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How **hypnosis** can help you to **stop smoking**

The mind, and in particular the subconscious, is one of, if not “the”, most powerful tools that you have in your armoury to accomplish anything that you **want** to do. If you really want to stop, hypnosis can help you confirm to your sub-conscious that you are a non-smoker!

Some Facts and Figures.

1. Nicotine is a stimulant that also acts as a relaxant.
2. Around 70% of smokers say they would like to stop smoking.
3. Approximately 3% stop smoking by will power alone.
4. Approximately 50% of lung cancer patients try to smoke again after surgery.
5. Most smokers smoke daily.
6. About 15% light up within 5 minutes of waking up.
7. Nicotine has withdrawal symptoms including craving, anxiety, difficulties with concentration, sleep difficulties, weight gain and irritability.
8. Nicotine is three times deadlier by volume than arsenic.

What’s In a Puff?

Here are a few of the more familiar of the 4000 different chemicals that you pollute your body with each and every time that you take a long drag on your cigarette;-

Nicotine	A poison, the substance that causes craving. It can cause death (used in pesticides). It builds up in the body. Causes nausea, vomiting, pain, confusion, low blood pressure, and coma. Contributes to heart disease and poor circulation.
Carbon Monoxide	Invisible, odourless gas starves the body of oxygen leading to cardiovascular disease. It prevents the absorption of oxygen
Tar	Contains hundreds of chemicals some of which are classified as Hazardous Waste
Hydrogen Cyanide	All of these chemicals paralyse the tiny hair-like brushes (cilia) in the respiratory system making the lungs more sensitive to cancer causing chemicals as the cilia are responsible for clearing the lungs of dust and mucus.
Ammonia	
Nitrogen Dioxide	
Acrolein and Formaldehyde	
Naphthylamine and Nitrosamines	These chemicals cause lung cancer and are also absorbed into the body contributing to other cancers.

The Good News

You increase your chance of recovery immediately you stop smoking.

The time table is:-

Low Risk	High Risk	
20mins	20mins	Blood pressure drops to normal; pulse rate drops to normal; temperature of hands and feet returns to normal.
8 hours	8 hours	Carbon monoxide level in blood drops to normal, oxygen level rises as a result.
24 hours	24 hours	Chance of heart attack decreased.
48 hours	48 hours	Nerve endings start to re-grow; smell and taste improved.
2 weeks	3 months	Circulation improves; exercise, including walking becomes easier. Lung function increased by up to one-third.
1 month	9 months	Cilia re-grow in lungs and airways, increasing lung's self-maintenance; energy levels increase overall. Coughing, sinus problems, tiredness, shortness of breathe, all decrease.
1 year	1 ¹ / ₂ years	Excess risk of heart disease is halved. Recovery rate from heart/bypass surgery almost doubled.
2 ¹ / ₂ years	5 years	Lung cancer death rate for average former smoker almost halved; risk of mouth and throat cancer halved.
5 years	10 years	Risk of stroke similar to non-smoker
10 years	10 years	Lung cancer death rate same as for non-smoker; pre-cancerous cells have been replaced; risk of cancer of mouth, throat, bladder, kidneys, pancreas decreases.
10 years	15 years	Risk of heart disease is that of a non-smoker

These figures are based on research by more than one cancer society and are taken from www.nosmokingday.org.uk. They are not a clinical or physical guarantee to any one individual. It is widely accepted that non-smokers' even those who have smoked at some time in their lives live longer and with a higher quality of life than those who smoke or continue to smoke.

The need for your habit has been established in your subconscious, and in order to be able genuinely to desire an alternative to smoking you need to reprogram your subconscious.

Reprogramming for Results

Reprogramming is accomplished through individually designed hypnotic induction which are tailored to your specific needs and take into account the demands created by your daily environment.

Myths about smoking

The dangers associated with smoking are well documented however some people find it easier to believe the various half-truths and myths that surround smoking than to accept the benefits and wisdom of stopping smoking.

The debunking of some of those myths:-

Smoking makes you sexy – NO! Male smokers are twice as likely as non-smokers to suffer impotence. Around 120,000 men in their thirties and forties are impotent in the UK as a result of smoking.

The habit will also make your skin wrinkled and can leave you looking 10 to 20 years older than you really are, according to the Government's Chief Medical Officer.

Smoking calms you down – NO! It actually makes you more anxious - because when you aren't having a cigarette, you end up suffering nicotine withdrawal symptoms, which make you crave another. Rather than being pleasurable in itself, it's a way of easing your withdrawal - a bit like hair of the dog, really.

Your health barely suffers if you smoke fewer than 10 cigarettes a day – NO! Research shows that if you smoke one to four cigarettes a day, you're three times more likely than a non-smoker to die from lung cancer or heart disease. What's more, there is some evidence that the number of years you smoke affects your cancer risk more than the amount you smoke each day.

Smoking 'low-tar' brands will protect my health – NO! Low-tar cigarettes are just as harmful as regular brands, because people inhale them much more deeply to satisfy their nicotine cravings. Nor are you safe if you avoid inhaling, because you'll still be at risk of cancers of the mouth, throat and oesophagus, which can be extremely disfiguring.

My gran smoked 80 a day and died in her sleep at 94, so it can't be that bad...

We all have different genes and surroundings, which make some people more vulnerable to the damage done by smoking. But smoking dramatically increases your chance of dying early and getting cancer, heart disease or another smoking-related illness.

Smoking helps you keep your weight down – This is true, in that the habit reduces your appetite and makes your body waste energy. But you can avoid weight gain if you start to take more exercise (easier when you don't smoke) and/or cut your intake of alcohol and high-calorie foods.

There's no point in stopping now - the damage is done – What's more, there is some evidence that the number of years you smoke affects your cancer risk more than the amount you smoke each day. However, your body starts to recover within minutes of you quitting. Within three days, breathing will be easier and you'll have more energy; and within a few weeks, exercise will be less of a struggle.

The only thing that can help you give up for good is willpower – Yes, willpower is vital, but for those of you who really want to stop smoking post-hypnotic suggestions make it easier and quicker than relying on willpower alone. Only one initial interview and one practical session is required.

It's better to cut down gradually than to stop suddenly – **NO!** The problem with cutting down is that you may never actually quit altogether.

Research published in the Journal 'Cancer Epidemiology, Biomarkers and Prevention,' has highlighted the findings of a US study showing that NNAL (4-Methylnitrosamino-1-(3-pyridyl)-1-butanol); a cancer-causing chemical has been found in the urine of babies whose parents smoke around them. Lead researcher Stephen Hecht says, "These findings support the concept that persistent exposure to environmental tobacco smoke in childhood could be related to cancer later in life." Hecht maintains that, "You don't find NNAL in urine except in people who are exposed to tobacco smoke, whether they are adults, children, or infants."

Linda has a clinic at Equilibrium in Stamford, to book an appointment call 01780 757579 or email info@equilibriumstamford.co.uk