

HOW TO STOP SMOKING NOW!

Great news! There is more than one effective stop smoking therapy! Two of the most effective stop smoking therapy choices are...

Stop Smoking Acupuncture and Hypnotherapy Smoking Cessation

EVEN BETTER NEWS!...

Each of these therapies are famous for their effectiveness as a stop smoking therapy, but the combination of both together...results are phenomenal!

How to stop smoking addiction for good, easily and effortlessly, using stop smoking therapy...

Why consider stop smoking therapy?

Cigarette smoking is known to be the primary cause of many serious illnesses...

These include

- ❖ lung diseases chronic bronchitis, bronciectasis, asthma, recurring chest infections, shortness of breath, sinusitis
- ❖ general lack of oxygen, fatigue and inability to thrive.
- ❖ mutation in the tissues, cancer,
- ❖ blood supply to the brain, narrowing of the vessels, lack of oxygen and nutrients to the area, poor memory, muddled thinking, Alzheimer's disease (dementia)
- ❖ compromised bodily maintenance and healing,
- ❖ acceleration to the aging process,

Smoking also causes

- ❖ heart disease, heart attack, heart failure, angina, poor circulation,
- ❖ poor peripheral circulation in hands, feet, brain, skin and sexual organs.

Guys, did you know?

Smoking is one of the main causes of erectile dis-function in men?

Ladies, did you know?

Smoking vastly accelerates the aging process, leading to the appearance of premature wrinkles, blemishes and poor skin tone?

How to stop smoking...Stop smoking therapy...stop smoking acupuncture and hypnotherapy smoking cessation...COMBINED

Why does smoking cause ill health?

The tobacco leaf contains nicotine, a powerful chemical which is addictive. Cells in our bodies have receptor sites for nicotinic acid, one of the helpful B vitamin group. **Nicotine**, the drug, can fit into this receptor, hence fooling the body into accepting it. This blocks the receptor sites, meaning B3 can not be absorbed, leading to the **symptoms of stress..**

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Each cigarette is made up of various components.

The tobacco plant is grown in countries where the use of pesticides, insecticides, herbicides and preservatives, is not yet prohibited. Your cigarette contains a cocktail of these lethal chemicals. It is estimated that there are over 3000 lethal chemicals in every puff of tobacco you inhale. These are **powerful nerve toxins** which do *lasting nerve damage*, and cause *severe stress* to the body. Many of them cause *cancer*.

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Many people associate smoking with feeling less stressed, but this is only because the act of smoking is a diversion away from the stressful thought or situation.

In fact the inhalation of the toxic mix of chemicals in tobacco smoke is a powerful stimulant to the nervous system actually causing a stress response from the body. It definitely does not relax you. The fact that you are **addicted to nicotine is also a source of severe stress** not least on your finances!

What if you couldn't get your next fix?

What if you run out and have no way to reach the shop?

You are in an important meeting and unable to have that smoke break!

Feel that stress?

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Convinced you should give up yet?

Do you put a very high value on your own life?

Do you want to improve the quality of life of those you live with?

Do you want those who love you watch you slowly deteriorate or die?

Do you want those around you to breathe air unpolluted by the effects of passive smoking?

Are you being selfish? Where is your conscience?

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Ok! So what can be done to help break the addiction? Here's how to stop smoking...

Studies have shown that the two most effective methods of Stop smoking therapy are *stop smoking acupuncture and hypnotherapy smoking cessation...their effect is multiplied exponentially when COMBINED!*

Stop Smoking Acupuncture is proven to break the chemical addiction to nicotine in many people. In my clinic I have found that the higher the intake of tobacco, the higher the success rate. This is because the act of smoking, in some people, is a psychological habit, rather than an addiction. The addicted people are those of you who smoke heavily i.e. over 20 a day...

Stop Smoking Acupuncture as practiced in this clinic, is safe, sterile, and totally pain free. A total of three treatments are usually recommended. After acupuncture clients report feeling a great reduction in cravings, and a sense of wellbeing. Most are able to **BREAK THE ADDICTION PAINLESSLY, AND WITH EASE.**

Hypnotherapy Smoking Cessation, as practiced by a Master in hypnotherapy, is a very effective means of stopping smoking. Some people still associate hypnotherapy with stage hypnosis, where people were induced into a deep trance and made to perform ridiculous acts.

Hypnotherapy smoking cessation is **NOTHING LIKE THAT!** In hypnotherapy smoking cessation the client will be in a light to medium trance, and will remain aware and in control at all times. They will not experience any change in their state other than feeling so completely relaxed. The relaxed state allows the conscious mind to be quiet, and the unconscious mind to be receptive to positive suggestion. No big deal-except the **RESULTS ARE PHENOMINAL**

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Just imagine the powerful effect of harnessing *both* of these stop smoking therapy aids? They appear to work synergistically, and multiply the benefits many times over...

stop smoking acupuncture and hypnotherapy smoking cessation...COMBINED!

. **One two hour session is usually all that is required.**

How to stop smoking? The answer is to use Stop smoking therapy... stop smoking acupuncture and hypnotherapy smoking cessation

COMBINED If you are now convinced you should be responsible and break the smoking habit, help is at hand from a dedicated professional. Know yourself to be a non-smoker. **Your success is awaiting you.!**

Keywords

Stop smoking therapy

How to stop smoking
Smoking acupuncture
Hypnotherapy smoking
Meta tag;

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