

# If You Want to Stop Smoking Here's What to Do



*The Edinburgh Reporter's Mike Smith is a qualified hypnotherapist. In the latest of a series of articles about what hypnotherapy can do for you, Mike looks at how this can help people stop smoking – and extend the length and quality of life.*

It's the time of the year when many of us are scratching our heads, wondering what gift to buy for loved ones. Searching for that ideal gift can be frustrating, challenging and time-consuming. But how about a gift that could improve the health and well-being of your nearest and dearest? Particularly, if they smoke and you – and they – want this habit to end so their health will improve, and they will save money in these difficult times?

A gift voucher for stopping smoking through hypnotherapy could be the most precious gift a smoker could receive.

Did you know that:

- Despite nearly 100,000 people in the UK dying from smoking-related illnesses each year, nearly one sixth of adults are still smokers?
- Nearly 50 per cent of all smokers die prematurely due to smoking-related diseases.
- The life expectancy of a smoker is about 10 years less than that of a non-smoker.
- In the UK is it estimated only half of long-term smokers live past the age of 70.
- Up to 17,000 children under the age of five are admitted to hospital each year as a result of passive smoking-related illnesses

Quitting smoking is a big challenge for a person to face and they will often need more than just willpower. For many people, hypnotherapy is an effective solution.

### **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.

It is important for the person to know why they want to quit before any successful attempts can be made. It is common for people to relapse if they are quitting for somebody else. If the individuals are making the decision for themselves, the chances of success can improve.

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 smoker should 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.

Hypnotherapy works by putting the individual into a deep, relaxed state. You are not asleep and are fully aware of what is going on – but, based on information you provide about what relaxes you – you are wholly relaxed. This is when your subconscious mind is open and receptive to new ideas and suggestions.

At this point, the hypnotherapist will look to change the

thought patterns of the smoker. They will make suggestions such as, "I do not want a cigarette" or "the smell of cigarette smoke makes me nauseous". The hypnotherapist may ask the individual to imagine unpleasant smells and feelings that they can associate with smoking. The person may also be taught various stop smoking hypnosis techniques, so they can practice at home.

The ultimate aim of stop smoking hypnosis is to empower people to take control of their addiction. Hypnotherapy for smoking will promote healthier behaviours. It can help the individual to develop new patterns of thinking.

It is never too late to quit smoking. Whatever age the smoker is, if they make the decision to stop, their health will benefit. However, the sooner a person quits; the faster the body can recover and the risk of developing serious health conditions will decrease.

The average cost of a 20-pack of cigarettes is £8.00. If a person is smoking 20 cigarettes a day for 10 years, they will have spent nearly £30,000. Quitting smoking could mean a person is £250.00 richer per month. Think about what someone could do with that extra money – as well as improving their health.

Do you have your doubts hypnotherapy would work? Well, one of my clients smoked tobacco for 30 years and was desperate to stop. He had tried everything – nicotine patches, gum, e-cigarettes, even acupuncture. None of these worked. One session of hypnotherapy and he was a non-smoker. His life had changed for the better after little more than an hour.

So, why not treat your loved one to a smoking cessation session at Mind Generating Success? Hypnotherapy has been used very successfully to help smokers give up the fags. And, quite often, it can be done in just one session.

For just £95 per session, [Mind Generating Success](#) – based in

Craiglockhart in Edinburgh- can help someone you love dearly to kick the habit. Think of how 2018 will be for them having consigned smoking to history. Contact me on 07521 353 787 or email me at [mike.smith@mgs-hypnotherapy-services.co.uk](mailto:mike.smith@mgs-hypnotherapy-services.co.uk) for more information and advice on what to do next. Evening appointments are available. Home visits by arrangement.

*As a special offer for readers of The Edinburgh Reporter, there is 10% off until 30th November. Just quote ER2017 to claim – but be quick! This offer ends at midnight on Thursday.*

Gift vouchers for smoking cessation at Mind Generating Success are available now if you think this would make a great idea. After all, you can help improve someone's life – and what greater gift can there be than that?