

# Junemitchell

Clinical Therapy, Professional Coaching, Training & Workshops

## Stopping Smoking

There are over 600 chemicals in a cigarette. And these are irritants and cannot relax you. It is the act of taking in deep breaths when drawing on a cigarette that actually relaxes you. And then within 7 seconds the chemicals are deposited in your body and any positive effects of increased oxygen are obliterated and replaced by POISON.

Using NLP and Hypnotherapy we aim to change this negative habit and behaviours and bring about permanent positive changes. In our extended smoking cessation session we use a whole range of techniques to create a unique treatment session for you.

### The statistics & background information

120,000 people in the UK die each year from diseases due DIRECTLY to smoking - 13 people an hour!  
AND EVERYDAY over 1,000 adults in the UK become non smokers - and that's 350,000 a year! In which statistic would you rather be?

NICOTINE - this is a fast acting poison and activates stress response - increasing heart rate, blood pressure, thickens blood. If a horse were to be injected with the nicotine from one cigarette it would kill it!

TAR: Formaldehyde - preserves dead bodies and known to cause cancer. Arsenic - poison and fatal in large doses. Cyanide - poison and fatal. Benzene - solvent in fuels and leukaemia forming and 70% is deposited in the lungs!!

### How the therapy works

You may have consciously said many times "I want to stop smoking!" However, you continue to smoke. Why? Because the part of you that smokes has a 'positive intention' to provide you with whatever the 'positive by product' is, whether it is 'time out' 'relaxation' 'social contact' or something else.

By using NLP we can gain conscious awareness, change habits and keep the positive intention. By using hypnotherapy we install the new habits unconsciously. Giving you your own EFT process you can continue to maintain the new behaviours.

In 1992 New Scientist Magazine published the results of a statistically combined clinical study on the most effective stop smoking methods.

When hypnosis is combined with NLP and EFT stopping smoking results would improve significantly.

6% - Willpower alone

10% - Nicotine Replacement Therapy (NRT)

24% - Acupuncture

60% - Single session Hypnosis (this is for hypnosis alone).

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