

Your Stop Smoking Program

When you have an invested interest in the outcome, the probability of success is always very high. When you do not have an invested interest in the outcome, the probability of success is always very low.

The success of our Stop Smoking Hypnosis Program relies on the collaborative effort of both the Hypnotist and the client. The Hypnotist provides specialized knowledge and skills and the client provides a genuine sincere desire to quit and a **total commitment to the process.**

Client Commitments:

- * Read the “Health Benefits” sheet **every day** (see page 2). Best time to read is early morning or late at night while in a groggy state.
- * Between your first & second session, listen to the "**Preparing Yourself to Stop Smoking**" recording **daily**. You can download this recording from here: <http://www.stopsmoking specialist.ca/audio-01.php>
- * Follow the guidelines in the “Help yourself to success” sheet (see page 3). (If taking medication, consult your doctor prior to taking supplements)
- * On session two, the day you are a nonsmoker, remove all traces of smoking in your home, car, office. (clean / remove ashtrays, give away or trash cigarettes etc...)
- * New Behaviors of a Non-Smoker

This is the “When-Where-Why” exercises with the new substitute behaviors. **IMPORTANT:** Complete these exercises and submit by email as soon as possible. The hypnotist needs this by no later than:

(_____)

- ✓ Hypnosis can effect powerful changes in you, only to the degree that you apply yourself at the conscious level also. Doing your homework is a part of your conscious effort and works in concert with your subconscious programming (hypnosis sessions). A whole brain approach works best, which accounts for the high success rate.

The Health Benefits of Being a Non-Smoker:

WITHIN 20 MINUTES of becoming a non-smoker:

Blood pressure decreases towards normal
Pulse rate drops towards normal level
Body temperature of hands and feet increases

WITHIN 8 HOURS of becoming a non-smoker

Carbon monoxide level in blood drops to normal
Oxygen level in blood increases to normal
'Smoker's breath' begins to disappear

WITHIN 24 HOURS of becoming a non-smoker

Risk of heart attack decreases

WITHIN 48 HOURS of becoming a non-smoker

Nerve endings begin to re-grow
Ability to smell and taste noticeably improves

WITHIN 72 HOURS of becoming a non-smoker

Bronchial tubes begin to relax and open:
Breathing is easier, more oxygen available

WITHIN 2 WEEKS TO 3 MONTHS of becoming a non-smoker

Circulation improves
Lung function increases as much as 30 percent
Walking becomes easier with improved breathing

WITHIN 1 TO 9 MONTHS of becoming a non-smoker

Coughing and sinus congestion decrease and continue to improve
Fatigue and shortness of breath decrease and continue to improve
Cilia that sweep the debris from your lungs re-grow:
Increasing ability to clean the lungs, handle mucous
Increasing ability to reduce infection and re-build immunity

WITHIN 1 YEAR of becoming a non-smoker

Risk of coronary heart disease is half of that of a smoker

WITHIN 2 YEARS of becoming a non-smoker

Heart attack risk drops to near normal

WITHIN 5 YEARS of becoming a non-smoker

Lung cancer death rate almost half of that for a one-pack-per-day smoker
Stroke risk significantly reduced

WITHIN 10 YEARS of becoming a non-smoker

Pre-cancerous cilia are replaced with healthy ones
Lung cancer death rate similar to that of a person who NEVER smoked
Dramatic decrease in rate of other cancers (mouth, larynx, bladder, kidney, pancreas)

WITHIN 15 YEARS of becoming a non-smoker

Risk of coronary heart disease becomes same as a person who NEVER smoked

Help yourself to SUCCESS!

(Making your detoxification phase comfortable)

#1. Eliminate coffee & alcohol (including recreational drugs).

Start cutting down right now. Eliminate completely and immediately after your 2nd appointment (nonsmoker) and remain steadfast for at least 4-5 days (during your detox phase).

#2. Drink lots of water daily! Once you stop smoking, in 4-5 days, all the nicotine will be gone from your body (leave your system). Every time you urinate, the nicotine and poisons will be leaving your system, drink water to move the poisons out (detoxification). If you are not accustomed to drinking lots of water, start now. Start increasing your intake daily, until you reach 6 bottles daily – in time for the day that you stop smoking. The goal is to drink 4-6 water bottles daily. Bottle = 500ml

#3. Take antacid/calcium tablets.*** When you stop smoking, the nicotine and other poisons are leaving your body and leaching the calcium out of your body at the same time. Calcium is a natural calmant, replenishing it makes sense. To reduce stress, for the first 4-5 days chew calcium rich Tums. These antacids digest quickly and will calm you down almost instantly. Purchase antacid tablets - NOT calcium supplements.

#4. Consume “natural” sugars. As the nicotine leaves your body, the sugar also drops. This causes the craving for nicotine. For each of the first four days, eat three oranges or pink grapefruits per day. If diabetic adjust accordingly & monitor your blood sugar.

#5. Take vitamin B-Complex.*** Because smoking is a nervous habit, you may feel stress. Take vitamin B-Complex for stress. Start reducing your stress by taking B-Complex **now** in preparation to quit smoking. Continue for ten days after you have quit.

*** Consult with your health professional before taking any supplements. If taking medication of any kind, consult with your pharmacist to insure there are no compatibility issues with the supplements. The taking of supplements is your individual responsibility. Mike Proulx will not be held responsible for any adverse reactions from taking supplements. Supplements mention here are for educational purposes only.

HYPNOSIS

What it's NOT!

It is NOT mystical, magical, dangerous or a form of mind control. Hypnotists cannot read your mind and they cannot have you reveal things that are against your wishes or intent. They cannot have you do things against your will.

What it IS!

When in hypnosis, you are always aware and in control. If you wanted to you could snap out of hypnosis at will.

Hypnosis is a natural state of deep relaxation, along with a focused state of awareness.

You experience a natural state of hypnosis every time you are engrossed in (focused on) a hockey game, reading a good book, watching a film etc... Have you ever driven your car and missed the exit? Chances are you were in a naturally induced hypnotic trance.

What to expect:

Most clients are aware that they've experienced a deep sense of relaxation. However, most people feel that they were not hypnotized. This misperception is due to the fact that they expected the hypnosis experience to be something "out of the ordinary". All day long, we are in and out of trances and none of them are "out of the ordinary".

STOP SMOKING
Permanently With Hypnosis!**

No cravings
 No weight gain
 No anxiety
 No kidding!

90% Success Rate**
 Ottawa's Only

Mike Proulx, Cht., Nipp., Ishp.
 Certified Hypnotist
 613.317.1193
 Get 50% Off!**
 (**Visit our website for details)

StopSmokingSpecialist.ca

How to listen to the Hypnosis recording

The recording you are about to listen to, is the copyrighted property of Mike Proulx. Reproduction of this recording in any medium, in whole or in part is strictly prohibited.

In order to get the maximum benefits from this hypnosis recording, it's important that you honor the following guidelines.

For your safety, please do not drive a vehicle or operate machinery or do any activity of any kind that requires the use of your eyesight and your conscious awareness and alertness.

Listening to this recording with eyes open will be of **NO** benefit. This recording requires that your eyes be closed throughout the session.

Please listen to this recording with **headphones only!** Specific brain entrainment sounds are being directed exclusively to the left ear and others to the right. Make sure your headphones are on properly. There should be markings on the ear portion of the headset indicating the left and right speakers.

The background brain entrainment sounds are scientifically designed to lower your brain waves to the deep Theta level, which is the ideal brain wave for hypnosis.

Be sure to find a quiet place where you will not be disturbed and where you will be **ALONE**. Having another person in the room with you, even if this person is absolutely quiet, causes an awareness shift in you that may lower the effectiveness of your session.

Whether you are at your office or at home, it is important to let others know that you are not available until a specific time. I recommend that you put a note on the door that reads something like this **“Unless it is a life and death emergency, please do not disturb until 3 pm. Thank you.”** Putting up a sign saying **do not disturb** or **do not disturb for one hour** is too ambiguous. Mentioning a specific time is always best and leaves nothing to chance.

The reasons for this are simple. It takes time for your mind to quiet down and to enter theta brain waves and interruptions may cause you to shift to lighter brain waves, and in some cases, snap you out of hypnosis all together. If you snap out of hypnosis, you will have to start the recording over again from the very beginning in order to gently bring your mind back to the theta brain waves.

Let's be perfectly clear here.

Interrupted sessions are of little or no benefit!!

Hypnosis is all about being relaxed and comfortable. Be sure to loosen any tight clothes, loosen or remove shoes. You need to find a comfortable chair, recliner or sofa, where you will be in a sitting position during the entire session. Some like to have a blanket for warmth and comfort.

If you have a medical condition that prevents you from sitting for long periods of time, you may lie down. Please understand though, that hypnosis lying down is not as effective as hypnosis sitting up.

There is a natural instinctive tendency to fall asleep when lying down. Hypnosis is far more effective when you are aware of the sounds and words being conveyed to your mind.

Please keep in mind that hypnosis is an effortless experience. You are asked to simply follow the instructions in a manner that is effortless. Making a conscious effort or straining to listen to every word is defeating the purpose of hypnosis, which is to quiet the conscious mind and open the sub-conscious mind. It's a lot like listening to music. You don't consciously strain to listen to every word of the song. You simply sit back, relax and enjoy the song. Same thing with hypnosis....sit back, relax and enjoy the experience. Just let the words gently guide you down to deeper levels of relaxation.

While in hypnosis it is OK to move around - **if** it is for the purpose of making yourself more comfortable. It's important that you feel comfortable. If you need to reposition yourself while in hypnosis, please do so **gently**, while keeping your eyes closed.

Comfort is important, so if you have an itchy nose during hypnosis, please go ahead and scratch it. If you have to swallow go ahead. Whatever is necessary to be comfortable **do it**, but do so while keeping your eyes closed. Keeping your eyes closed will maintain the hypnotic trance that you're in.

It is always a good idea to go to the washroom just before your session. A full bladder in the middle of your hypnosis may cause you to be aware of your bladder being full, instead of being aware of the hypnotic suggestions being imparted.

If you feel a little dehydrated, please drink water before your session. Otherwise, your thirst may cause you to shift your focus on your thirst instead of the hypnotic suggestions being imparted to your mind.

When you hear an unexpected sound, like the telephone ringing for example, your brain waves may shift from the deep Theta brainwaves up to the lighter

Alpha brainwaves. You are still in hypnosis when in the Alpha state, however the objective is to be in the deeper Theta brainwave state throughout your entire hypnosis session as this is the optimal state for therapeutic hypnosis success.

To prevent the sudden shift to lighter brain waves, it is important that you do whatever is necessary to keep your session as quiet and interruption free as possible.

If you have a telephone, cell phone, pager or other devices such as these, please turn them off completely. You can still hear and feel the vibrate function of your cell phone and this causes your awareness to shift on it, rather than your hypnosis, so please turn off the device completely.

Television sets, radios and stereos in your room or in other rooms that are within hearing range should all be turned off.

Pets such as cats and dogs should NOT be in the same room with you. Please place your pet either outside the home or in a sectioned off area of the home that will prevent them having access to your door. Often time's pets will sense your presence and will make sounds or scratch the door to get your attention to let them in. All pets should be kept as far away from your hypnosis session as possible, to ensure that your brain waves remain predominantly at the deep theta level.

Before you begin, make sure you do a test of the recording to ensure you have a comfortable volume setting, a level conducive to relaxation. If it's too loud it is irritating. If it's too low, you are struggling to hear the words. Find the right volume that is comfortable and relaxing.

Hypnosis can be done at any time with excellent results. However, the **ideal** time to listen to hypnosis is either when you wake up in the morning or at night before going to sleep. Please keep in mind you need to be sitting during the entire session to achieve maximum results.

Mike M. Proulx, Certified Hypnotist
www.StopSmokingSpecialist.ca

© Copyright 2020 Mike M. Proulx,

YOUR CHECK LIST

Between your 1st & 2nd appointment:

1. Read the “Health Benefits” sheet every day. (reminder of where you are going) (see page 2)
2. Listen to the recording daily “Preparing Yourself to Stop Smoking”
Download the recording from here:
<http://www.stopsmokingspecialist.ca/audio-01.php>
3. Start increasing your water intake now, so that on the day you stop smoking your body will be used to drinking 8 glasses of water daily (moving out the poisons).
4. Start taking vitamin B-Complex NOW to help reduce stress.***
5. Email your “New Behaviors” to: stopsmokingspecialist@gmail.com

Your 2nd appointment: The day you stop smoking!

- ✓ On the day you stop smoking, remove all traces of smoking in your home, car, office. (clean / remove ashtrays, give away or trash cigarettes etc...)
- ✓ When you show up to your appointment, bring whatever cigarettes you have left to the session.

Between your 2nd & last appointment (Detox stage)

- ✓ Continue with items 1, 3 & 4 listed above. And now listen daily to the new recording provided to you at session two.
- ✓ To significantly reduce the detox discomfort, be sure to drink lots of water (8 glasses per day). Consume Tums at will (do not exceed recommended dosage on bottle) *** Consume 3 oranges or grapefruits daily. (Help yourself to success sheet)
- ✓ Remember that this program relies on both your subconscious programming (hypnosis) and YOUR conscious efforts too! The whole brain approach accounts for this program’s high success rate.

Your body's detoxification process. (typically 4-5 days)

Now that you've stopped putting poisons in your body, your body will be going through a biochemical realignment to find its natural healthy state. It will be flushing out most of the toxins through your urine. Drink at least 4 bottles of water to move the poisons out.

This bodily transition to health may consume a lot of your energy. If you feel low in energy, know that it is your body going through the healing process. This is a clear signal that you are healing! Rejoice in the fact that you are healing!

This energy fluctuation is only temporary. During this time of transition, be gentle with yourself. Give yourself permission to take "power naps" here and there. A good way to ensure that you get the rest you need, is to actually schedule it (ex: 10 am power nap, 3 pm power nap etc...).

Go to bed early if you can. Continuing to listen to the "I am now a non-smoker" recording.

When at work, find a place where you will not be disturbed for 10-15 minutes and simply close your eyes and breathe deeply. And if you have a cell phone with an alarm feature, you can set it to wake you up from your "energy booster" nap. I'm sure you've heard doctors say to their patients "drink plenty of fluids and rest as this will accelerate the healing process". Good advice!

*** Please do not share this material with anyone who might be considering our smoking cessation program as it will interfere with the intended psychology borne from first-time exposure. Without a personalized one-on-one session with the hypnotist, an individual exposed to this material is most likely to formulate incomplete perspectives and arrive at false conclusions resulting in unrealistic expectations. In other words, their probability of success will be diminished. It is best to direct the interested person(s) to the website instead. All sessions are custom tailored to the individual. Thank you.