

Healthy Body Healthy Mind Here's What Happens When You Stop Smoking Today*

No matter how long you have been a smoker, or how many packs of cigarettes you smoke each day, your body will go through the same healing process when you Stop Smoking.

Within 20 minutes of your last cigarette

- Blood pressure drops to normal
- Body temperature of hands and feet increases to normal

After 8 hours

- Carbon monoxide level in blood drops to normal
- Oxygen level in blood increases to normal

After 48 hours

- Nerve endings start regrowing
- Ability to smell and taste improves

After 72 hours

- Bronchial tubes relax making breathing easier
- Lung capacity increases

In 2 weeks to 3 months

- Circulation improves and walking becomes easier
- Lung function increases up to 30%

In 1 to 9 months

- Coughing, sinus congestion, fatigue, and shortness of breath decreases
- Body's overall energy level increases

After 5 years

- Lung cancer death rate decreases by almost 50%

After 10 years

- Pre-cancerous cells are replaced with normal cells
- Risks of other cancers, such as those of the mouth, voice box, esophagus, bladder, kidney and pancreas decrease

**ALL THESE BENEFITS ARE LOST WHEN
YOU SMOKE EVEN ONE
CIGARETTE A DAY...**

Call us today!

*Courtesy American Lung Assoc. Hypnotherapy does not require licensing.

*Healthy
Body*

*Healthy
Mind*

Stop Smoking

**BECOME A NON-SMOKER
HYPNOSIS WORKS
LEARN HOW TO STOP NOW**

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Healthy Body Healthy Mind WHY STOP SMOKING?

- ✘ Smoking is committing suicide on an installment plan! Smoking is the "largest preventable cause of death in America". Every year approximately 400,000 people will die of smoking related causes. This is 67 times the death rate of the Vietnam War, 7 times the number of people that will die of auto accidents, and 3 times the number that will die of alcohol or drug causes. The number of people who die from cigarette smoking every day in this country is equivalent to two jumbo jets crashing with no survivors.
- ✘ Smoking is the single major cause of cancer mortality-30% of all cancer deaths. Lung cancer: Cigarette smokers comprise 90% of all lung cancer victims. Less than 10% survive 5 years after detection. Even light smokers (1/2 pack a day) will get lung cancer 5 times more than non-smokers.
- ✘ Did you know that as little as four cigarettes a day affect your bloodstream? The vascular damage is complex and involves increased artery spasms, an increased tendency of blood to clot and form platelet clumps.
- ✘ How much are you spending on cigarettes? At \$3.00 a pack, a 2-pack a day smoker spends \$42.00/week or \$2,184.00 per year on cigarettes. In addition you get to experience some or all of the aforementioned physical maladies. Isn't your life worth more than this?
- ✘ How many cigarettes do you really enjoy?
- ✘ How many minutes of enjoyment does that add up to?
- ✘ Many people report that they only really like 3-5 cigarettes a day. It takes no more than 5 minutes to smoke a cigarette so that adds up to only 15-20 minutes of pleasure. Now look again at the smoking risks. Are you willing to die for only a few minutes of pleasure?



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Healthy Body Healthy Mind



Our Director/Barbara DeVico



Barbara DeVico holds a degree in Medical Social Work from California State University, Long Beach and has done graduate work in both Educational Psychology and Special Education. She is a certified Clinical Hypnotherapist, Neuro-Linguistic Programming Master Practitioner, and Health and Wellness Coach. She is a member of the American Board of Hypnotherapy, National Guild of Hypnotists, and League of Medical Hypnotherapists. Barbara specializes in smoking cessation, and has also been working with eating disorders and nutrition for several years with tremendous results. She holds Hypnosis Certifications in Hypertension, Fibromyalgia, Irritable Bowel Syndrome, pain control and child hypnosis.

How Hypnosis Works/Our Program

Our program focuses on the physical, mental, psychological and emotional aspects of the smoking habit. All these areas are interrelated and are individually addressed with the client as we are working together to remove the smoking habit.

Initially we address the cognitive behavior of smoking. At this point the conscious mind is really getting the message that I must stop smoking. We review the physical aspects of smoking and its destruction to the human body. We address fears of weight gain, withdrawal symptoms, nutritional needs, and irrational negative thinking

We address the triggers or personal needs that are satisfied by smoking. These may include being part of a group of peers, replacing loneliness, love, companionship, self esteem, security, independence, relaxation, etc. Once all of these areas have been addressed, then hypnosis will commence, but only if the therapist is convinced the client is ready to accept the specific suggestions. Through hypnosis the client will visualize themselves as a nonsmoker with suggestions given to the client's personal needs.

Emphasis will be placed on becoming free from the past effects of the smoking habit, filled with new health, energy and vitality. Through hypnosis the smoker can perceive him/herself as looking healthier, more active, in better physical condition, and having stronger lungs and breathing capabilities.