

Get Rid of Your Nicotine Addiction



The Edinburgh Reporter's Mike Smith is a fully qualified hypnotherapist. Following a report this week from NHS Scotland on e-cigarettes, Mike gives advice on how hypnotherapy can help rid an addiction to nicotine.

A consensus led by NHS Scotland has said that e-cigarettes are 'definitely' less than harmful than smoking tobacco. The health body issued the statement this week as it wanted to clarify confusion surrounding vaping devices.

While many smokers will see this as good news, the addiction to nicotine remains. Getting rid of this addiction completely is what is really required. Indeed, there is a body of opinion which suggests using e-cigarettes is swapping one addiction for another, albeit a less harmful one.

So, what can be done to rid yourself of an addiction to nicotine? Well there is a holistic and natural way of doing this, one that can take about an hour of your time – and can mean a permanent change to your life.

Hypnotherapy is a proven method of ridding addictions, including nicotine. [Mind Generating Success](#), a hypnotherapy practice based in Edinburgh, has helped many clients stop smoking. One client had smoked for 30 years and had tried patches, gum and other ways to stop smoking but nothing worked. Until he tried hypnotherapy. After just one session he became a non-smoker.

Why stop smoking?

Smoking increases the risk of developing a wide range of health ailments and diseases. But the habit does not only harm

the smoker's health, it can also have a negative impact on the people around them. Children and babies living with people who smoke are vulnerable to many health problems. This includes chronic obstructive pulmonary disease (COPD) and an increased risk of cot death.

Some of the most common smoking-related illnesses include:

- Infertility – Smoking affects the fertility of men and women, making it difficult to conceive.
- Gum disease – As well as staining your teeth, smoking can cause premature tooth loss due to gum disease.
- Heart disease – This is considered the UK's biggest killer. Nearly one in six cases are smoking-related.
- Lung cancer – More than eight in 10 cases of lung cancer are directly related to smoking.
- Other cancers – This includes mouth, throat, nose, blood, cervical and pancreatic cancer.

Adults who endure passive smoking for a long period of time are also at an increased risk of heart disease and lung cancer. Tobacco is also an irritant; therefore, it can make conditions such as asthma worse.

Hypnotherapy for smoking

A great number of people find hypnotherapy for smoking an effective treatment. The method works to break the negative behaviours and thinking patterns associated with smoking. The thoughts and behaviours the smoker holds are often what prevents them from successfully giving up.

When a person makes the decision to stop smoking, the key aspect is to let go of the routine and change their perspective of cigarettes. Breaking an addiction like this is a challenge. Many people find changing how they think about something difficult. As hypnotherapy focuses on this change, it is fast becoming one of the most popular forms of treatment.

When considering stop smoking hypnosis, the first thing the person has to do is make sure they are choosing to quit for themselves. Hypnosis for smoking has been found to be most effective when the person really wants to quit.

How Much Does It Cost?

Hypnotherapy for smoking cessation is usually done in just one session which costs £95. Now if you think you can't afford £95 think about how much money you're spending on cigarettes. Do you know if you smoke 20 fags a day you're literally burning at least £3,000 every year?

Think what you could do with this money? And think also of the health benefits. It's really a no-brainer.

What Should I Do?

To arrange an initial discussion, please contact me on **07521 353 787** or email me at **mike.smith@mgs-hypnotherapy-services.co.uk**

This initial discussion costs just £10 – and if you decide to proceed this is deducted from the cost of your session.

Edinburgh Reporter readers can get 10% off by quoting ER17 when they make an enquiry.

More information is available at the [Mind Generating Success](#) website.

Mike Smith Hyp CS
Mind Generating Success
Craiglockhart
Edinburgh EH14 1DJ