



The Maine Center For Hypnosis & Hypnotherapy

A division of WebWideWizardry.com

Presents a special smoking cessation program



Jacquelyn Kahn, R.Hy
664 Bakerstown Road, Poland ME 04274
Phone: 207-650-7069 Fax: 207-998-3001 Email: jkahn829@aol.com
URL: www.webwidewizardry.com

In the 1950's, KENT Cigarettes wanted to produce a more effective filter.

In their wisdom, their new filter was lined with loose asbestos fibres.

SECOND HAND SMOKE:

It's not just about being in the same vicinity of a person actively smoking . . . the carcinogens from cigarettes smoked, cling to clothing, hair and skin. These are then released into the air, like a time bomb, long after the cigarette has been stubbed out.

WHEN IS ENOUGH, ENOUGH?

How much radioactivity are you exposed to when you smoke?



According to one report, one pack of cigarettes a day exposes you to as much radiation a year as **250 chest x-rays!**

If you have smoked approximately two packs a day for the past 25 years you have smoked approximately **350,000 thousand cigarettes . . . and** you have spent **approximately \$20,000+** over that same period of time.

By your actions, you are an endorsement for the Tobacco industry.

How long can you continue to drive your vehicle 100 mph down a dark, unknown road before your luck runs out?

TAR

So what the heck is this substance that everyone fusses over? When smoking, what produces most of the flavor in your cigarette is billions of chemical particles. Condensed from smoke, they form viscous, smelly tar. A pack-a-day smoker ***inhales each year about a full cup of tar.***

Even as tar pours into your lungs, the smoke neutralizes your lungs' ability to defend itself. The cigarette smoke that you gulp directly into your lungs produces excess mucus which traps dirt and microbes. Your protective cilia is eventually worn away to an ineffectual state. Your body is then victimized by the TAR.

Animal studies show that there are about 30 chemicals which help cause cancer. Several are complete carcinogens, which means that they can start malignant tumors all by themselves. One such is beta-naphthylamine (used in dyes), a specific cause of bladder cancer in human beings. It has been calculated that 35 per cent of bladder cancers in the U.S. are a direct cause of cigarette smoking, resulting in a death toll of 3100 victims a year.

TAR is even a more powerful cancer-causing agent than the sum of its parts. **Wherever it touches tissue, it produces abnormal cells.** These aren't cancer, but it is among these deformed cells that cancers start. In pipe and cigar smokers who don't generally inhale, the common smoking-caused cancer areas are lip, tongue, mouth, larynx and esophagus. In cigarette smokers who inhale, the cancers also include lung, bladder and pancreas. **Lung cancer is more than 90 percent fatal.** Some 55,000 of the 69,000 annual U.S. deaths from lung cancer are caused by cigarettes . . . mostly men, but the percentage of women smokers and women's death are rising.

Quit smoking? What happens when you do? Chronic bronchitis sufferers begin to get better; no more hacking and coughing. Fewer colds. A cleaner mouth (and breath). Staying off cigarettes for a year and your risk of a heart attack goes down sharply. Keep it up for two years and you begin to move out of the lung cancer danger zone. Emphysema symptoms may even improve. The future, your future, will begin to improve.



Q *Will I gain weight when I quit?*

A As many people lose weight as gain weight when they quit and weight gains are not usually more than a few pounds.. With renewed access to oxygen, however, your energy level may mushroom. Avoid fatty, high caloric foods.

Q *Will I be overly grouchy or irritable?*

A More than likely NO. This format for smoking cessation seems to minimize the desire to annihilate the next person you encounter.

Q *Will I have to give up drinking my coffee in the morning?*

A Probably not. I will advise you, however, to adjust your routine so that it is no longer a routine, i.e. time, place, preparation, etc.

Q *Will I have to give up drinking alcoholic beverages?*

A You are all adults and have to make your own decisions. My experience, however, is that alcohol can compromise your good efforts and intentions.

Q *How important is my commitment and reasons for quitting?*

A **ABSOLUTELY VITAL!** This is your life we're talking about, be very clear about that . . . and you should be doing this **because it is your choice** . . . not because you have been badgered into it.

Q *Do you recommend the patch (or gum, or nasal spray, etc.)?*

A Without a doubt: **YES!** This drug and habit is oftentimes more difficult to walk away from than alcohol or hard drugs. Use everything that you can to win this battle. Nicotine replacement therapy in conjunction with behavior modification therapy is one of the most effective means of becoming a non-smoker. Although nicotine replacement therapy cannot be tolerated by everyone, most can find a level and routine that is both acceptable and helpful. Short term side effects of nightmares and insomnia can usually be minimized or eliminated by adjusting dosing. **Do not** smoke with patch on.

Q *What happens if I fail???????*

A Failure means "not trying" or "giving up". Think of all of the things that you have wanted and worked for in your lifetime. Think of the things that came very easy for you and those that were very challenging. Did you achieve your goal on the first try, or second, or third? Some of your goals were achieved easily while others took extra effort. Learning to ride your first bike was difficult for almost everyone . . . but giving up was never an option, because the end-all results were too desirable. When you choose to quit smoking you enter a learning curve. You will find out what becomes very easy and what becomes excruciatingly difficult. Some can be around other smokers and it's not a problem. For others that becomes too tempting. I will say this to you, however; you have already faced in life far harder challenges and hardships than the one you are facing today. **If you want this goal, you will find a way to make it your victory. You deserve that much from yourself and you are truly worth the effort.**

What to do when the craving comes

1. When you're challenged by a strong urge to smoke, take a few deep breaths and remember your determination to be free.
2. Think of your most important reason for wanting to stop. Say it out loud in front of the mirror.
3. Do not start feeling sorry for yourself. It's the people who are still smoking who should be pitied. You were smart enough to follow a program and stop smoking.
4. Immediately turn your attention to something else. Have a list of distractions available to you: Munch on a low calorie, low fat snack, chew fresh ginger, bite into clove; talk to yourself . . . a self pep talk is always good medicine; whistle or sing or go brush your teeth or take a shower; write down why you think you need a cigarette . . . a reward . . . relaxation . . . create another resource to fulfill those needs; drink water, take a walk; take several deep inhales of fresh air, hold them and then release them slowly; practice some positive creative imaging; refresh your memory on why you made the choice to quit in the first place.
5. Do something with your hands: knit, doodle, play with coins, write a letter.
6. Be good to yourself. Indulge yourself a little. Enjoy a special treat, a meal out, a special weekend with the money you've saved.
7. Don't always focus on the big picture of a month from now, or a year from now. Take little steps that are more easily managed and not so overwhelming. Asking if you can stay a nonsmoker for the next hour can be a lot less frightening than the question of staying a non-smoker for the next year. Anyone that has given up a very difficult habit, knows that it's best to do it one step at a time, one day at a time. Build a solid foundation . . . strengthening any portions that may not be as strong. The beginning can always be like thin ice . . . find your way to the safety of solid ground.
8. Frequent places where you don't smoke, rather than places where you do.
9. Seek the company of nonsmokers.
10. Educate yourself about the chemicals used in the production of cigarettes. Educate yourself on what those chemicals do to living tissue and cells. Educate yourself about the politics of the tobacco industry.
11. Understand that in the first 20 minutes of bring a nonsmoker your pulse rate and blood pressure drop to the levels they were before you started smoking. Ten hours later as a nonsmoker, the level of oxygen and carbon dioxide in your blood return to normal. Three days later as a nonsmoker your lung capacity begins to increase. Four years later as a nonsmoker you will reduce your risk of heart attack to that of a nonsmoker. Ten years later as a nonsmoker you will significantly reduce your chances of dying of lung cancer.
12. Feel very ***proud*** about what you are accomplishing.

**The urge passes
whether you
smoke or not.**

Dear Cigarette:

We've been friends now for a number of years, but the time has come to part company. You have shared my joys and sorrows with me, you've seen me through good times and bad. You've been my crutch for a number of years when I was depressed and feeling alone. I always had you to turn to. My dependency on you became stronger and stronger as the years passed, to the point that my mind became clouded to the facts around me . . . such as seeing the worried expressions on those that are closest to me . . . those that I love the most. Watching the worried expressions turn to sad expressions became even harder. Often I would just turn away . . . after all you were my best friend. **Weren't you?**

I've had lots of dreams about all of the things I wanted to accomplish in life. I wanted to be proud of my successes and I wanted others in my life to admire and respect me. Sometimes I have felt pity for those that wasted away opportunities, gifts. Now I realize that I have almost done that same thing. My attachment to you was so great that I ignored the facts around me, the arguments that you have caused between me and others. I even blamed those that were closest to me for being the cause of much of my smoking. I often justified my habit as my only vice. I would get angry if someone said I was an addict. You helped me cope with all of the stress. I thought that's what friends do for one another. **I was wrong.**

Let me tell you the definition of a friend. A friend is a person who can ignore ones faults and still remain a friend. I have been that to you, but you have not been that to me. You thrive on my weakness and make things worse. I have been your friend because I have ignored all the data, even when you contributed to the death of someone that was extremely close to me. I find it hard to say goodbye to you, but I'm sure if I came down with cancer, heart trouble, lung disease or any number of other health problems that you caused, and if I was to die, I know that you would just move on to someone else and start attacking them. In abusive relationships, one of the main reasons why victims don't leave right away is that much of their self-confidence and pride has been destroyed. They will often justify the situation, saying that others don't understand. I guess I no longer understand, either . . . or I guess I understand better today than I have for a very long time.

You are not a person, I am. You have no heart, but I do. You have no brain, **and I do.** I've made the decision, **and** the commitment, to start using my brain and say goodbye to you once and for all. I've always been told that I deserve better, and you know what, I do . . . starting today . . . starting now. My freedom is like a radiant beacon of light, showing me the way. You are only darkness. Inhaling fresh, delicious air is far preferable to the puffs of death I received from you. By the way, my friends from now on, will care as much for me as I care for them.

So, goodbye cigarettes, **GOODBYE!**

Dear family & friends:

I have made the decision to quit smoking. The reasons behind this decision are varied. I realize that you have been after me for a long time to take this step, and I wish I could tell you that your urgings were the primary reason for my making this commitment . . . but the truth is, I'm doing this for myself. Your feelings, concerns and wishes for me are all very important . . . probably helping me reach this decision that much faster. I am very grateful that you care as much as you do.

Doing this for me, however, means that there are no excuses that I can call upon if something goes wrong. If we have an argument, if I have a real stressful day at work, if things just don't go my way, it would be easy to use those kinds of excuses for not quitting.

I know that we've have known people that have quit before. For some it was the easiest thing that they had ever tried. They just put their last cigarette out and never smoked again. You and I have also known people that have struggled terribly.

I don't know yet how hard or easy this is going to be for me. Because of that, I need to ask for a promise from you. I need you to promise me that you will give me both the time and space that I need to put this habit behind me. I know that you care, but please don't ask if I smoked. Believe me when I say that I don't intend to, nor want to, have a slip. If I do, however, no one will feel worse about it than me. Promise me that you will not get after me or lecture me.

I will communicate what I need from you in the way of support or encouragement. Part of me is still learning what works best and what doesn't. Trust me, there isn't anything you could say that I haven't already said to myself in triplicate.

For me to have gone this far, you must understand how serious I am about quitting. It gets me angry to think about the hold this thing has had over me for so long.

Please understand, I am not trying to push you out of this process; I am asking for your support and encouragement in a different way . . . and when I can put this behind me, we'll celebrate. Thank you for caring . . . I care also!