

Smoking Cessation Through Hypnosis with Steve G. Jones, C.Ht



Step 1: Know What You Are *Really* Doing to Your Body



The Human Body is a Temple. Every organ serves a purpose and keeping them all healthy is very important

Smoking causes unnecessary harm to the human body.

It ages the system, blackens the organs, and causes virtually irreversible damage



Health Hazards of smoking

- Heart Disease
- COPD (chronic obstructive pulmonary disease)
 - Emphysema
 - Bronchitis
- Stroke
- **CANCER!**
 - esophagus, lungs, throat, oral cavity, pancreas, larynx, bladder.
 - smoking doesn't *give you* cancer, but you are 22 times more likely to get it if you are male and 12 times more likely if you are female

When you smoke

- Heart Rate increases
 - causes an increased risk of heart attack
 - tires out your heart and makes it age quicker
- Lungs get filled up with tar
- Only 30% of the tar gets released back into the air
- Chemicals get immediately absorbed into the blood stream
- Level of carbon monoxide in blood goes up
- Blood vessels in skin constrict-causing "smoker face" and wrinkles
- Can cause impotence in men and women to reach menopause on average of 2 years early



Second Hand Smoke

- Officially known as *ETS* or *Environmental Tobacco Smoke*
- Lingers in the air after cigarette has been put out
- Can severely complicate lungs for those with asthma
- Exposure to ETS is similar to smoking: *heart rate affected, increased risk of heart attack, platelets become stickier, damage to blood vessel lining*
- Smoke emitted contains dangerous and poisonous chemicals include: *Formaldehyde, Benzene, Vinyl Chloride, Arsenic, Ammonia, Hydrogen Cyanide*

Second Hand Smoke

- Causes up to 50,000 deaths in non-smokers annually
- Classified by EPA (Environmental Protection Agency) as a known *carcinogen*
- 23 states have passed laws prohibiting smoking in bars and restaurants
- Very harmful to children, responsible for 7,500 deaths and 15,000 hospitalizations
- Attributed to SIDS (Sudden Infant Death Syndrome) in young children
- 35% of children live in homes with exposure to second hand smoke

Chemicals found in ETS



- *Formaldehyde:*
 - used to make explosives, tanning beds, and as an embalming agent
- *Benzene:*
 - laws were passed to reduce emission because it is known to cause leukemia
- *Vinyl Chloride:*
 - used to make refrigerators.
 - known to cause liver damage

Chemicals found in ETS (cont.)

- *Arsenic:*
 - known poison
 - used for batteries and cables
 - causes dermatitis on skin
- *Ammonia:*
 - household cleaning agent
 - used in making rocket fuel
- *Hydrogen Cyanide:*
 - hardens iron and steel
 - high levels can kill human within 10 minutes

Pregnant Women and Smoking

- Highly recommended to quit smoking if you are thinking about getting pregnant
- Increased risk of miscarriage if you smoke
- Lower birth weight
- Poison from cigarettes gets into placenta and stops baby from receiving necessary nutrients
- ETS can also have adverse effects
- Nicotine gets into breast milk-nursing mothers should quit too
- Later in life, child is prone to getting sick more often than regular

Smoking and Pregnant?

All kinds of smoke is harmful. Not only is it harmful to a mother to be, but it can be even more harmful to the baby.

If you are planning on getting pregnant or are already pregnant, quit now before it's too late.

Even second hand smoke can be harmful, so make sure that you can take yourself out of the room when someone is smoking.



Quitting Smoking and Saving Money

- Depending on where you live, if you quit smoking, you can save anywhere from \$1,500-\$3,500 on just cigarette packs alone
- In the long run, you save money on life insurance, health insurance, and if you ever wish to re-sell your car
- Life insurance cost: 3 times less for nonsmoker men
2 times less for nonsmoker women
- Car re-sale value goes down average \$2000 due to smoker smell in car and damage from cigarettes to upholstery.
- Health insurance is average \$500 more expensive for smokers

Other forms of Tobacco

- No such thing as *safe tobacco*, everything is a potential hazard
- This may include cigars, chewing tobacco, snuff, other tobacco products that are not cigarettes
- Cigars have been known to cause **cancer** in the *lungs, oral cavity, larynx, and esophagus*.
- Chewing tobacco can cause severe mouth cancer, which can cause deformation of the face.



Tobacco and the World

- Tobacco use is decreasing in United States and Western Europe but increasing in Asia
- The majority of the world's smokers live in China
- Estimated 1.3 billion people worldwide are smokers. The population on our planet is 6 billion
- 20th century produced 100 million deaths from smoking related diseases alone
 - ...all deaths that could have been prevented!

Step 2: Planning to Quit



The Necessary Preparation

- Best way to quit is to set out a plan
- Plan should include:
 - throwing away all cigarettes in house, car, etc.
 - start date to quit
 - informing friends & family
- Additional help may be needed
 - nicotine gum, patch, lozenges
 - prescribed medicines
 - special inhalers

Identify your Triggers

- *Triggers* are certain places and things that cause your cravings to increase.
- Knowing your triggers can greatly help you increase your chances at quitting with ease.
- Identify your triggers and trigger places and avoid them during the time when your cravings can be most difficult (2 weeks to 1 month)
- Develop techniques for dealing with triggers beforehand, so you will be prepared when facing them.

Having trouble handling Withdrawal?

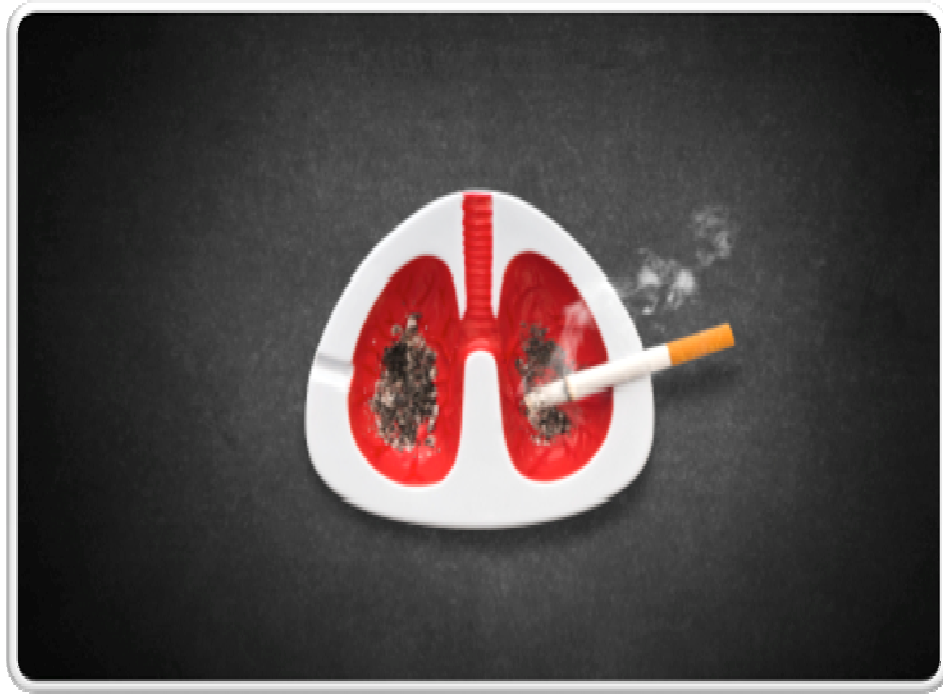
Try taking long walks, bubble baths, getting massages, anything relaxing.

Get your mind off of cigarettes. Become active and go to places you normally wouldn't. The change of pace will do some good.

Keep yourself surrounded with people who do not smoke. Avoid situations where you know there will be other smokers.



STOP NOW!



Good Luck

Resources

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