

WHY HYPNOSIS

Stop smoking through hypnosis and self-hypnosis: Hypnotic suggestion is the easiest and in many cases the only way to stop smoking. It is completely safe and medically approved.

Hypnosis is pleasant. It is a stage of concentration like daydreaming, fascinated reading, absorption in music, or religious ceremony

Your conscious mind or willpower is relatively weak. It changes continuously. It creates many excuses why you should not stop. It says to you: "You've been smoking too long to stop, you deserve at least a small pleasure, you don't really smoke so much, you'll gain weight if you stop, you can cut down instead, you can switch to filter tips instead. I've tried everything and can't stop and so on and so on."

However your subconscious mind is strong it has a great ability to create. It is the main stabilizing force you possess. Once it is set on a certain course of action it rarely lets you vary from it. In order for you to stop smoking you must tap the great power of your subconscious mind. You must convince it that you no longer smoke. Stopping is good for you. When you have done that, you will stop.

The subconscious mind works at maintaining what you tell it you are. If it thinks you're a smoker, because you tell yourself you are, then you keep on smoking. If you keep telling yourself that you have already quit eventually you will never have another cigarette.

The only truly effective way to reach your subconscious mind... is through hypnosis and all hypnosis is self-hypnosis.

Hypnosis is completely safe!

Don't want to QUIT—Hypnosis will not help

Want to QUIT—Hypnosis is a great tool

Decided to QUIT—Hypnosis makes it so easy

MISCONCEPTIONS

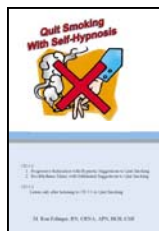
Loss of consciousness One of the major myths about hypnosis is that you will lose consciousness. Hypnosis is a natural altered level of consciousness, but you are not rendered unconscious. You will be aware of everything in the environment and hear everything that the hypnotist is saying.

Weakening your will Your will is not weakened or changed in anyway. You are in control and, if you wish for any reason to terminate the hypnotic state, you may do so simply by opening your eyes. You cannot be made to do anything against your will.

Spontaneous talking Patients do not spontaneously begin talking or revealing information they wish to keep secret. You can talk while in state of hypnosis and you and your hypnotherapist may wish to use some talking procedure in order to assist you with your problem.

Sleep Hypnosis is not sleep; you will not fall asleep. The hypnotic EEG pattern is entirely different from the sleep EEG pattern.

What if I can't come out of hypnosis? In the hands of a trained professional there is no danger in the use of hypnosis. Since the client/patient holds the control, there is no difficulty in terminating the hypnotic state.



This \$40 Stop Smoking CD set is included

Program is 4 sessions over 6-8 weeks. 1st 2 sessions are 3-5 days apart with the 3rd session one week later.

The investment in this behavioral modification program for your good health is \$350.

Ask your insurance provider about coverage

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STOP SMOKING



**STOP SMOKING
NOW
WITH HYPNOSIS
AND GUIDED
IMAGERY!**



*Inspiring
Individual
Initiative*

Frequently Asked Questions

Q. WHAT IS HYPNOSIS ?

A. The American Medical Association defines hypnosis as “A temporary condition of altered attention, within which a variety of phenomena may appear spontaneously, or manifest themselves in response to verbal or other stimuli.” To state it simply, when a person is hypnotized or relaxed, his susceptibility to suggestion is increased. Thus hypnosis or relaxation can be considered a learning process.

Q. WHO CAN BE HYPNOTIZED ?

A. Almost everyone can be hypnotized if they want to be. Approximately 97% of the population is hypnotizable. Approximately 20-25% of the general population can be deeply relaxed in a relatively short period of time.



Q. WHAT IS REQUIRED TO BE HYPNOTIZED ?

A. Mainly, a willingness to be hypnotized and an ability to concentrate is extremely important and of equal importance is confidence in the hypnotic process being utilized

Q. IS HYPNOSIS DANGEROUS ?

A. Hypnosis, when used properly, is no more dangerous than normal, natural sleep. There is no evidence that hypnosis will ever weaken the will, damage the nervous system, or in any way adversely affect the physical or mental well being of a person.

Q. WILL MY HEALTH INSURANCE COVER THE COST ?

Some insurance companies will pay, call your insurance company.

Other Uses For Hypnosis

Smoking Cessation	Weight Loss
Pain Management	Alcoholism
Sports	Stress Management
Child birth	Fears
Anxiety	Study Habits
Public Speaking	Salesmanship
Cancer Pain and Healing	Preparing Yourself for Surgery
Dental Procedures	

And Much More!

Quit Today

Within 8 hours

- carbon monoxide level drops in your body
- oxygen level in your blood increases to normal

Within 48 hours

- your chances of having a heart attack start to go down
- sense of smell and taste begin to improve

Within 72 hours

- bronchial tubes relax making breathing easier
- lung capacity increases

Within 2 weeks to 3 months

- circulation improves
- lung functioning increases up to 30 percent

Within 6 months

- coughing, sinus congestion, tiredness and shortness of breath improve

Within 1 year

- risk of smoking-related heart attack is cut in half

Within 10 years

- risk of dying from lung cancer is cut in half

Within 15 years

- risk of dying from a heart attack is equal to a person who never smoked.

You get 300 times more carbon monoxide from one cigarette than you do from standing 5 minutes and breathing car exhaust.

Testimonials

- I would like to extend my thanks to you for your assistance in helping me quit smoking, and on October 15, 1999. I quit smoking and haven't touched a cigarette since. Michael A. Davalos
- Just I just celebrated my one year of not smoking. Don't know why it has worked this time, but ever so happy. Becky
- Thank you for saving my life! Cheryl
- I smoked 5 packs of Unfiltered Camels a day. I have not had a cigarette in 3-years. Thank you for saving my life. Navy LCDR

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