



**Look Good Feel Great!**  
Hypnotherapy – mind over matter

# Quit smoking – forever



***DR CASEY CHUA of Hypnae Center reveals how hypnosis can help break nasty habits.***

## **Q** *Can hypnosis really help me give up smoking?*

**A** The most common social ill, as perceived by the overwhelming majority, is considered both distasteful and intrusive. It's not hard to figure out the practice: smoking. The habit not only affects those addicted to nicotine, it also has an impact on those who live, work or play within close proximity to them.

When smokers want to quit, it's not uncommon for them to seek the easiest form of therapy; a form of treatment that offers the least resistance. They turn to hypnosis often as a last resort. They first try nicotine patches, gum, acupuncture and acupuncture, perhaps achieving only temporary success at best. The key reason for this is because such methods use only half our mental faculties – the conscious mind.

Attempting to give up smoking using only the conscious mind is very much like doing a job with only half the workforce present. To be completely successful in quitting smoking the “whole mind” approach is recommended. By resolving any conflicts between both the conscious and unconscious minds, and getting them to agree to accepting the challenge of a task, you can easily achieve resolution through hypnosis.

Hypnosis uses a tool to transport an image, idea or concept into the subconscious mind. The exciting reality is that for behavioural change, only a light state of hypnosis needs to be achieved, to effectively alter one's thoughts and desires regarding smoking. This is achieved by coupling physical relaxation with beta conscious activity (imagery), integrating the correct suggestions at the correct time. In this way, the effects of a single hypnosis session have been proven to ensure the cessation of smoking for a lifetime.

More importantly is the desire to avoid the same environmental factors that typically entice the return of any form of habit. A hypnotherapist can provide the necessary treatment, but the client must *want* to make the change from within – and outside – themselves. In tandem, success is then assured. **E**