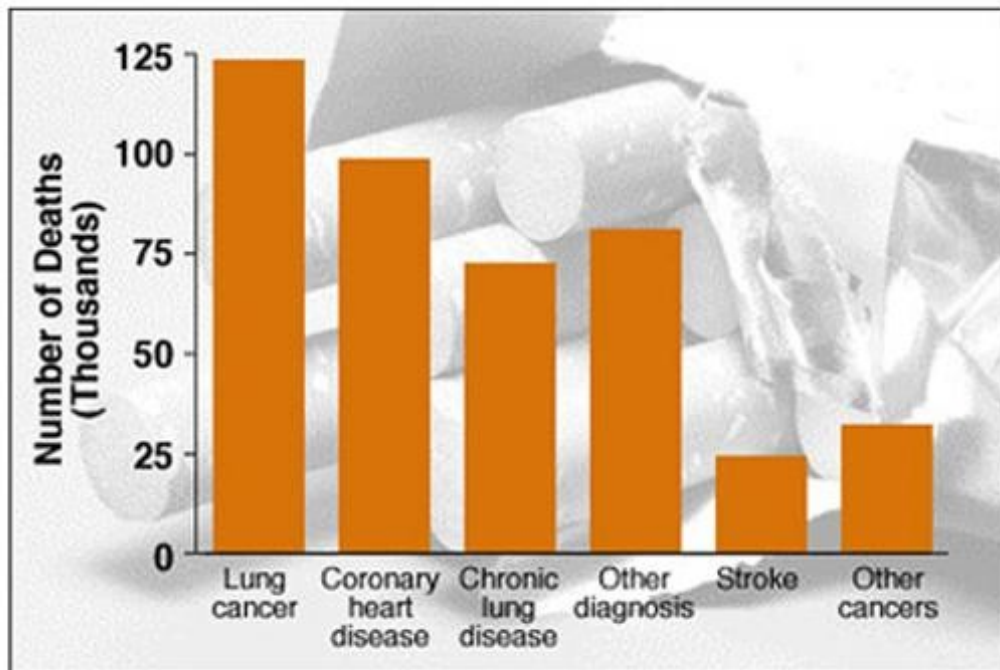


# SMOKING



## THE SHOCKING REPORT



### The 7 Great Cons...

“...Most People Unwittingly Use To Keep Themselves Hooked On Cigarettes and What’s Worse – It’s costing them a fortune in health and money”

Written by Mark Casey  
Provided by Hypnosis for Change

Call [828-367-0670](tel:828-367-0670) or go to [Hypnosis-for-Change.com](http://Hypnosis-for-Change.com)  
for a FREE consultation or for more information

Hello and welcome,

The reasons that smokers use to keep themselves hooked on cigarettes are many and varied. The cost both in health and wealth is enormous and mostly is the result of various cons used by the tobacco industry and other vested interests.

**And - YOU can finally do something about it - now!**

**7 great cons that have been used to keep you hooked on cigarettes.**



**Chris Wilhoit, CH**

**A**s you read through these 7 GREAT CONS - and begin to see through the faulty thinking that lies behind them and the problems they can create - both in your life and the lives of those near and dear to you - you'll immediately be in a position to look at why you smoke from a more enlightened viewpoint and begin to reach the point where you can finally do something about it.

**In fact:**

It's the lack of knowledge of these cons that costs millions of people their freedom, self-esteem and health each year - and perhaps more importantly they're spending a fortune for that dubious pleasure.

**STOP!**

Before we go any further I want to ask you a serious question (serious deep voice)

Would you continue to smoke if you knew you could stop easily, comfortably and permanently?

If the answer is 'No' - then there's a way that I can help you . . .

Ok then - on to those **7 GREAT CONS**

**Now let's get started:**

Here's the **KILLER CON**

## **"You smoke because you are addicted to Nicotine?"**

In America a few years ago the government commissioned a study on nicotine and the end result was a 600 page document written by the leaders in the field of chemical addictions and do you know not one of them said it was a chemical addiction.

They all said things like, "It could be," or "it might be," but not one of them said it was which is kind of interesting isn't it?

## **Smoking is just as addictive as heroin!**

I prefer to look at things from a behavioral point of view. If you compare smoking to a real chemical addiction like, for example, heroin then there is absolutely no comparison. I don't know whether you have ever seen anyone on heroin but it's not a pretty sight.



The average heroin addict, for example, if he or she haven't had their regular fix, will experience some terrible withdrawal symptoms such as sweats, shakes, heart palpitations, nausea, even hallucinations.

Now when was the last time you saw someone experience anything like that when they tried to stop smoking? I mean they get a little grumpy, they might lose their temper or they might start overeating, but they don't experience any of the physical symptoms that someone on heroin gets do they?

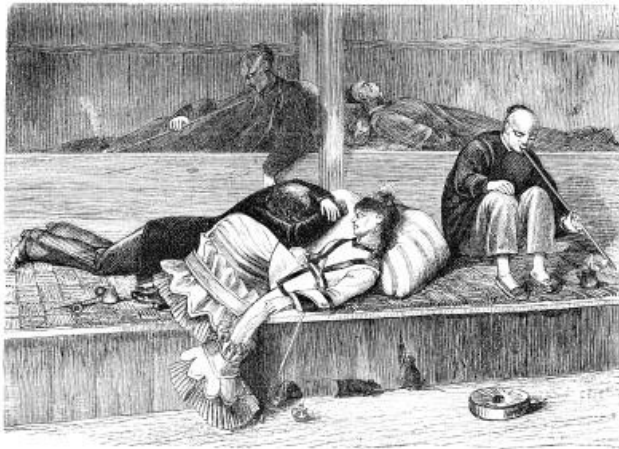
Also the average heroin addict cannot make it through the night without his body waking him up for more of the heroin. The only people who make it through the night are also alcoholics and the alcohol numbs the senses so at least they get a full night's sleep, but when they wake up in the morning they have to take all the heroin they didn't take during the night just to get out of bed.

Now when was the last time you woke up in the morning and had to smoke 10 cigarettes just to get out of bed? It doesn't happen does it? You might have the odd one or two but you are not having all those you didn't have during the night are you? And your body doesn't wake you up every hour on the hour for another cigarette does it?

Which is strange because it's supposed to be a physical addiction, which means your body needs it. So why doesn't it need it during the night? Why does it only want it during waking hours?

## Inhaling smoke makes you an addict!

Do you remember a few years ago the entertainer Roy Castle died of lung cancer brought on by breathing in cigarette smoke in the bars and clubs around the country when he was playing his trumpet?



Now the nicotine and all the chemicals were strong enough to kill him, but they weren't strong enough to addict him. There he was for years breathing in all that nicotine but it didn't make want to smoke.

However if you spent any considerable time in Opium Dens breathing that in you would become addicted to opium.

## The nicotine replacement therapies.

The final nail in the coffin has to be the nicotine replacement therapies, such as the patches, gum etc. There you are getting your nicotine fix from the patch or the gum you're chewing.

Why if you're already getting your fix, do you still want a cigarette? And you did, didn't you? Why? You had the nicotine. Why on earth did you want a cigarette? It doesn't make any sense does it?

It's a bit like if you have a heroin addict who traditionally injects himself in the right arm and you come along and inject him in the left, will he still need to inject himself in the right arm? No, of course not. Because he's already got it from somewhere else.



Now if you've got a patch on, and you're getting more nicotine in you're blood than you've ever got in your life, why on earth do you still want a cigarette?

If it was only a nicotine addiction then the patches would work. And they really don't work. The official statistics are if you try to stop smoking just using will power then about 7% of people will stop. If you use the gum then about 10% of people will stop. So virtually no improvement. If you use the patches about 6% of people will stop. Still no great improvement.

But let's look at those figures the right way. This really means that 84 to 90% of the people who try nicotine replacement therapy FAIL.

That means that the **nicotine replacement therapies DON'T WORK**

They're trying to tell you that nicotine is this terrible, addictive chemical, and that the patch or gum is going to replace the nicotine that you used to get from the cigarette.

If you are a heroin addict one of the ways that they try and break the addiction is by giving you a substitute drug called methadone which blocks the craving for the heroin. The only problem is that now you are hooked on methadone.

You literally transfer the addiction from one substance to another. You may have heard about this.

Now these 'so called' experts are trying to tell you that nicotine is addictive, and there is nicotine in cigarettes (and there is) and that the way they are going to get you off the cigarettes is to give you a patch which has more nicotine in it than you've ever smoked in your life. Why doesn't that increase the addiction? I mean that's a bit like giving a heroin addict more heroin. And why if nicotine is supposed to be addictive don't you get hooked on the patches? Why aren't there clinics set up around the country trying to wean people off patches?

## **Smoking is much more an addiction than it is a habit.**

WRONG It's a habit. Now it might sound a little trite to say it's just a habit but it's probably one of the most powerful habits that there are, When you wake up in the morning and you have that first cigarette you are reinforcing the habit of smoking. Then 20 times during the course of the day you are reinforcing the habit of smoking. Every time the hand goes up to the mouth, say about 10 times with each cigarette, so that's about 200 times a day, you are reinforcing the habit.

What else do you do 200 times a day? Nothing, except breathe.

So it's a very powerfully conditioned habit. And the only reason you are still doing it is because you are still doing it. And the only way to stop is to just stop.

Cutting down doesn't work. That's like telling an alcoholic cut down their drinking. The only way to stop a habit is to stop it.

Ok, it's a habit but why do I get this craving?

I don't know whether or not you're one of those people who, if your home telephone rings, you have to answer it? If you don't it makes you feel bad.



Some people feel that so strongly that if they are at a friend's house and the other person's phone rings and the other person doesn't answer it, then it will drive this person crazy to the point where they will have to answer it themselves.

Now what's happening there?

Is the person chemically addicted to the sound of the bell? No, of course not, it's a habit. A habit that's been trained into them since they were a kid.

So it's as if over the years you've programmed into your nervous system that about 20 times a day a bell will ring, and you are going to answer it and have a cigarette. And if you don't answer it, it rings louder and that's what creates the anxiety.

The proof that it's the habit and not the nicotine is that when you are on the patches you still get the same feeling. Well it can't be the nicotine, you've got that.

What you haven't got is the habit of smoking the cigarette.

Another example is nail biting. I don't know if you know someone who bites their nails, but if you try to stop biting your nails then you experience all the same types of 'so called' withdrawal symptoms that someone who is trying to stop smoking experiences, such as losing their temper, getting grumpy and maybe overeating.

Does this mean that they are addicted to the taste of their nails? No, of course not. It's a habit and so is smoking.

And because it's just a habit, that means you can break it easily, when you now, put your mind to it

The only way of breaking a habit is to just stop it. Cutting down doesn't work. That's like telling an alcoholic to cut down their drinking. They can do it for a while but it soon creeps back.

So you have to just stop. What we're doing here is getting you to make the decision to stop smoking. When you make that decision, then it becomes easy. Because the word decision literally means to cut off from. It comes from the Greek, like incision, decision means to cut off from, so when you make the decision now to stop smoking then it becomes easy.

## Smoking relieves stress and helps you relax.

The thing that normally stops people from making decisions is that they make excuses. Probably the main excuse that people use is that they smoke because of stress. It's either the stress of their job, their relationship, the kids, the traffic etc. Certainly this used to be my excuse.

I used to smoke years ago and at that time it felt like I was almost always under stress. So I went to another hypnotherapist to stop smoking and one of the things he said was, "Do you smoke at times of stress?" and I said, "yes this is my biggest problem, if it wasn't for the stress I'd be able to stop smoking easily." He then said, "are you stressed over the weekend?" and I said, "well no, I don't work weekends, I only work Monday to Friday." He said, "How many are you smoking over the weekend?" And I said, "I don't know about 60 a day suppose." So he said, "how many are you smoking during the week?" And I said, "about 60 a day." The same amount.

Day in and day out. Good days, bad days. It's not like you have a bad day and smoke 80 cigarettes. You don't have a good day and forget to smoke. I'd be lying on a beach in August for 2 or 3 weeks still smoking 60 a day. Now where's the stress?

It's a great excuse, but that is all it is, an excuse.



Now some people say, "Well it's not so much the stress but I do smoke to relax." If you know anything about nicotine then you'll know it's impossible to smoke and relax, because nicotine is a stimulant.

Nicotine enters the bloodstream and goes to the heart. The heart recognizes the nicotine as a poison and increases the heart rate by about 10 beats per minute in an attempt to get rid of the poison. This is why if you haven't had a cigarette for a while, and you have that first cigarette you get maybe palpitations or light headedness.

That's your body desperately trying to get rid of the poison. So you've got the nicotine as a powerful stimulant.

Then you've got the carcinogens and the phenotrans, they are also stimulants, and if you add to that a cup of tea or coffee, then you have four very powerful stimulants that literally cause the body to race. Are you now relaxed? Not exactly. In fact your body is working overtime trying to get the poison out of the system.

So it's impossible to smoke and relax.

## I don't have enough willpower

That great old excuse: "I don't have any willpower." Well, if you really didn't have any willpower you wouldn't get out of bed on the morning. You wouldn't go to work, and do all of the dozens of things that you do every single day of your life that perhaps you don't like to do but you do them because you have to. That's willpower!

So you do have willpower. The only question is, are you ready to start using it?

I know that under the right set of circumstances you could stop smoking just by using willpower. No patches, gum, hypnosis, acupuncture or anything.

If I were to say to you, "here's the method of stopping smoking that we're going to use. It's a little bit controversial, but it really works. I'm going to follow you around for the next six months with a shot gun and if you even think of smoking I'm going to shoot you dead!" Now would you smoke? Of course not.

### Why?



Because you'd use your willpower, because you'd have to, your very life depends upon your using your willpower. Well guess what? Your very life does depend on your using your willpower.

You know as well as I do the health problems associated with smoking. You end up dead. It's just that it takes a little longer. So now that you realize that you do have willpower, you can use it, can you not?

Joking aside though there is a much stronger way to stop smoking than by using willpower alone and that is through the power of hypnosis. Because smoking is a habit it is controlled by the subconscious mind. As hypnosis deals with the subconscious mind then it is truly the only sensible way to stop smoking easily, comfortably and permanently.

So once you've have put aside all the excuses, all you're left with is a habit. And the only reason you're still doing it is because you're still doing it.



The time to do something about it is **now**

For a **FREE** consultation or to make an appointment, call 828-367-0679 or go to [Hypnosis-for-Change.com](http://Hypnosis-for-Change.com) for more information.