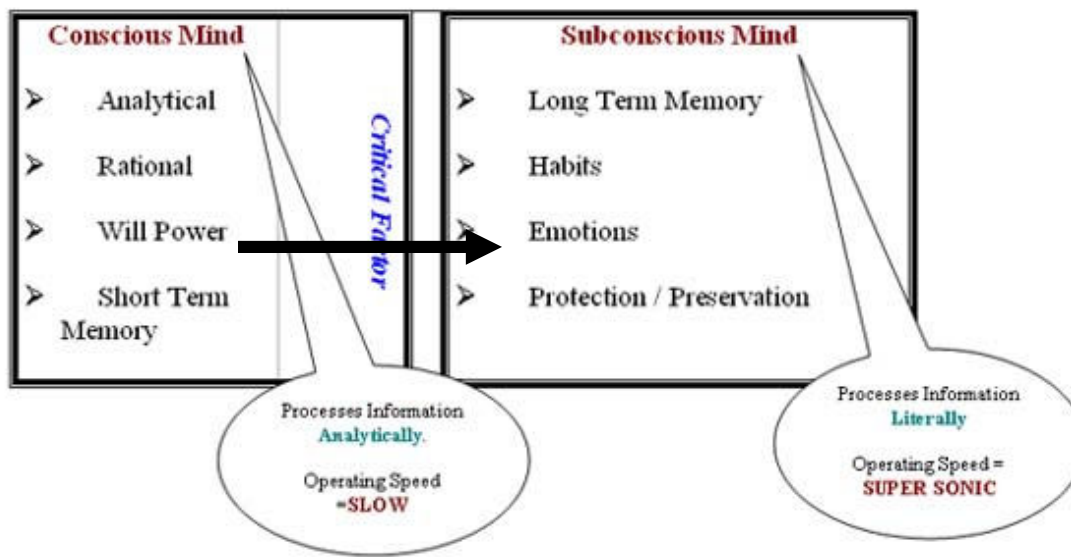
The **conscious part of the mind** is responsible for the following four tasks:

1. **Logical thinking:** Analytical mind weighs the pros and cons of a situation, figures things out.
2. **Reasoning:** Rational mind gives you reasons why you do what you do.
3. **Will power:** Allows you to start and complete tasks.
4. **Short-term memory:** The capacity for holding a small amount of information in the brain.

The **subconscious part of the mind** is responsible for five tasks:

1. **Habits:** All habits are a function of the subconscious mind. This is why hypnosis is so useful at correcting unwanted habits, because it works at the same level of mind that the habit resides. It's also the reason why using willpower alone is so ineffective, because will power is a function of the conscious mind.
2. **Emotions:** All emotions, including unresolved anger and fear, are located in the subconscious mind. Hypnosis works so well at alleviating bad habits, self-doubt, and other emotional challenges, because it's working at the emotional mind level.
3. **Long-term memory:** The subconscious has recorded everything that's happened to you since you were born. All events are available to your subconscious mind, including those you've consciously forgotten or repressed.
4. **Imagination:** The subconscious mind holds your imagination, which is extremely powerful. If you imagine something vividly in your mind, your body will respond as if it's happening.
5. **Self-preservation:** This is the subconscious mind's main role. It'll protect you from whatever it perceives to be dangerous whether it's real or imagined. It holds no judgment between good or bad.

In hypnosis, what we do is utilize the will power from the conscious mind and tie it to the emotions of anger and fear in the subconscious mind. The result will be that you'll use your will power under the subconscious mind, which will keep your will power automatically turned on.



Some Tips for Self Hypnosis

1. Find a quiet place free of distractions, and make sure you will have some uninterrupted time.
2. Get into a comfortable position—any position that your body can feel relaxed and your mind will stay focused. Experiment with a position that works for you. I have done self hypnosis both sitting in a folding chair, and lying down; both worked for me.
3. Decide on a goal for your session, and choose three affirmations.
4. Start your deep relaxation breathing. Pick an environment, image, or thought that's relaxing for you. Imagine going further and further into it. Keep

focusing on your visualization and you should get to the point where you feel like you're in a daydreaming state

5. When you are completely relaxed and feeling far from your regular life, start repeating your affirmations.

Hypnosis works well using deep breathing and visualization techniques. The human brain is a mass of nerve cells. Your sense organs (eyes, ears, nose, and hands) convert signals from your environment into nerve pulses. These nerve impulses feed into areas of your brain to create your own experiences or environment. The power of the mind is unlimited. It's a straight forward system based on your own thoughts. Using the power of your own thoughts combined with neuro-linguistic programming and guided imagery you have an effective tool to create permanent changes in your life.

Meditation, hypnosis, and guided imagery are all forms of stress reduction. The difference between self hypnosis and meditation is in meditation you're trying to completely clear your mind and have no thoughts. In self hypnosis you are putting your mind in a heightened state of awareness, which distracts your mind from any unpleasant thoughts and focuses your mind completely on the task at hand (heightened state of awareness; a state of increased learning where your mind is focused on one thing, without any distractions).

At first you might have a little trouble using self hypnosis. I encourage you to keep trying, read books, and search the Internet for techniques that will work best for you. Everything you are good at took some practice; you practiced learning how to drive a car before you got your license. A good way of practicing self hypnosis is using relaxation breathing and guided imagery (creating pictures in your mind or the thought of an image in your mind). Guided imagery can be a useful tool for achieving deep relaxation. It's like taking a mental vacation. By using guided imagery your mind can stay focused while your body relaxes.

Guided imagery: Use your imagination with mental images or thoughts to create a powerful reality. If you imagine something vividly in your mind your body will respond as if it's happening.

Try this:

Close your eyes and imagine or think about a lemon in great detail: its shape, color, citrus smell, and texture of its peel. Imagine slicing it open, and notice the difference in the colors. Now take a bite of the lemon and feel the juice squirting into your mouth.



Or:

Stare with your eyes open at the half of the lemon and imagine taking a bite of this sliced lemon. Many people salivate just at the thought of biting into a sour lemon.

Neuro-Linguistic Programming (NLP) is the science of how the brain codes learning and experience. This coding affects communication and behavior. It affects how you learn and how you experience the world around you. It's a key to reaching and achieving your reality perceptions. NLP is a paradigm of how the brain works (neuro) and how language interacts with the brain (linguistic).

Neuro-linguistic programming is an interpersonal communication and approach to psychotherapy. It was created by hypnotherapist Richard Bandler and linguist John Grinder in the 1970s. NLP is an art and science of effective communication that addresses the mind, body, and spirit. The human brain has a limitless capacity to learn, unlearn, and relearn—in other words to reprogram itself.

Results have proven that NLP techniques reinforced by Hypnosis/Hypnotherapy techniques are the best processes for creating fast and long-lasting change in a person's life. These techniques can be used for improving medical conditions, for personal growth such as in communication, business and creative arts performances, for eliminating addictions, fears, phobias, and panic attacks.

Affirmations

Find somewhere comfortable and quiet, and sit or lie down. Start relaxation breathing by taking a deep breath through your nose and holding it for a few seconds, then exhaling all the air out for a few seconds through your mouth. You should empty all the air out of your lungs (try this; it feels really good). Next close your eyes and imagine in your mind's eye a pleasant scene or a thought. Use affirmations with your relaxation breathing.

Affirmations, or positive statements, can also help with your process of self hypnosis. First, decide if you want to use affirmations and then find the ones that work best for you.

Use affirmations like "I feel calm and relaxed." Keep saying calm and relaxedcalm and relaxed until you start feeling calm and relaxed. At the same time do your relaxation breathing and picture a beautiful scene, a place that is calm and relaxing for you.

Pick the problem you want to focus on and choose no more than three affirmations. Remember when you're wording your affirmations, keep them real, or in a form that relates to your reasons for quitting. Your mind at first may play tricks on you. For example, if you tell yourself you're a non-smoker yet you just had a cigarette, you won't believe the affirmation. It all boils down to neuro-linguistic programming—the separate way your mind uses and codes language that is real for you. We all have our own thoughts and beliefs, so use the language your mind will understand.

Smoking affirmations I suggest:

"I can live without cigarettes."

"My next cigarette could kill me."

"Cigarettes remind me of car exhaust."

"Cigarettes smell and disgust me."

During the quitting time, focused repetition is the key. After doing something over and over again, the subconscious mind starts accepting that

this new thought is what you want, and will incorporate it into a natural behavior.

After you quit, your affirmations should be:

“I am a non-smoker, and I love being a non-smoker.”

“I am a non-smoker for the rest of my life.”

“I am proud to be a non-smoker.”

Reinforcement will keep your decision strong. Practice saying this out loud and to other people, and use your inner smile.

Chapter 7 Steps

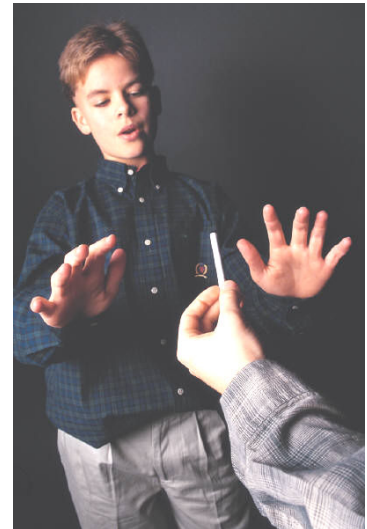
Would you really like to quit smoking? Quitting smoking can be a drag, but you can successfully quit when you know what to expect, are motivated, have social support, and create a personal game plan. Stopping smoking requires desire, determination, and commitment, and the more you learn about your options and prepare for quitting, the easier it'll be. Some smokers successfully quit by going cold turkey, some by using hypnosis, and some by talking with their physician.

Here are some suggested steps to quit successfully:

Step One. Make the decision to quit.

Step Two. Get rid of all the cigarettes in the house. Look for any that may be in the pockets of your clothes, in the cupboards, in your office, or in your car. Get rid of all of them now. Run water on them or crumble them up, if that helps. Get rid of ashtrays, lighters, and matches.

Step Three. JUST STOP! Do this however you can using will power, anger, or fear; use hypnosis; or visit your doctor.



Step Four. Regulate your blood sugar and cleanse your body daily with eight glasses of water, three glasses of juice, lollipops four to five times per day, and raw almonds when you get hungry.

Step Five. Reinforce your firm, educated decision with anger and fear. What are you giving up? You're giving up the nicotine control, the poison, the damage to your health. In NLP (neuro-linguistic programming) when you make a decision and have reinforcement that backs up that decision, your mind accepts it more easily.

Step Six. Take care of all your needs. Exercise by walking; stimulate your body by splashing cold water on your face; do something with your hands like writing, holding onto a lollipop, or doing puzzles; reduce your tension with deep breathing; ask people for help in taking care of your needs.

You need to have some alternative healthy behaviors to help in the process' come up with at least three so you won't get bored.

- **Deep breathing:** take slow deep inhales and slow exhales.
- **Color motivation:** pick a color, close your eyes, and take five deep breaths imagining this color going through your body giving every cell energy and motivation.
- **Guided imagery:** take a five-minute therapeutic mini vacation going some place relaxing in your mind.
- **Develop an inner smile:** in NLP, you learn to anchor in good feelings to use them any time you need them no matter where you are. Allow a soft smile to settle on your face. Now imagine yourself becoming happier and happier as you feel the smile grow and stretch on your lips. Remember this calm, happy feeling and burn it into your mind's eye. Make it a project to carry an inner smile, and soon it will become a habit.
- **Walking, exercising, or anything that gets you moving:** you've practiced being unhealthy, now practice being healthy. That could become your new addiction!!!

Some Tips to Get You Through the Stress of Quitting

1. **Get Moving:** Physical activity is a time-tested stress reliever. Just a brisk walk can reduce the level of stress hormones in your blood. Start slowly, and shoot for at least 30 minutes a day (or two 15-minute sessions); even three walks a week will do you good.
2. **Have a Plan:** Plot out realistic timings of daily activities, including work, sleep, relationships, and recreation. You may find that you plan too many things each day. This will help you decide which daily activities are keepers and which to eliminate.
3. **Have a Laugh:** Look for the humor in stressful situations. Laughter relaxes muscles, lowers blood pressure, and eases mental tension. Researchers find that laughter may also reduce levels of hormones that trigger the stress response and suppress immunity.

4. **Make Realistic Plans:** Don't make dinner plans across town for 6 p.m. when you know getting stuck in traffic always leaves you frazzled and annoyed. Think ahead, and adjust your plans to try to avoid triggers of stress.
5. **Claim Some Private Time:** In kindergarten, they call it nap time. But adults need private time, too. Balance your family, social, and work demands by reserving time for yourself. Find ways to take care of yourself and manage stress, such as finding a new hobby, taking a walk, soaking in a hot bath, watching a sunset, or listening to your favorite music.
6. **Breathe:** Did you know that the way you breathe can influence your mind, your body, and your mood? The mere act of focusing on your breathing is relaxing, even if you do nothing else. Concentrate on your breathing any time you find yourself dwelling on upsetting thoughts.
7. **A Little Help From Your Friends:** Friends can be good medicine. Daily conversation, regular social engagements, and occasional sharing of deep feelings and thoughts can reduce stress quite nicely. Your friends are there for you, and talking helps them de-stress, too.
8. **Adopt Healthy Habits:** Unhealthy habits often arise from being stressed out. When you're feeling the pressure, seek out healthy habits. Add fruits and vegetables to your diet, take brisk walks, and commit to getting eight hours of sleep.
9. **Talk to Yourself:** Ask yourself what you're really stressed about in the coming day or week. Then ask what you can do to reduce the stress for that event. You may find that as you work through the conversation, your stress dissipates.
10. **Clean House:** Removing physical clutter can be a prelude to purging emotional clutter. Use your time and energy as efficiently as possible to organize your home and office. You may find you even enjoy it!
11. **Think of Some of Your Own Ideas** that you enjoy.

Depending on what type of smoker you are, there are different methods you can use to resist the urge to smoke.

Type 1: Stimulator

You smoke for the lift you get. It picks you up and keeps you going. Here are some tricks you can use to fight off that craving:

- Recite the benefits of being free from smoking
- Use your anger and fear
- Splash cold water on your face
- Take 10 deep breaths
- Do a few exercises and stretches
- Brush your teeth with mint toothpaste
- Snap a rubber band on your wrist when you get a craving
- Take a brisk walk
- Can you think of others?

Type 2: Handler

You smoke because of the motions. You like handling the cigarette and the ritual of smoking it. Here are some ways to avoid giving in to that urge:

- Doodle with a pencil
- Play with a Rubik's cube
- Handle a coin
- Hull sunflower seeds
- Drink a glass of milk
- Build something with tools
- Spin lollipops around in your mouth
- Can you add any others?

Type 3: Relaxer

You smoke because it relaxes you. You like the calming effect of a cigarette. You may be able to avoid giving in with these tricks:

- Sleep in some mornings

- Soak in a warm bathtub
- Go for a leisurely walk
- Read a good book
- Pray or meditate
- Do some relaxation exercises
- Do some mind imagery
- Can you think of any others?

Type 4: Stress Reducer

You tend to smoke when you are most stressed. You find that smoking eases your nerves (it really doesn't). These tricks may help you resist the desire:

- Do some exercises and stretches
- Get plenty of rest
- Repeat, "I love being free from smoking"
- Have breakfast in bed
- Telephone a friend
- Take 10 deep breaths
- Get a massage
- Close your eyes and visualize a candle burning or a sunset
- Are there any others you can add?

Type 5: Nicotine Craver

You're most affected by your addiction to nicotine. You find it unbearable when you can't smoke. Next time you feel a craving, try some of these tricks:

- Exercise
- Use your anger and fear
- Break the chain of triggers leading to the habit
- Go for a walk after a meal
- Avoid coffee, tea, and caffeine
- Look at your watch and count to 100
- Chew sugarless gum
- Avoid alcohol and hot spices

- Snap a rubber band on your wrist when you get cravings
- Suck on lollipops
- What others can you add?

Type 6: Habit Smoker

You smoke because of the habit. You may not even like smoking anymore. Here are some tricks to use the next time you feel the addictive urge to smoke:

- Get a drink of water
- Use your anger and fear
- Keep your hands busy
- Do some stretches or go for walk
- Identify the cues that precede your smoking
- Repeat. "I love being free from smoking!"
- Replace the old habit with a new healthy one
- Are there any others you can add?

Here are a few wellness toolbox ideas for coping with depression that may arise when you first stop smoking:

- Talk to a supportive friend.
- Spend some time in nature.
- List what you like about yourself.
- Write in your journal.
- Read a good book.
- Watch a sitcom or funny movie.
- Take a long, hot bath.
- Listen to music.
- Get a massage.
- Take care of a few small tasks.
- Enjoy the company of a pet.
- Do something nice for someone else.

Making healthy lifestyle choices can dramatically improve your mood. Here are a few:

- Regular exercise.
- Healthy sleep habits.
- Daily sunlight.
- A nutritious diet.
- Avoiding alcohol and drugs.

Quit smoking as if your life depends on it! Here are some important tips for quitting smoking:

- **Take it seriously** – Smoking is a powerful addiction, stronger than heroin and crack. You need to take quitting very seriously.
- **Fear you'll fail** – Don't be discouraged if you can't quit smoking on your first attempt. Read this book a few times! Get hypnosis! Visit www.TryHypnosis.net.
- **Read the testimonials** on my website. Many celebrities have quite smoking. I know you can too!

The tobacco companies are getting away with murder, by saying that the deaths are foreseeable. Yet they can increase and make an addictive chemical more easily absorbable and blame you for getting addicted and smoking it. You don't see the tobacco companies or their families using this dangerous product, do you? Don't let them win. QUIT SMOKING NOW!

Chapter 8 Close

I know this book has educated and empowered you. You've learned to hate the habit of smoking and the people (tobacco companies) that are responsible for your addiction. By using anger and fear, you keep your will power turned on to keep you motivated to conquer this addiction once and for all.

The most important part of beating nicotine addiction is will power. Everybody has will power or they wouldn't get out of bed in the morning. The secret is keeping it turned on every moment by tying it to a strong emotion. Anger and fear will help you win the nicotine battle. Be strong and remember to read this book when you need reinforcements.

There are many ways to quit smoking. My hope is that you'll quit cold turkey using the anger and fear principal to motivate you. Some of you will need to back it up with hypnosis or a visit to your physician. Or maybe even a smoking cessation counseling program.

Whichever method you use, read this book a few times to keep your motivation strong. Remember to regulate your blood sugar by drinking juice, a soda for those prone to headaches for only the first five days, and four to five lollipops per day. Always drink eight glasses of water per day.

When you give up smoking, remember you're not "giving up" a good thing. You're taking back your life, your health, and your control. Just about 90% of smoking cessation is using the power of your mind to get through the psychological addiction. And 10% is to get through the first week of the physical addiction and the nicotine withdrawal.

Just knowing there's a light at the end of the tunnel and overcoming the physical addiction only lasts a short while can reinforce your strength to battle the psychological addiction. Use the power of your mind—you're stronger now, and you've changed the way you think about the smoking habit and the tobacco companies.

Please share your knowledge with every smoker you know and with young kids to prevent them from starting this habit. Make something good come from those years of addiction. Educate and help others.

I'll help you in any way I can!

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About the Author

As a Registered Nurse for 15 years, **Jennifer Macdonald** is committed to promoting health, providing hope, and saving lives. It's not only her mission but her passion. She has an extensive background in the study of the human mind through NLP (Neuro Linguistic Programming) and her own nursing studies. As a healer of the mind and body, Jennifer has witnessed the power of the mind in patients with major illnesses. Through the triumph of the human spirit, she's seen patients with the will to live and a positive attitude overcome their illness.



Jennifer has her Advanced Master Practitioner training in NLP and puts her extensive knowledge and background to use in helping people overcome limitations by guiding the subconscious mind to its highest potential, while giving the conscious mind all the tools to reach its goal. Jennifer is highly committed to helping her clients maintain a healthy lifestyle. She's the creator of the new complete **Medical Smoking Cessation Program (MSCP)** which helps smokers become non-smokers for life. She also uses hypnosis to help people master optimal body health by encompassing weight goals with fitness and diet care plans. She uses guided imagery to help clients alleviate stress reduction and encourage relaxation to prevent illness in "**Creating Your Own Mini-Therapeutic Vacation.**" Jennifer uses her natural intuitive ability and caring to help clients achieve their best results, in a comfortable, encouraging, and warm environment. Every session is a joyful and uplifting experience as people overcome lifestyle limitations.

Jennifer is the author of the e-book *It's No Longer Your Fault You're Smoking*. For more information, visit www.TryHypnosis.net.