

## **Eight Great Reasons For You To Kick Your Smoking Habit Today**

1. In Britain alone, smoking kills over 300 people every day. That's like an aeroplane falling from the sky every 24 hours
2. Cigarettes contain at least 43 distinct cancer-causing chemicals
3. Second-hand smoke involuntarily inhaled by non-smokers is classified as a known human carcinogen, responsible for at least 3,000 lung cancer deaths annually.
4. 20 minutes after a smoker quits, the pulse, blood pressure and temperature of the hands and feet become normal.
5. 8 hours later blood oxygen increases to acceptable norms; carbon monoxide levels go down.
6. 48 hours later there is an improved ability to smell and taste; nerve endings start to regrow.
7. 2 weeks to 3 months later walking becomes easier, circulation improves, and lung function attains a 30% gain.
8. 1 year later the excess risk of smoking-related heart disease drops by **50%!**

### **HYPNOSIS – The Successful Alternative**

The use of hypnosis is sweeping the nation. Valid, clinically tested, proven effective, hypnosis is a fresh approach to eliminating problems and modifying behaviour. Hypnosis is becoming so popular that hundreds of thousands of Americans are taking advantage of its benefits daily.

*“The easiest way to break bad habits is through hypnosis.”*

**Newsweek**

*“Hypnosis snuffs out the smoker's fire and desire.”*

**Hypnosis Business Journal**

*“Hypnosis is used to activate a person's will.”*

**Prevention**

***The British Medical Association approved hypnosis in 1955***

Hypnosis is being taught at Harvard University, Seton Hall School of Medicine, Stanford, Columbia College of Physicians and Surgeons and many other major universities in the United States and around the world.

### **Here are some other important facts you should know:**

**Fact:** Hypnosis is as safe as falling asleep at night.

**Fact:** When people are hypnotised they are in control at every moment and can terminate the hypnotic state at any time.

**Fact:** A hypnotised person cannot be made to do anything against their will.

**Fact:** Hypnosis is unique, relaxing and fun!

