



GWELLA
CLINIC
NATURAL HEALTH SOLUTIONS



STOP SMOKING & VAPING

ONLINE COURSE MATERIAL

FROM TODAY, THE NEED OF A CIGARETTE HAS GONE FROM YOUR MIND
AND YOU WILL WALK AWAY FROM THAT HABIT FOREVER

**Thank you for purchasing this course
Hypnosis - The end of Smoking AND Vaping.**

**YOU WILL NOW HAVE HYPNOTHERAPY AND HELPFUL HINTS
FOR WHENEVER NEEDED AS A SUPPORT SYSTEM.**



There is always many reasons to give up smoking or vaping

Why do some methods fail?

- Willpower. This scarcely ever made anyone give up permanently, although it can help on a temporary basis. If you like to smoke, if you enjoy the taste and sensation of smoking and then try to force yourself to stop What, are you actually doing?

You are setting up an internal conflict. The conflict which arises whenever you try to make yourself do something you don't want to do. This causes more tension and more stress. Of-course the more stress you feel, the more urgent is your need to smoke

- Cutting down. Decreasing the number of cigarettes, you smoke during a day is very unlikely to help you give up altogether. There are 2 reasons for this.

First: you are not actually ridding your body of its nicotine addiction. As the addiction remains with you so does the likelihood that, at any time you may find yourself returning to old habits.

The second reason is a psychological one. When you cut down the amount you smoke, you tend to count the hours – if not the minutes – between cigarettes. By doing this you are filling your mind with thoughts of smoking, whereas, to succeed in giving up once and for all, you really need to spend as little time as possible thinking about the habit

- Nicotine chewing gum or patches OR electrical cigarettes. Unfortunately, like cutting down, it merely prolongs rather than relieves the nicotine craving



WHY HYPNOTHERAPY WORKS:

Hypnotherapy has a high success rate and those who give up rarely go back to the habit. The reason being that with hypnosis you are not being forced to do something you do not really want to do – not one is pressuring you or trying to exert their will over you. All that is happening is that you are being gently helped to do something you really want to do. Helped, not COMPELLED.

Another advantage of using hypnosis is that smoking itself is often very closely linked with stress. Most people who smoke started in their teenage years. They were insecure and wanted to appear more adult – cigarettes gave them a false sense of self-assurance. This is repeated when the adult smoker smokes when under stress

Because hypnosis begins by creating a feeling of total relaxation, it is possible at one and the same time to treat the smoking and the nervousness which led to it.

If you smoke 20 cigarettes daily, you probably do not enjoy more than 5 or 6 of them. To risk your health and even your life for something which gives you great pleasure might just be understandable, but to do it for something which is no more than a habit seems foolish in the extreme.

In this course material you will find links to audio files of hypnosis for you to download onto your phone or device so you have easy access to it at any time.

If you have any additional questions on this material or topic, please feel free to reach out to me at gwellacliclinicsolutions@gmail.com.

Marie

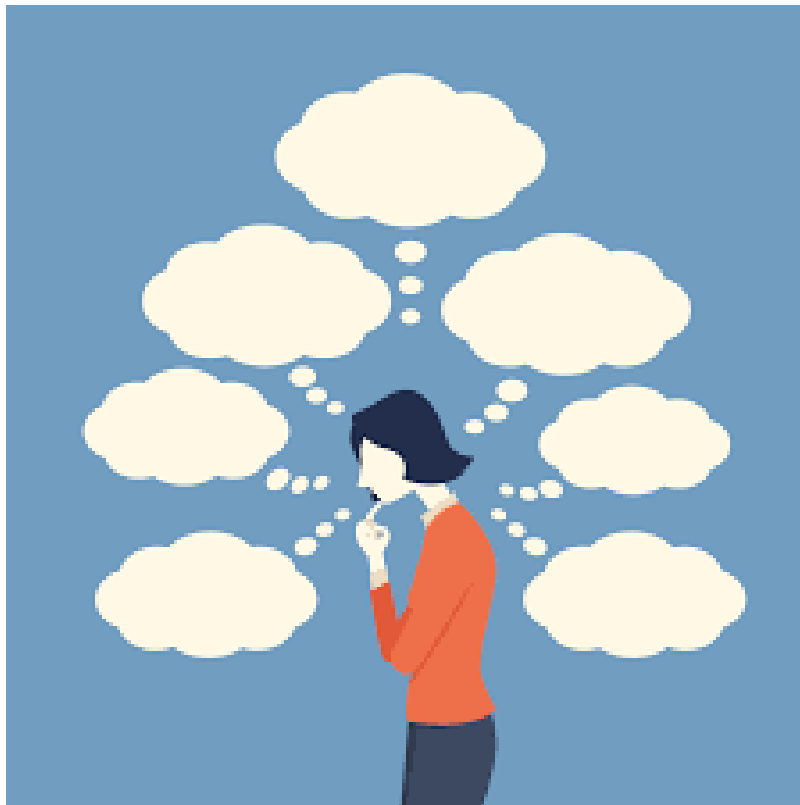
MODULE 1

YOU ARE IN!

Not one day, DAY 1

As an ex-smoker, I tried several times to stop and that why I've included tips and hypnosis to stop immediately without any side effects

- **WHY DO YOU SMOKE**
- **SUPPLEMENTS WHICH HELP**
- **TOOLS TO OVERCOME ANY STRESS OR ANXIETY**



I would like you to consider why you do smoke rather than why you shouldn't.

The list of why not to smoking could be pages long, including the link of smoking to dementia and cataracts Vaping also impact brain function as well as heart and lungs

One of the main reason people say why they do is because they would be stressed/anxious without the cigarettes.

Imagine though someone you love states how stressed they are – this could be a child you love or a relative, a friend. Would you say “sit down there now and have a cigarette”?

No? Because you love them. Well now is the time to love yourself.

Thank you for buying this course. It's actually of no cost when you realise, you are just using the money of your last packets of cigarettes/vapes.

YOU WON'T REGRET IT

**This is now yours to keep forever.
Use it again and again should you ever feel tempted**

Like having a hypnotist in your pocket.

2 hypnosis audio file download links enclosed:

- 1) Stop Smoking**
- 2) Taking control (including weight**



- **“How does that smoking convince you to smoke, even when you’d said you wouldn’t?”**
- **“What messages does the smoking feed you about why you should keep on letting it push you around?”**
- **“How did smoking get you to believe you need it?”**

3 smoke-busting metaphors to help things along

- A parasite appears to be part of the host organism but, in reality, it undermines its very existence. Just like smoking steals away wealth, youth, looks, the very cells of the body. Even years of life.
- In abusive relationships, the abusive partner destroys confidence and self-respect, all the while convincing their victim that they couldn’t live without them.
- Smoking can disguise itself as a friend, someone you can relax with, console yourself with when times are rough, have a drink with, but... how many real friends eventually turn around and stab you in the back?

You are not the problem; the problem is not you

What part of you wants to stop? Your heart, lungs, cells? This is you, not the cigarette

There are 13 billion people who smoke.

No other substance that kills would be sold to our children. The Tobacco company in the U.K. needs 352 people to start every day to keep the company going – not to increase the profit but to replace the people who have died. These new starters would be children, not adults. Sell to a child costs their lives and destroys their health and takes their money

The 3 most stated comments by smokers:

1. **I can't quit**
2. **I am addicted**
3. **It's doing something for me**

- a) HOW OLD WERE YOU WHEN YOU HAD YOUR 1ST CIGARETTE?
- b) HOW MANY A DAY DO YOU SMOKE?
- c) WHAT ARE YOU GETTING FROM YOUR CIGARETTE?
- d) WHO ARE THE MOST IMPORTANT PEOPLE IN YOUR LIFE?
- e) WHO DO YOU LOVE MOST
- f) WHY DO YOU WANT TO QUIT?
- g) HOW WILL YOU FEEL TODAY WHEN YOU QUIT SMOKING FOREVER?

- ❖ The first cigarette is not a pleasant experience and use it as an aversion.
- ❖ How many do you smoke a day = how much do spend. Perhaps €15 a day = €5,475 a year (upgrade car) €55,000 over 10 years (deposit on a house)
- ❖ What are you getting from cigarettes?
 - Relax?
 - Something to do when I'm bored
 - Or, is it doing nothing?
- ❖ d) Do you enjoy any of your cigarettes? Do you love your cigarettes? But do you enjoy all of them? Usually, it is only 4 or 5. Do you enjoy every puff of those cigarettes? Usually No

10 puffs a = a very small amount of pleasure When they could have 1 hour of pleasure with their wife or child and this is putting it into perspective

The big question is –

ARE YOU READY TO PUT THE MINUTE BIT OF PLEASURE YOU USED TO GIVE TO CIGARETTES, OUT OF YOUR LIFE FOREVER?

2 beliefs:

1. **I can't quit!**

If you went to your doctor yesterday and she told you, 'One more cigarette and you would die'. What are the chances that you will quit? Maybe minimum. But if she told you that if you have another cigarette, your child/wife/mother would die, you would quit then *would you not?*

2. **I am addicted**

How long have you been smoking?

It would be the same each day for many years.

The medical definition of addiction: **A substance you need to have in your body to continue to function. To get anything from that substance, you have to increase the dosage or decrease the time between doses.**

With smoking, you smoke the same every day & not have to increase or shorten the time between.

How long do you sleep? 6 – 8 hours?

When smoking. If a person smoked 20 cigarettes every day, that's 1 every 35 minutes. But you don't have to wake up every 35 minutes.

If you were addicted, like heroin, you would have to wake up. Otherwise, you would suffer symptoms like night sweats

Write a list of why you should NOT smoke

Health or finance being top of the list????

Now write a list of why you do smoke

This is the interesting part

Stress?

Have you a child or grandchild or young relative that you love Would you give a cigarette to them if they were to have a stressful day?

Or even give a cigarette to someone you don't like if they are stressed.

No? why not when you give it to yourself?

Breathing is the remote control of the mind **which is one of the reasons we feel smoking calms us.**

With fright, we hold our breath.

Breathing is used to control labour, when giving birth.

When sad, we sigh.

Deep breathing techniques work by stimulating what is known as
the Parasympathetic Nervous System.

You may have heard of the “fight or flight” response, the Parasympathetic Nervous System is simply the opposite of that (“fight or flight” is the term for the activation of the Sympathetic Nervous System) - instead of getting you ready for action, deep breathing activates a natural bodily response that can be described as ‘rest and digest’. Out-breaths decrease your blood pressure, dilate your pupils and slow your heart rate – lowering emotional arousal in the process. Practising a breathing technique a few times a day will lower your overall stress levels in the long term.

7 – 11 breathing

Make your outbreath longer than the inbreath – try to add an affirmation to this
“I can do this/ I don't smoke/I am now getting healthier and healthier”

Concentrate on the inhale breath can be a mood booster

When people track their breath, both the insula (*taste, sensorimotor process, and pain pathways*) and the anterior cingulate cortex (*emotional expression, attention allocation and mood regulation*), a region of the brain involved in moment-to-moment awareness were active)

This breathing exercise can help you reduce stress in the moment

If you practise it regularly, you may also find that it helps you feel calmer generally. The more you practice, the more effective this technique becomes.

How to do 7 – 11 (or 5 – 9 or 3 – 7 - whichever is more comfortable)

Breathe in for a count of 7, then breathe out for a count of 11. Continue for 5 – 10 minutes or longer if you can and enjoy the calming effect.

Make sure you are doing deep diaphragmatic breathing rather than shallower lung breathing. This means

Breathing as deep down into your stomach as you can. ‘Your diaphragm should be moving down and pushing your stomach when you take a breath

What can 7 – 11 help with?

1. Relieves stressed feelings
2. Struggling with panic attacks
3. Having difficulty sleeping

[DOWNLOAD THE AUDIO FILE HERE](#)

Sit comfortably and relax

Find a comfortable place where you can relax without being disturbed and don’t listen to this if you are driving or something needs your attention

WHY HYPNOSIS WORKS TO GIVE UP SMOKING:

Willpower: This scarcely ever made anyone give up permanently, although it can help on a

There’s always many reasons to give up smoking. Why do some methods fail?

- Temporary basis. If you like to smoke, if you enjoy the taste and sensation of smoking and then try to force yourself to stop, what are you actually doing? You are setting up an internal conflict. The conflict which arises whenever you try to make yourself do something you don’t want to do. This causes more tension and more stress. Of-course the more stress you feel, the more urgent is your need to smoke
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PLUS:

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When you have a hypnosis therapy at Gwella Clinic Natural Health Solutions, I record the script on your phone, so that it can be reinforced time and time again (without the cost). You can email me at gwellaclicinsolutions@gmail.com.



**FROM TODAY,
IF ANYONE OFFERS YOU A CIGARETTE, SAY 'NO THANKS'.
FROM TODAY, THE NEED OF A CIGARETTE HAS GONE FROM YOUR MIND AND
YOU WILL WALK AWAY FROM THAT HABIT FOREVER**

**YOU NO LONGER NEED OR DESIRE A CIGARETTE.
FROM TODAY, YOU ARE A NON-SMOKER**



“Any time you sincerely want to make a change, the first thing you must do is to raise your standards”
Tony Robins

- **FOODS WHICH HELP CRAVING**
- **BENEFITS OF NLP FOR ANXIETY**
- **Plus - HYPNOSIS FOR CONTROL (including eating)**

[DOWNLOAD THE AUDIO FILE HERE](#)

FOODS THAT HELP AGAINST CRAVINGS:

- Cinnamon
Simply inhaling deeply on a cinnamon stick mimics the deep drag on a flavourful cigarette. You can chew on a small piece of cinnamon stick to curb your cravings.
- Ginger
This root is very good to curb all urges for smokers. Grind one piece of ginger, mix it with a spoon of sugar and consume it. It will help you to forget about smoking.
- Vegetables
There are some vegetables which help smokers the most to quit smoking. Veggies like cauliflower, broccoli, brussels sprouts, and cabbage are good.
- Salt
Try to eat a lot of salted foods to quit smoking. The salt content in the food will help curb your desire to smoke.
- Vitamin C foods
A high dose vitamin C also helps with detoxification – that little cough you may develop when you give up smoking – *Gradually increase your vitamin C intake. There are a number of Vitamin C foods which you can munch on through the day. Foods like guava, berries, sliced tomatoes with a dash of pepper and salt are some you can try.*
- Celery
Chew on fresh celery to help you quit smoking. You can also try out vegetable salads which contain celery too.
- Dried Fruits
Fragrance of dried fruit helps lower the cravings to smoke. Consuming them will also make a difference in helping you stop smoking.
- Turmeric
This Indian spice is one of the best ingredients to add to any dish. The spice lowers the smoking urge for those who want to stop this bad habit.
- Fruits like Apples
These have a higher fibre content will make people feel full thus preventing them to smoke.
- Omega-3 fatty foods
Certain food textures can also help smokers fight the craving to smoke.
- Crunchy foods
These tend to be more satisfying for the quitter.
- Foods like beans and flaxseeds
These are rich in omega-3. Fresh juice Have a cup of fresh juice especially when you know you will be tempted to smoke.
- Blueberries
Any type of berry will help you to stop smoking. Strawberries, mulberries are some of the foods to help you quit smoking.
- Lean Meats
All types of lean meat foods will help you quit smoking. You can have lean meat topped over bread or with mashed boiled potatoes.
- Fish
Salmon and Tuna are some foods that can help you to quit smoking. These two types of fish will leave a taste in your mouth which one will not like after smoking a cigarette.
- Water & Herbal Teas
Drinking lots of water will keep your body hydrated and thus will keep your tummy full too. This in turn will prevent you from wanting to smoke. Sipping on a hot glass of herbal tea will help you in reducing the urge to smoke a cigarette.

Now you have given up smoking

NOT ONE DAY, BUT DAY ONE TO STOP SMOKING

Here is some information that might keep up momentum.

Following your last cigarette, after:

- **20 mins** - Your heart rate and blood pressure drop
- **8 hours** - Oxygen levels return to normal, chance of heart attack starts to fall
- **24 hours** - Carbon monoxide is eliminated from the blood
- **48 hours** - Nicotine is gone from the blood; taste and smell start to return to normal
- **2 weeks** - Circulation improves and continues to do so
- **3-9 months** - Lung function improves
- **1 year** - Risk coronary heart disease is halved
- **5 years** - Stroke risk halved
- **10 years** - Lung cancer risk halved and risk of other cancers is also reduced
- **15 years** - The risk of lung cancer and heart disease returns to that of a non- smoker



1. Lung Cancer More people die from lung cancer than any other type of cancer...
2. COPD (chronic obstructive pulmonary disease) COPD is an obstructive lung disease that makes it hard to breathe.
3. Smoking 3rd top cause of dementia
4. Heart Disease Smoking harms nearly every organ in your body, including your heart.
5. Stroke risk is greatly raised (lack of oxygen to the brain).
6. Smoking ruins the retina – cataract

Get yourself a glass - put in the following chemicals and sip it throughout the day –
OR have a cigarette

Acetaldehyde
Aromatic amines
Arsenic
Benzene
Beryllium (a toxic metal)
1,3-Butadiene (a hazardous gas)
Cadmium (a toxic metal)
Chromium (a metallic element)
Cumene
Ethylene oxide
Formaldehyde
Nickel (a metallic element)
Polonium-210 (a radioactive chemical element)
Polycyclic aromatic hydrocarbons (PAHs)
Tobacco-specific nitrosamines
Vinyl chloride 0mgs daily.



**Your e-cigarettes may taste nice,
but did you know you are polluting your lovely body with:**

- **Nicotine** –YES you are not avoiding this. It affects adolescent brain development. So, what are the teenagers doing to themselves?
- **Propylene glycol** – A common additive in food; also used to make things like antifreeze, paint solvent, and artificial smoke in fog machines
- **Carcinogens** – Chemicals known to cause cancer, including **acetaldehyde** and **formaldehyde**
- **Acrolein** – A herbicide primarily used to kill weeds, can cause irreversible lung damage
- **Diacetyl** – A chemical linked to a lung disease called Bronchiolitis Obliterans aka "**Popcorn Lung**" Popcorn lung is a rare condition that damages the lungs' smallest airways, leading to symptoms such as coughing, shortness of breath, wheezing, and fatigue
- **Diethylene glycol** – A toxic chemical used in antifreeze that is linked to lung disease
- **Cadmium** – A toxic metal found in traditional cigarettes that causes breathing problems and disease
- **Benzene** – A volatile organic compound (VOC) found in car exhaust
- Heavy metals such as nickel, tin, lead
- Ultrafine particles that can be inhaled deep into the lung

Some people develop a cough after stop smoking. This is your body's way of cleaning the lungs.

Take Vitamin C

Usually 1,000mg daily Vitamin C is a water-soluble vitamin that functions as a powerful antioxidant. Acting as an antioxidant, one of vitamin C's important functions is to protect LDL cholesterol from oxidative damage. (Only when LDL is damaged does cholesterol appear to lead to heart disease, and Vitamin C may be the most important antioxidant protector of LDL.)¹

Vitamin C is needed to make collagen, the “glue” that strengthens many parts of the body, such as muscles and blood vessels. Vitamin C also plays important roles in wound healing and as a natural antihistamine. This vitamin also aids in the formation of liver bile and helps to fight viruses and to detoxify alcohol and other substances.

Although vitamin C appears to have only a small effect in preventing the common cold, it reduces the duration and severity of a cold. Large amounts of Vitamin C (e.g., 1–8 grams daily) taken at the onset of a cold episode shorten the duration of illness by an average of 23%.²

Preliminary evidence has suggested that Vitamin C helps protect the body against accumulation or retention of the **toxic mineral lead**. (cigarettes) In one trial, people with relatively high blood levels of vitamin C had an 89% lower risk of having excessive blood levels of lead compared with those who had relatively low blood levels of Vitamin C.^{1#}

(You can gradually increase the dosage of 1000mg until your stools are loose. Then decrease to last amount. = Your own body's requirement. As some people can complain of constipation after stopping smoking this will be a 1 supplement with 2 purposes)

Where is it found naturally?

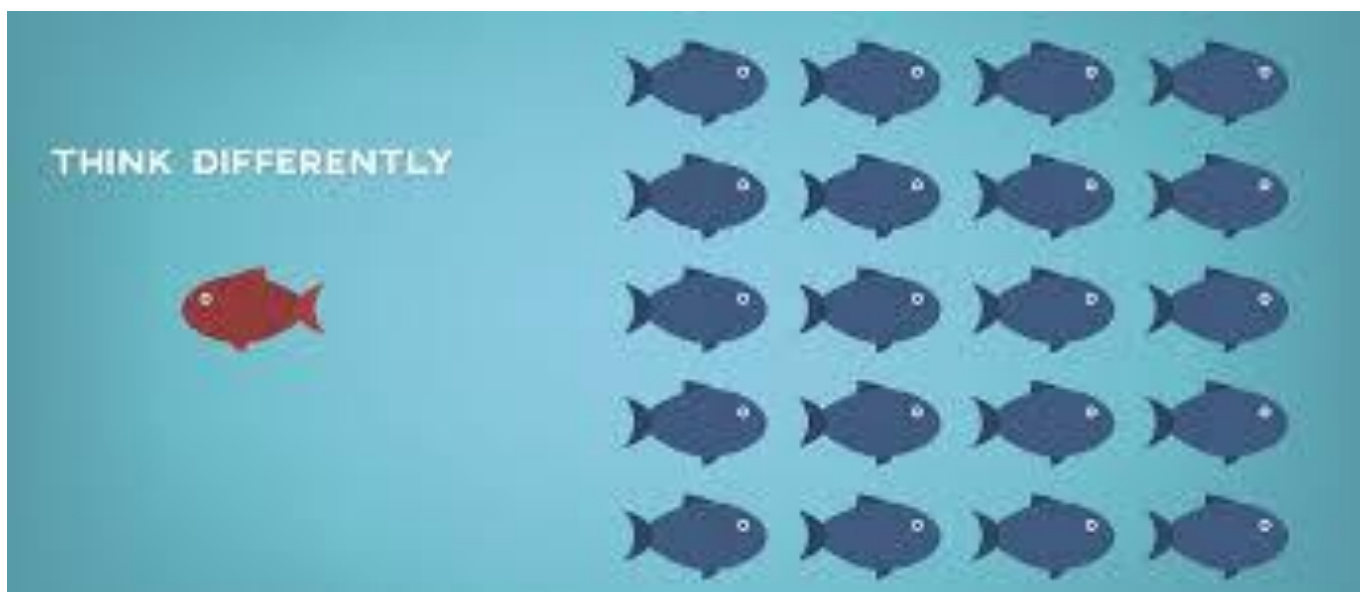
Broccoli, red peppers, currants, Brussels sprouts, parsley, rose hips, acerola berries, citrus fruit, and strawberries are good sources of Vitamin C.



“What messages did the smoking feed you about why you should keep on letting it push you around?”

It's like having an abusive partner or friend. Taking your money abusing you and separating you from others

- Smoking can disguise itself as a friend, someone you can relax with, console yourself with when times are rough, have a drink with, but... how many real friends eventually turn around and stab you in the back?
- In abusive relationships, the abusive partner destroys confidence and self-respect, all the while convincing their victim that they couldn't live without them. No more
- parasite appears to be part of the host organism but in reality, undermines its very existence. Just like smoking steals away wealth, youth, looks, the very cells of the body. the lungs, heart, cells and feel disassociated from the conniving parasite that convinces smokers it is part of who they are.
- **Stop smoking**
- Possible reaction from others: “You won't be able to”, “Come on and join us for a smoke”
- Your response (to yourself): “I'm in control and will no longer allow myself to be a slave to nicotine. It's nice knowing that I'm free from that crap”
- Your response (to others): “Thanks but no thanks.”, “I'm done”, “I'm done and I'm happy”, I'm done and already enjoying the benefits”



Be different, be unique, be YOU!

The following strategies can help overcome a habitual bad habit by reprogramming your mind

Use all the tools you can to win this game – Because you can!!!

[DOWNLOAD THE AUDIO FILE HERE](#)

- **Click on the above link for your 2nd hypnosis – Control**

- **The Anti-Anxiety Tool Kit – Melissa Tiers**

Stop the bully in your brain

“The most powerful words in the universe are the words you say to yourself”

Marie Foley

Think of anxiety as a network of neural clusters in the brain that create an area of association. Neuroscientists say – ‘the cells that fire together, wire together’

For instance, a violin player will have an area of association that correlates to the hand she uses to finger the instrument. The more she practices the more robust the area becomes. The more the pattern, the thicker and stronger the cluster of neurons becomes

New research shows that the brain is malleable and capable of changing even the most ingrained patterns

So, each time you stop the pattern of anxiety, you are working to rewire the brain.

You can interrupt the anxiety and connect that cluster to a more resourceful state like relaxation, loosening up the area of association.

Stop cravings with the following tricks.

1. BILATERAL STIMULATION:

Grab a ball or an apple - anything you can toss and think of something that causes you anxiety. When you feel that anxiety anywhere in your body, rate the level of it on a scale of 1 to 10.

Now pass the ball back and forth from one hand to the other, crossing both hemispheres of the brain. It will have a more rapid effect if you keep one hand in front of you as the other swings out to the side each time you pass the ball. Repeat until anxiety completely diffused.

This works because by activating both hemispheres, you are spreading blood and electrical impulses throughout the brain, which floods that area of association and diffuses it – That bully of an anxiety cluster just can’t keep itself together.

2. PERIPHERAL VISION (Stop the World)

Start by picking a spot or focal point to stare at. Slowly begin to expand your peripheral vision to include all the space around that spot.

Now expand your vision even further to the sides, all the way up to the ceiling and down to the floor. Expand it even more allowing your visual field to open so that you can imagine almost becoming aware of the space behind you.

After practicing 3 or 4 times, you will notice a general calm come over your mind and body as you realize your internal dialogue has stopped.

Carlos Castaneda called this, ‘stopping the world’).

All your habituated patterns, emotional responses, long term memory, cognitive filters and core beliefs are in the domain of the unconscious mind. This is why, when you learn it, use it strategically, you will be able to change much faster.

3. HEART COHERENCE (Created by the Heartmath Institutes)

Bring your awareness to your heart and as you do, imagine breathing deeply in and out from your heart. You may want to hold your hand over your heart to keep your awareness there as you breathe through it

Picture your heart pumping healthy blood throughout your body, it is also radiating energy through your whole system

Your heart is the strongest emitter of electromagnetic energy in the body. By doing the exercise you are beginning to retrain your brain into a coherent and more relaxed brain wave state

The heart sends information to the brain in many ways:

Electromagnetically, through pulse ii) blood pressure waves which releasing atrial peptide, which inhibits stress hormone

Biochemically, through releasing atrial peptide – a hormone that inhibits stress hormones

4. JAW DROPPING MOMENT

A quick way to begin to take away some of the power from anxiety/craving:

Relax your jaw as much as you can. Loosen it even more and imagine it dropping to the floor.

Doing this stimulates the Vagus nerve which carries information from the nervous system to the brain, keeping it informed about what the body is doing.

When you drop your jaw, you are stimulating the parasympathetic nervous system to counteract the fight or flight responses.

PLUS, you are encouraging the lungs to reach for a nice deep breath, creating a flood of the bio-chemical associated with the relaxation response.

5. BECOME THE DIRECTOR

Step out of a situation causing anxiety/ craving and press the pause button - As though you are watching a movie. Now ask yourself how you would prefer to feel in this situation. Imagine trying on that better emotional state – like slipping on a coat of confidence, willpower or calm.

Stepping back into the movie and notice how it feels. If it's still got some anxiety in it, step out again and add more good/positive feelings before stepping back and trying it again. You could add a colour to the good feelings e.g. blue for calm, green for willpower. Notice how that image of yourself takes on that colour and begins to relax; Neck, shoulders, spine, chest and legs.

In your movie, once you feel the way you want to feel, flow out of it and let your mind rehearse this new response. With repetition, you will rewire your brain.

6. SHIFTING PERSPECTIVE

As soon as you start to feel anxious locate where it is in your body. When you find it, notice the shape or other qualities of it and try playing with it. Change the shape and shrink it down and notice what happens. Imagine it has a colour. What colour does it feel like? Now what colour would feel better?

Imagine as you change that colour, the anxiety, cravings changes into something else.

Another way of feeling better is to imagine DROPPING RIGHT TO THE CENTRE, psychological or physical cravings is breathing through it.

Notice what happens. As you drop to the centre ask yourself 'If this were a message from my unconscious mind, what is it? or, If there were a lesson here what can I learn from this?

Every emotion has a set of biochemicals associated with it. When you have a certain biochemical state in the body, the brain generates more thoughts and emotions that are similar. It's as if you have a certain pair of coloured glasses on so that everything you look at is coloured by them.

When you are in an anxiety state, everything you see can make you feel anxious. The past, present and future are all coloured by that biochemical pair of shades you are wearing and it's really hard to see a better way or solutions until you take the glasses off.

This is why most of the techniques involve a step off, or out of the memory. This allows you to disassociate long enough for you to take those glasses off and think about a better biochemical state. By asking yourself 'How do I want to feel instead?' you send the mind on a search for a better feeling state.

Once you find that better state, you have to get yourself to feel it. As you think yourself into that better emotional state, you can imagine that you are putting on a better or rosier pair of glasses through which to view your options of the situation. Notice how things change when the glasses come off or change colours.

7. THE METAPHORIC 2 STEP

When you've located where in your body you feel the anxiety/craving ask yourself 'what is this like?' and notice what metaphor emerges.

A boiling pit? Imagine turning off the flame. Smothering it with a fire blanket.

A big boulder? Imagine smashing it with a drill etc. etc.

Sounds too easy? But understand the unconscious mind speaks in metaphors (as in dreams). I challenge you to play with this when you start to feel anxious, have that craving for a particular food or a cigarette. Notice what metaphors symbol come to mind. Then imagine a counter metaphor to change it and notice how much better you feel.

8. CHANGING INTERNAL DIALOGUE

Notice how manipulative the internal dialogue you are running that keeps that anxiety/craving going.

As soon as you start feeling the anxiety/craving notice what you are saying to yourself. We are very good at feeding our anxiety or giving in to craving by talking to ourselves. Realising you become more aware of all the things you would rather be hearing (*I am making a decision to be healthier. I am a super hero, all powerful*).

Or change the change the tonality of the voice.

Minnie Mouse telling yourself you are not good enough.

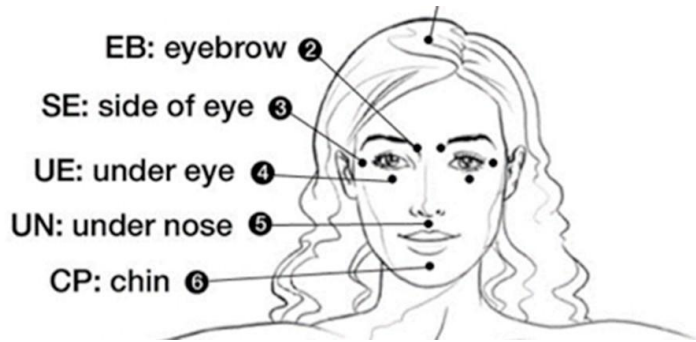
Donald Duck saying that the cake won't hurt you

Perhaps a teacher's voice saying you can't sing

Talk to yourself at the age you were when you first started smoking. What did you wear, believe?

Or just add the word **SO** to the beginning of the sentence – **SO** what if they don't like me?

9. EFT EMOTIONAL FEELING TECHNIQUE



This technique is a power tool that can be experimented with.

This is extremely rapid in its ability to neutralize anxiety/cravings and the triggers that lead to them.

EFT is a technique that involves tapping on powerful acupuncture points while redirecting the mind and conditioning in an anchor for a state of calm.

Robert Smith www.fastereft.com or www.emofree.com

Set an anchor for peace and calm. This is done by taking a moment to close your eyes and recreate a feeling of peace. Think of whatever it takes to remind your body what peace and calm feels like. Now link it to the tapping of the acupuncture points.



Again, a quicker more discreet method is when that internal calm state is accessed, just grab hold of upper wrist and take a deep breath. As you slowly exhale think PEACE

10. NLP (NEURO-LINGUISTIC PROGRAMME) – GOOD INTENTIONS

NLP is a pseudoscientific approach to communication. Underneath every behaviour is a positive intention. Your unconscious mind is both adaptive and protective and this means we have certain feelings for a reason. When we find out the reasoning, we can work with it to find a better way to satisfy the underlying intention while letting go of the anxiety

For example, imagine a child who when asked to stand in front of his first-grade class, didn't know the answer and so felt embarrassed and self-conscious. The next time he is called to the front of the room his brain immediately remembers the last time this happened. So, he starts to feel get a little anxious. This causes him to go blank on the answer and once again he feels embarrassed, and his system is flooded with stress chemicals

As an adult, he has a phobia of public speaking. His brain is only trying to protect him from feeling the initial stress and embarrassment. – a survival machine

It is useful to honour the subconscious in its attempt to protect us.

The answers already cover solutions to this. Address the reaction and as ‘What’s the message here?’ Imagine have a dialogue with that anxiety/craving and coming to some mutual beneficial way of changing the way to feel or act in certain situations, using some of the solutions we have already covered.

Be creative of how you address the cause and how to counteract your reaction Notice when you want a cigarette? Is it a habit, like with a cup of coffee? Or an inner fear or reaction.

11. DROP THROUGH

Drop through or emotive journeying. = When you start feeling anxious/craving a substance, locate where it is in your body and imagine going right to the centre of that feeling. Imagine it as a layer that you can drop through by asking yourself, ‘what’s underneath this?’

Drop through and notice what feeling lies underneath then drop through that by asking ‘what’s underneath this?’ Keep going until you kit a good feeling or resource state.

Sounds crazy? But, once you find the resource at the core, underneath all the layers, then allow yourself to soak it up. Imagine it like an amazing curative energy or elixir and allow it to fill you up

Once you are full of that core essential state, imagine travelling back up the layers, bringing this amazing energy and noticing how it transforms any negative state.

As you imagine and feel all these emotions changing, notice how much more powerful you feel. Notice how different that initial anxiety/craving feels now.

12. TURN IT AROUND

Another cognitive approach comes from the work of Byron Katie. It is simple yet has profound effects. I recommend you explore her work in depth www.thework.com

Basically, she believes that the only reason we suffer is because we believe the thoughts we are thinking. Challenge those thoughts as they occur.

Byron does this by asking for questions and then doing what she calls a turn-around, which is a way of inverting the belief.

The first step is to determine the thought that is currently running through you head in the moment or right before the anxiety. Simply as yourself, ‘how am I thinking about this situation or myself that has me feeling anxious?’ e.g. going into a meeting and feeling anxious. How do you feel? Why? Is that true? Dig deep and get to the cause of the feeling. What is the reality? Is it a past memory?

Byron Katie - “You are at war with reality”. Anytime you are arguing with the things you should or shouldn’t be doing. And is that really working for you?

When challenging beliefs, which creates a feeling of negativity, anxiety or a craving, your mind knows the routine. Ask yourself, ‘*Is this true?*’ The emotions will now change.

13. SELF HYPNOSIS TO REWIRE THE BRAIN

Because anxiety is a powerful form of hypnosis as it creates many different ideas and misinformation. Hypnosis is a state of hyper-focused awareness, where the barrier that separates the conscious and the unconscious mind is pushed aside. This leads you into a state of heightened suggestibility.

An example of this is being wrapped up in a film and feeling the emotions – tears, laughter, fear. The brain doesn’t know the difference between real and an imagined event.

Without even trying or being aware of it you push aside that critical factor of the mind. It happens naturally.

When you have a focused state of awareness combined with suspending disbelief, you will have that heightened state of suggestibility where your unconscious mind is more receptive AND THAT IS HYPNOSIS.

- ❖ Find yourself a quiet place where you won't be disturbed and sit comfortably.
- ❖ Diffuse your focus and relax your vision.
- ❖ Then close your eyes and think 'ten' as you imagine a wave of relaxation moving from the top of your head to the tips of your toes. Let it settle in with your breathing.
- ❖ You will then open your eyes and close them as you think 'nine' and add another wave of relaxation down your body.
- ❖ Open and close 'eight' and feel another layer of relaxation deepening this state of comfort.
- ❖ Allow every muscle to get even more relaxed as you continue counting down to 'one'.
- ❖ Then imagine a movie in your head. This is your template upon which you can add or delete different scenes depending on what you would like to work on - see yourself being or reacting exactly the way you want to.
- ❖ When it looks good and compelling, visualise floating into the you that has already started to change. Feel how good it feels.
- ❖ Then float back into your body and smile.
- ❖ This can be done daily changing the movie as you see appropriate.
- ❖ Don't use negative words like "*I don't want to feel anxious*" in the movie. Use positive words like "*I am confident, smoke free, eating healthier, etc*"

By practicing self-hypnosis regularly, you are conditioning new response to those negative triggers.

Mantras:

- I am happy that I no longer want a cigarette
- I love breathing fresh air
- Each minute that passes without toxic cigarettes restores me to health and vitality
- I am determined to do whatever it takes to remain a free non-smoker
- I feel pretty good

Join our Facebook group [Breathe Easily](#).





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