



Take Control Of Your Life With Hypnosis:

Eliminate negative habits; Create healthy changes; Achieve optimal well-being.

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SMOKING CESSATION

Since 501 of the 2,110 clients I've worked with in individual sessions wanted to stop smoking, I thought it was finally time to address that topic. There are many programs and methods to help people stop smoking. They tend to use products like electronic cigarettes, chewing gum, self help tapes and books, and pills, like Chantix, which warns: Some people have had changes in behavior, hostility, agitation, depressed mood, suicidal thoughts or actions while using CHANTIX to help them quit smoking.”[1] The majority of them try to help people resist or overcome the habit, but only in their conscious mind, which is the willpower part. Willpower is like a roller coaster: strong and weak, strong and weak, over and over and over again. It is extremely difficult to get willpower to remain strong enough - long enough – to over-ride the smoking habit. It is possible to do that, but if it happens (without using the subconscious mind), the person has simply overcome the habit without releasing the causes that remain in the part of the mind where habits reside. A future experience or reaction could “trigger” the need for the smoking habit and it would return in full force (another example of this happening is yo-yo dieting, when a person may “lose” a huge amount of weight, only to gain it all back – and perhaps repeat that process many times).

Smoking cessation through hypnosis enables people to discover the reasons that have contributed to and reinforced their smoking habit taking hold. By disconnecting the influence of those reasons or “roots of the problem” in their subconscious mind and replacing them with new perceptions of how they are going to be, they imagine the positive benefits of being a non-smoker permanently. Because the subconscious mind accepts habits and perceptions equally, by releasing all aspects of a habit, people can replace them with positive perceptions of the way they want to be. Through repetition, the new perceptions are accepted by the subconscious mind and become the new habit.

To be successful in the above process, it's important to get a complete understanding of everything that is smoking-related to each individual, from the first cigarette to the most recent one. People smoke for a wide variety of reasons, sometimes one, often quite a few. The majority of smokers I've worked with started with a friend, but my question always is: “why”? Why did they start and why have they continued? The answer usually can be found within identification or replacement. Identification involves people starting to smoke because they admire others who smoke, perhaps parents, siblings, friends, teachers, coaches, sports figures or celebrities. Replacement occurs when people use smoking to replace

something missing in their lives, such as love, acceptance, independence, self-confidence, safety or relaxation. The “why” questions continue as we explore smoking specifics like first thing in the morning, with coffee, after meals, when stressed, while driving, with alcohol, with friends, after exercising (!), while watching TV, as a ritual, and before bed.

Since smoking is both a mental and physical activity, stop-smoking techniques must release both the mental attitude and the physical reaction. Mental aspects can be released using techniques like those described above. Physical reactions can be released by aversion therapy, which means changing the taste of a cigarette from pleasurable to unpleasurable. When asked to imagine the taste of cigarettes in the grossest, most disgusting way, people integrate their answer in their subconscious mind as a triggering response connected with smoking. A crucial aspect of the whole smoking cessation process is the replacement of all released connections and influences with the positive benefits of being a non-smoker permanently, which people create while in hypnosis. They also connect the release of influences and replacement of positives with an appropriate word/affirmation that comes from their subconscious mind. Regular reinforcement of that word enables everything it represents to become the new habit.

Research indicates that, at best, 50% of people in group smoking cessation sessions will be successful. Because each person is an individual, the one-size-fits-all approach that is projected by hypnotists in group sessions resonates with a discouragingly small percentage of participants. Over the years I had heard about “The Mad Russian”, a Boston hypnotist who was known for helping people quit smoking (in group sessions). But I have worked with at least two handfuls of smokers who went to him and were not successful.

Very occasionally, someone has come to Hypno-Health with a unique reason for smoking. One middle-aged client, as a young girl, had deeply bonded with a younger sibling who had serious lung issues and became increasingly weaker until she died at 18 months. When I asked the woman why she smoked, she immediately returned to her younger sister’s death and said that she had not been able to save her sister and felt responsible for her death. She felt she didn’t deserve to live and began smoking so she would die sooner than usual. She released the influence of her sister’s life and death and the smoking habit disappeared. Another client, when asked why he smoked, spontaneously regressed to a past life experience in Edinburgh, Scotland and began speaking in a Scottish brogue. He was a sickly child who died at age 13. He brought the expectation of dying early from the past life to this one and began smoking to ensure he would die young. After releasing the negative karma from his past life, he stopped his twenty-five-year smoking habit.

[1] www.chantix.com, Important Safety Information, pg. 1

.HEALTH TIPS

(Retrieved from www.health24.com/Lifestyle/.../Your.../45-best-health-tips-ever-201207...)

Neurobics for your mind. Get your brain fizzing with energy. American researchers coined the term ‘neurobics’ for tasks which activate the brain's own biochemical pathways and bring new pathways online that can help to strengthen or preserve brain circuits. Brush your teeth with your ‘other’ hand, take a new route to work or choose your clothes based on sense of touch

rather than sight. People with mental agility tend to have lower rates of [Alzheimer's disease](#) and age-related mental decline.

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Offices:

222 Auburn Street ~ Suite 102  
Portland, Maine 04013

1280 Morgan Bay Road  
Blue Hill, Maine 04164

Phone: 207 773 5200 E-mail: [sadlier@hypno-health.net](mailto:sadlier@hypno-health.net)

Website: [www.hypno-health.net](http://www.hypno-health.net)

**Remember:** *Hypnosis can be done in the office, by phone and via Skype.*