



For information on hypnosis & the one session Smoking Cessation program

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Common reasons for quitting include:

- Money savings! Check out our savings calculator at the back of this booklet
- More confident and in control of own life
- Positive role model for friends and family
- Whiter teeth and fresher breath
- Healthier glowing skin and fewer wrinkles
- Hair, breath and clothes won't smell of smoke
- Improved sense of taste and smell
- Improved breathing and general fitness level
- Heal faster and have fewer complications after surgery

In case you need a reminder of the impacts of smoking on your health, here are just a few reasons that might motivate you to quit. And the good news is that the benefits of quitting start immediately!

Health effects on individual smokers:

ONE HALF of lifelong smokers will die of a tobacco-related disease. The average smoker will die about 8 years earlier than a similar non-smoker. But life expectancy improves after a smoker quits.

There is strong scientific evidence that smoking is related to more than two dozen diseases and conditions.

All smokers are at extra risk for:

- Coronary heart disease (e.g., heart attacks)
- Lung cancer
- Cancer of the mouth, throat and voice box
- Cancer of the pancreas
- Cancer of the kidney, and urinary bladder
- Chronic obstructive pulmonary disease (COPD)
- Pneumonia
- Peripheral vascular disease (circulatory problems)
- Aortic aneurysm
- High blood pressure
- High cholesterol (LDL)
- Peptic ulcers
- Chronic bowel disease (Crohn's Disease)
- Tooth decay (cavities)
- Osteoporosis
- Sleep problems (falling asleep inappropriately and/or frequent waking)
- Cataracts
- Thyroid disease (Grave's Disease)

Female smokers are at risk of:

- Cancer of the cervix (womb)
- Menstrual problems
- Fertility problems
- Spontaneous abortion (miscarriage)

Male smokers have a risk of:

- Erectile dysfunction (impotence)
- Fertility problems (problems with sperm)

In addition to various diseases, smoking also causes the skin to wrinkle, creates the appearance of premature aging, and reduces the sense of smell and taste.

By quitting your loved ones will avoid the following risks related to exposure to second-hand smoke:

- Risk of heart disease and lung cancer.
- Respiratory symptoms in non-smokers, including coughing, phlegm, wheezing, and breathlessness, which is especially dangerous for those with asthma or other respiratory conditions.
- Risk of having a low birth weight baby, miscarriage, and birth complications.
- Risk of babies dying from sudden infant death syndrome (SIDS).
- Bronchitis, pneumonia, chronic wheezing and coughing in children.
- Recurrent middle ear infections in children.
- Greater frequency and severity of asthma attacks when exposed to second-hand smoke.

Did you know?

Children with parents who smoke are almost twice as likely to start smoking than children whose parents do not smoke.

How Tobacco Affects Your Body – Men / Boys

Brain – Nicotine, the drug that makes tobacco addictive, goes to your brain very quickly. Nicotine makes you feel good when you're smoking, but it can make you anxious, nervous, moody, and depressed after you smoke. Using tobacco can cause headaches and dizziness.

Mouth – Tobacco stains your teeth and gives you bad breath. Tobacco ruins some of your taste buds, so you won't be able to taste your favorite foods as well. Tobacco causes bleeding gums (gum disease) and cancers of the mouth and throat.

Skin – Smoking causes dry, yellow skin and wrinkles. The smell sticks to your skin.

Heart – Smoking increases your heart rate and blood pressure and causes heart disease and heart attacks. If you exercise or play sports, your heart has to work harder to keep up.

Lungs – Smokers have trouble breathing because smoking damages the lungs. If you have asthma, you can have more frequent and more serious attacks. Smoking causes a lot of coughing with phlegm (mucus). Tobacco can cause emphysema (lung disease) and lung cancer.

Penis – Heavy smoking (that's more than 20 smokes/day) is a risk factor in erectile dysfunction. That's the medical term for not being able to get a hard-on. Yikes!

Muscles – Less blood and oxygen flows to your muscles, which causes them to hurt more when you exercise or play sports.

How Tobacco Affects Your Body –Women / Girls

Brain

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Skin

Smoking causes dry, yellow skin and wrinkles. The smoke sticks to your skin and causes lasting odor.

Mouth

Tobacco stains your teeth and gives you bad breath. Tobacco ruins some of your taste buds, so you won't be able to taste your favorite foods as well. Tobacco causes bleeding gums (gum disease) and cancers of the mouth and throat.

Heart

Smoking increases your heart rate and blood pressure and causes heart disease and heart attacks. If you exercise or play sports, your heart has to work harder to keep up.

Lungs

Smokers have trouble breathing because smoking damages the lungs. If you have asthma, you can have

more frequent and more serious attacks. Smoking causes a lot of coughing with phlegm (mucus). Tobacco can cause emphysema (lung disease) and lung cancer.

Muscles

Less blood and oxygen flows to your muscles, which causes them to hurt more when you exercise or play sports.

The nicotine in cigarettes can contribute to:

an ongoing need or dependence. Within seven seconds of taking a puff, the chemical reaches your brain and makes you feel good. But the feeling doesn't last for more than half an hour. Soon you'll want another cigarette. And then another.

Second-hand smoke has been linked to:

breast cancer in women, sudden infant death syndrome in infants and recurrent ear infections in kids. Smoking can hurt or kill our friends in the animal kingdom. All it takes is eating a few cigarette butts for a small dog or cat to be poisoned. Butts have been found in the stomachs of wild animals, including fish, whales and birds.

How do I handle a nic fit?

If you're addicted, your body's going to protest when it doesn't get nicotine. Take nic fits in stride with the Four D's:

- **Delay** – wait for the craving to pass. It will in a few minutes.
- **Deeply breathe** – in through the nose, out through the mouth as slowly as possible.
- **Drink water** – sip it slowly and hold each sip in your mouth for a few seconds.
- **Distract yourself** – by doing something that makes smoking impossible, such as having a shower or going for a swim.

Quick fixes when the urges hit:

- Do something physical. Take a walk go for a run – do anything active to divert yourself from the craving.
- Drink (cold) water. This will change the taste in your mouth and is one of the best ways to stop the craving in its tracks!
- Brush your teeth. This will also change the taste in your mouth. Add a mint and the overwhelming freshness will eliminate the urge!
- Chomp on a snack. People often crave sweets, so stock up on healthy snacks like carrots, celery, pretzels, nuts, fruit, sugar free candy.
- Chew a toothpick or cinnamon stick. Just having something to chew on can greatly reduce those cravings.

- Keep your hands busy. Beware those idle hands. If you miss having a cigarette in your hands, then find a substitute like a stress ball, a pen or straw or snap a rubber band on your wrist.
- Practice Deep breathing. Take a few slow, deep breaths. Inhale through your nose and exhale through your mouth. Repeat 5 times and feel the craving disappear!

Dealing with Stress

Stress

Many people have used smoking to deal with stressful situations in their lives. So when you experience stress after quitting, it may trigger a strong craving for a cigarette.

Since stress is one of the major causes of slips and relapse, it's important that you learn how to cope with stress in your life without using tobacco, plus how to avoid stressful situations in the first place.

Tips for reducing stress:

- Practice deep breathing exercises. Take a few slow, deep breaths. Inhale through your nose and exhale through your mouth. Let your mind drift and feel your whole body unwind.
- Exercise. By far the best way to unwind and release that tension is to burn it off. Not only is exercise good for immediate relief, but as you get in better shape you will have more energy and a better outlook for dealing with tough situations. For more information on the benefits of physical activity, [click here](#).
- Get a good nights sleep. You will be amazed at what a full eight hours of rest can do for you. Cut out caffeine and make a habit of reading and going to bed earlier.
- Eat healthier foods. The saying that healthy bodies leads to healthy minds holds true.
- Talk it out. When you start feeling overwhelmed, don't be afraid to reach out to a friend. Pick up the phone and talk out what's bothering you.
- Spend time with supportive people. Connect with people who can remind you why you quit and provide a positive outlook. Check out our friends on the community Forum.
- Listen to music. Take a few minutes to lose yourself in your favorite tunes.
- Treat yourself. With the money you have been saving with not smoking you can afford some rewards now and then. Do something nice for yourself. You've earned it.
- Use visualization or meditation. Close your eyes and go to a place where you feel happy, comfortable and relaxed.
- Address conflict head on. Don't let problems build. Talk to your friends and discuss how you can resolve whatever is bothering you.

Tips for preventing stress: The 4As:

Avoid the situation

Much stress can simply be avoided. This might mean planning ahead so you aren't late for work or have to sit in traffic. Avoid people who stress you out. Say "no" when you want to.

Alter the situation

For those situations that can't be avoided, try altering your situation for the better. This might include asking others to change their behaviour and be willing to do the same. Be direct and communicate your feelings openly, managing your time better to give you time to breathe, and set your limits with people right at the beginning ("I've only got 5 minutes to talk").

Accept the situation

Accept what you can't change. If you can't avoid or alter the situation, try accepting it for what it is by talking out the problem, forgiving someone and moving on. Try to think positively and practice positive self-talk ("I made a mistake but I'll survive") and learn from your mistakes – the classic "teachable moment."

Adapt to the situation

Believing that you can't cope is a huge cause of stress, so try to make the best of the situation by changing your expectations. Examples include:

- Try adjusting your standards and redefine your definition of success;
- Try thought-stopping exercises to stop negative thoughts in their tracks;
- Adopt a mantra – like 'I can cope with this without a cigarette and I will!'

Dealing with Cravings: Knowing Your Triggers

There are behaviours, feelings and situations that will trigger your urge to use tobacco. Being aware of your triggers is useful for dealing with or avoiding these situations.

How your body recovers

Quitting smoking is the single best thing you can do to improve your health, your longevity and your quality of life. In fact, once you've smoked your last cigarette, the healing starts immediately!

The sooner you quit, the sooner you'll feel better.

It's easy to put off quitting. But instead of thinking about how hard it's going to be, think about how great it's going to feel when you no longer smoke. It doesn't take long for your body to begin to recover once you quit.

20 Minutes

- Blood pressure and heart rate decrease.

8 Hours

- Oxygen level goes back to normal and carbon monoxide levels drop.

Within 2 Days:

- Your sense of taste & smell start to improve & chances of having a heart attack decreases.

Within 3 Days:

- Bronchial tubes have restarted their cleaning mechanism, so breathing is easier.

Within 2 Weeks to 3 Months:

- Exercising becomes easier and your lung capacity can increase by 30 percent.

Within 6 Months:

- Improvements in coughing, sinus congestion, tiredness, shortness of breath and colds. You will have less fatigue & more energy.

1 Year

- 50% reduction in risk of smoking-related heart attack.

5 Years

- Risk of having a stroke is now reduced to that of a non-smoker.

Within 10 Years:

- Your risk of dying from lung cancer will decrease by half.

Within 15 Years:

- Your risk of dying from a heart attack is the same as a person who has never smoked.

Nicotine products & their possible side effects.

Nicotine Patch - Possible Side Effects:

May cause local skin reactions, headaches, sleep problems and abnormal dreams, cold and flu-like symptoms and dizziness

Nicotine Inhaler - Possible Side Effects:

Many people experience mild irritation of the mouth when they first use the inhaler. These side effects decline with the continued use of the inhaler

Nicotine Gum - Possible Side Effects:

- mouth, throat or gum irritation
- nausea and stomach upset
- jaw ache
- hiccups
- headache

Nicotine Lozenge - Possible Side Effects:

Some lozenge users experience mouth, throat or tongue irritation, nausea and stomach upset, hiccups, headache and taste change

Nicotine Mouth Spray - Possible Side Effects:

Some mouth spray users experience tingling lips, hiccups, throat irritation, nausea, and heartburn

Available Non-Nicotine Prescription

Medications:

Another aid for people who wish to stop using tobacco is prescription medications. These medications do not contain nicotine, but affect the brain in various ways to make giving up tobacco more comfortable.

Examples of these medications include:

Bupropion (Zyban™) – possible side effects

Common side effects are difficulty sleeping, dry mouth, headache, dizziness, anxiety and nausea. To reduce sleeping problems, it's best to take your evening tablet at least four hours before bedtime (but remember, you must leave eight hours between tablets).

The most serious side effect is the risk of seizure, which is estimated to occur in about one in 1000 patients (0.1%).

A small number of people (about one to three per 1000 patients) have had allergic reactions to bupropion. These include itching, hives, skin wheals, or breathlessness. There have been a few cases of fever, joint and muscle pain occurring with skin rash, and these can occur 10 to 20 days after starting treatment.

Varenicline (Champix™) – possible side effects

nausea, stomach or bowel problems (e.g. constipation, gas, dry mouth, vomiting, indigestion), headache, dizziness, sleeping problems, unusual dreams, feeling tired, increased appetite and changes in taste

Preparing to Quit

Control your environment

Your home and work environments can either help or hinder your quit. Don't tempt yourself. Prepare your surroundings by removing temptations from your home, office, and car and gathering supplies to help with your quit.

Tips for creating supportive environments:

- Tell people about your quit.
- Ask friends, family and co-workers to respect your decision, avoid smoking near you, and remove any temptations.
- Clean your house, workplace, and car.
- Get rid of clutter, and remove the odor of smoke from walls, carpets and furniture. Scrubbing with warm water and white vinegar or baking soda does wonders.
- Clean your clothes.
- Get rid of that smoke smell from all your clothes. Dry clean your coats and suits.
- Can your ashtrays.
- Remove all lighters, ashtrays, and anything else you used for smoking.
- Avoid old reminders.
- Avoid activities or places around the house that are strongly associated with smoking.(i.e. front steps, back deck, kitchen table).
- Make your home smoke-free.
- Ask friends and family to smoke outside, if they must smoke while they are around.

Gather your supplies:

Stop smoking medications. If you are using them, make sure to get all your nicotine products (patches, gum, lozenges) and quit medications ready to go. Keep in mind that you need to start taking some prescription medications two weeks before your quit date to be most effective.

Healthy Snacks. Buy lots of chewable snacks. Carrots, celery, pretzels, cinnamon sticks, sugar-free candies and gum. Keeping your hands and mouth busy is an important part of getting through the first week. They are also great for keeping your increased appetite under control.

Water bottle. If you don't already own one, go out and get a water bottle, and keep it with you. A refreshing drink of ice water will help beat cravings and hunger.

Stress ball. Keep your hands busy, and your mind distracted. Stress balls are great for beating cravings.

Manage withdrawal

Nicotine is the main addictive substance in cigarettes, and when you quit smoking, your body has to adjust to not having nicotine. Withdrawal is an uncomfortable, but temporary part of the quitting process. By knowing what withdrawal symptoms to expect, you can prepare yourself and make it easier.

What are reported withdrawal symptoms?

- Feeling depressed or sad
- Trouble sleeping
- Feeling cranky, frustrated or angry
- Feeling anxious, nervous or restless
- Difficulty concentrating
- Increased appetite
- Coughing and dry mouth
- Headaches and feeling dizzy
- Upset stomach and constipation

How long does withdrawal last?

For most people the worst of the withdrawal symptoms only last a few days to a couple of weeks. But not all smokers will go through the same symptoms, or the same intensity of symptoms.

Tips for coping with withdrawal:

Drink lots of water. This will help with the dry throat and will also thin out your mucus, making it easier to cough up and get out of your system. The water will also help suppress your increased appetite.

Eat healthy snacks. It's common to get the munchies after you quit, so stock up on healthy snacks like fresh fruit and veggies, nuts, and raisins. The extra fibre will also help with constipation.

Get plenty of rest. The extra sleep will help with headaches and give you the extra energy you'll need to beat the cravings.

Get more exercise. Some light jogging or a daily bike ride will help with your fatigue, as well as boost your energy, and keep you distracted.

Withdrawal and Depression

For some, smoking is a form of self-medication to help deal with feelings of loneliness, sadness and depression.

When you stop smoking, you are removing a major crutch for coping through the day, and it is not uncommon to experience feelings of sadness or depression. However, this should pass within one to two weeks.

Seek help! Talk with family and your Doctor

If you find that you are feeling very down after quitting smoking, then you should talk about this with friends, family, and your Doctor. This is especially important if you have suffered depression in the past.

If you are currently being treated for depression and want to quit, it's important to talk to your Doctor, as you may need to adjust any medications that you are taking.

Weight Gain

Weight gain is a common fear for people trying to quit smoking. It is also a very overblown fear. Not everyone gains weight, and for those who do the average is under 10lbs, and is usually temporary.

To avoid weight gain, make diet and exercise part of your quitting plan. And remember, keep your eye on the end goal - which is to become a non-smoker. Plus, the benefits of quitting smoking far outweigh the possibility that you might gain a few extra pounds in the short-term.

Reasons for weight gain

There are a number of reasons why some people gain weight after they quit, including:

Nicotine is a stimulant, and when you quit, your body's metabolism may slow down, causing fewer calories to be burned. While eating the same number of calories can result in gaining weight, your body will readjust over time.

Food may also smell and taste better, leading to extra calorie consumption.

You might have stronger cravings for sweets, which of course leads to extra calories as well.

Eat and drink smart

When it comes to controlling your weight, it really comes down to what you eat and how often. Use these easy tips to keep your daily diet as healthy as possible:

Don't skip meals. Make sure you eat a minimum of 3 meals a day. Letting yourself go hungry will only increase your craving for nicotine or cause you to overeat later.

Snack Healthy. Snack on vegetables and fruit rather than high fat or sugary foods. You can also try unbuttered popcorn and pretzels.

Remove tempting high-fat foods at home. Out of sight, out of mind. For most, if it's there it'll get eaten.

Listen to your body. Eat when you are hungry and stop when you feel satisfied.

Eat your greens. Include a variety of fruits and vegetables, especially crunchy ones, which can also help replace the hand-to-mouth motion that most smokers are accustomed to.

Plan ahead. Prepare meal plans and shop ahead of time. If you get hungry without knowing what's for supper, you will reach for the easiest thing available.

Drink lots of water. Drinking water will help suppress your increased appetite, as well as flush out the old toxins and keep you energized.

Reduce caffeine intake. Too much can make you irritable and make it more difficult to stay smoke-free. Plus it's a common trigger to smoke.

Avoid alcohol. Alcohol is the single biggest cause of slips and relapses, and it is packed with empty calories. Staying clear of the alcohol for the first few weeks is a no-brainer!

Boost Your Metabolism Safely.

Metabolism refers to the speed at which your body processes food and turns it into energy. We'd all like a 'fast' metabolism and research shows it's possible to boost our metabolism without smoking.

Here are five ways:

- Eat your breakfast. Your "metabolic rate" is highest in the morning and declines as the day progresses. Having a big, healthy breakfast will take advantage of your natural metabolism.
- Eat whole grains. Ban white bread, white rice and other refined foods from your pantry. They cause your blood sugar to spike, forcing your pancreas to over-secrete insulin. Instead, consider whole grains, which are complex carbohydrates and provide longer-lasting energy.
- Drink cold water. Researchers in Germany have found that drinking six cups of cold water a day can increase your resting metabolism by about 50 calories per day.
- Include protein. Your muscles need protein to function. Research has shown that a serving of protein can increase your calorie burn by up to 35%.
- Get more active. Boost your metabolism by getting more aerobic activity into your daily routine. Consider adding weight training a few days per week to help build muscle and burn more calories.

So you quit – Now what?

Shake-up your routine and avoid temptations!

The most important thing you can do is break with activities and situations where you have strong mental connections with smoking.

If you used to smoke with your morning coffee, try a different drink or take your coffee at a different time and place.

If you smoke while you drink, avoid alcohol and parties for the first little while.

If you usually smoke after meals, then don't wait around after the meal. Go brush your teeth, or go for a walk, or do the dishes – just get going!

If you smoke while driving, take a different route for your daily commute. Or, if possible, take public transit, cycle, or walk.

Try to stay away from people who smoke. Hang out with non-smokers, especially if you need to be places where you'll be tempted to smoke. Avoid those unnecessary temptations!

Don't smoke, not even 'just one.'

Stay busy!

The first few days are all about distractions and keeping busy.

Plan lots of activities – make dates with friends and make time for the hobbies you like best.

Practice stress management and relaxation techniques.

Go out and get some exercise. A walk, swim, bike ride, whatever you like most. The fresh air will do wonders.

Keep your hands busy by texting a friend, doing a crossword, writing or squeezing a stressball.

Tips for handling a relapse:

Don't think of it as failure. It is a setback, but as long as you keep trying, you have not failed. Dwelling on your mistake will not help. You need to keep moving forward.

Learn from this experience. Figure out what feelings or settings triggered the relapse and come up with a plan for dealing with it during the next quit.

Review your motivations. Look back on your reasons for quitting in the first place. Reaffirm your commitment to this list.

Don't get down on yourself. Negative self-talk will only cause you stress. Allow the experience to make you stronger.

Learn new ways of handling your cravings. Visit our section on cravings to better prepare yourself for next time.

Benefits of Hypnosis.

Or try a proving method quitting smoking by tapping into the power of your mind and use hypnosis to remove your desire to smoke, reduce/remove any and all cravings, give you quick techniques for reducing stress and feeling of anxiousness.

Whether you're addicted to food, alcohol, drugs, smoking or gambling hypnosis can help you kick these habits. Hypnosis can help you regain control of your thoughts and actions ensuring you make the right choices, it also helps alleviate the physical symptoms of addiction. Hypnotherapy is proven to help break addictions for good so that you don't relapse and become addicted again within a short time.

Hypnosis can help you lose weight and keep it off – Hypnotherapy is an effective tool to help people that overeat for psychological reasons eliminate their need for the extra food they crave.

If you suffer from chronic pain then I would recommend experiencing a guided relaxation Hypnosis session to ensure you are comfortable and pain free for as long as possible.

Hypnosis involves putting you in a deep state of relaxation it gives your mind and body a chance to recuperate, repair and heal itself by experiencing the relaxation that it desperately needs.

Hypnosis is a great way to work through childhood issues and replace those negative messages about yourself with positive ones.

Hypnosis can help with sleep disorders. Hypnosis can help treat the psychological problem that is causing the sleep disturbance while at the same time it puts the body in a deeply relaxed state that helps the body and mind become rejuvenated.

Hypnosis is a wonderful way to experience truly deep relaxation that will make you feel much healthier and alert.

Hypnosis can help you change your behaviour. Hypnosis can help you identify with the real underlying issues in your life that make you react to things the way you do.

Hypnosis can help treat Anxiety and Depression –Enjoy the benefits of hypnotherapy using this drug free and effective way to calm anxiety and to treat the symptoms of depression.