

## **Your Stop Smoking Hypnosis Handout**

Here are some important steps for you to take as you become a nonsmoker.

First of all, cut down on your coffee and alcohol consumption. This will help you control the urges for nicotine.

For most people all the nicotine will be gone from their body in 4 to 6 days. Any thought of tobacco after this period of time is merely mental. The hypnosis sessions will allow you to control your thoughts and your desires.

As the tobacco is expelled so is calcium, so for the first seven days chew calcium rich Tums or Rolaids.

To speed up the expulsion of the nicotine drink 4 to 8 glasses of water each day.

As the nicotine leaves your system, your sugar level drops, this can cause nicotine cravings. For each of the first four days, eat three oranges or pink grapefruits. That's three per day.

Because smoking is a nervous habit, you may feel minor stress. Vitamin B-Complex helps reduce stress.

By the sixth day without tobacco, you'll feel great because the nicotine will be gone from your body.

By the tenth day, you'll feel terrific because all of your bloods cells will be oxygenated. All the residual smoke, nicotine and poisons will be cleansed from your body. You will be breathing easy, you will have energy, smell good and feel proud.

At any time in the future -- If you should start to find yourself thinking about smoking -- just reinforce yourself again through self hypnosis. Remember, 20 minutes a day for 21 days straight is all it takes to make permanent habit change.

You can order your self hypnosis stop smoking CD set at [www.joshuaseth.com/store](http://www.joshuaseth.com/store)

Here's to becoming a non-smoker again!

All my best,

Joshua Seth, CHt  
[www.joshuaseth.com](http://www.joshuaseth.com)