

## ***YOU CAN STOP SMOKING***

**DESIRE** to stop is your first step to a new beginning and a new healthy you. When you decide to be a non-smoker, your reasons must be that **YOU** want to quit. We all have choices in life.

The only thing that prevents us from quitting is **“FEAR”** Once a smoker always a smoker. No one forces us to light up. You will escape once you make a positive decision to do so. You are about to achieve what every smoker on earth would love to achieve,

### **TO BE FREE OF THE TRAP:**

#### **Question?**

1. Why am I smoking?
2. Do I really need to?
3. Do I like being a slave forever?

### ***Consider These Facts***

Smoking is an addiction and a bad habit that an individual allows to enter their body for destruction. There are over **522** chemicals in a cigarette containing deadly poisons.

#### **TOBACCO IS KNOWN TO:**

Cause lung disease  
Wrinkle skin, look old before your time  
Cause respiratory ailments  
Cause Cancer  
Cause heart attacks  
Cause poor circulation  
Diminish sexual drive  
Cause infertility  
Cause SIDS in newborns  
Transfer an addiction gene to child  
Cause complications during pregnancy  
Cause birth defects and....for you

**DEATH....**but you know this and still smoke.



## ***CONSCIOUS AWARENESS***

Today more and more people are becoming educated to the negative aspects of smoking. It has become quite socially unacceptable. Three out of every 4 smokers today say they want to quit. Most are unable to do so on their own efforts.

1. Smokers do not smoke because they enjoy it, they do it because they are miserable with out it.
2. Slavery is self imposed to the weed.
3. The most powerful defense we have against disease is our immune system, smoking poses progressive deterioration to our immune system.
4. Unlike food and drink, we do not need smoking to survive.
5. Nicotine causes stress not de-stress.
6. Enjoyment in a cigarette isn't the cigarette itself; It's the ending of the agitation caused by the craving.

Since smoking is both physical, emotional and mental, to succeed in a stop smoking program, you must change not only the mental attitude, but the physical reaction.

There are **2** principal reasons for smoking:

#### **IDENTIFICATION and REPLACEMENT.**

**Identification** is when a smoker copies one whom he admires such as a parent, peer, entertainer or sports figure. **Replacement** smoking occurs when smoking is used to replace some deficit in life: lack of love/companionship, self esteem, boredom, security, etc. They enjoy feeling/touching the cigarette. Identification smoking is the most common and the easiest to eliminate. Replacement smoking is an emotional addiction. We need to replace the negative anchors with positive ones.

## ***USING HYPNOSIS***

Through Hypnosis a smoker can be helped to quit because the autonomic nervous system is controlled by the subconscious mind. When hypnosis is used, it is the subconscious mind that we address. Your permanent memory bank. Were your power starts.

Visualization is one of the most powerful attributes of the human psyche. Hypnosis can develop and focus the powers of visualization. A hypnotherapist is just a teacher/guide to help you tap into the other 88% of your brain that is not being utilized. When you learn to mentally visualize, messages are sent to your brain. When your brain receives what it hears/sees, it sends a message to your body to feel what you see. Thus, a mind/body connection is made.

We now turn old negative habits into seeing and feeling one's self as a healthy energetic positive non-smoker. Our senses of sight, touch, smell, hearing and taste can all be enhanced and used to modify reactions as necessary to achieve your goals.

Relaxation techniques are taught, as well as proper breathing. Self hypnosis is taught to reinforce your desire to remain in complete control of your life, mind and body.

#### **EXCUSE #1**

**I can't afford to come, UHM, then why can you afford to pay \$50.00 to 75.00 a week for cigarettes?**

**Think of what you can do with the \$5000.00 each year you will save by being a Healthy, Energetic, Happy Non-Smoker**

## STOP SMOKING PROGRAM

### YOUR SESSION

Understanding when, how and why you started to smoke. You will also be taking a good look at your lifestyle, how you handle stress, emotions, and feelings. Learn about the words you use everyday that self-sabotage your goals in life. .

A **4 day food plan** list is given to follow for detoxification of the toxins in your body. This also eliminates your urges and desires to use food/sweets as a substitute. It releases the sugar addiction so that you do not gain weight.

Part of the session will be educational so that you understand and want to stop. You will learn how to incorporate self-hypnosis into other areas of your life to stay in control.

Hypnosis will be used to change your sub-conscious mind into believing that you are a non-smoker, resulting in changing the emotional and physical slavery to that weed.

A pre-homework package will be sent to you 1 week prior to your appointment. This will allow you to see if you are really ready and a good candidate to use this program.

Total cost for this program is

**\$275.00**

Includes 21 Days of  
Telephone Support  
Session is 2 Hours

### WHAT YOU HAVE BEEN WAITING FOR

- Instantaneous results
- Equally effective for light or heavy smoker
- No bad withdrawal pangs
- No willpower needed
- No shock treatment
- No aids or gimmicks
- No weight gain
- Permanent

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Individual Sessions  
Corporate Workshops  
Small Business Group Seminars

**Payment by cash or check only**

Smoking dominates the smokers life completely and convinces you that the most precious thing on this earth is your next cigarette.

## CENTRAL JERSEY HYPNOSIS CENTER



## SMOKING PROGRAM

Freeing Yourself  
from Slavery for  
Life