



STOP SMOKING FOR LIFE

- **See a hypnotherapist – its up to 10 times more successful than nicotine replacement therapy & up to 20 times more successful than will power**
- **Practice optimal breathing every morning & any time you have irritability or cravings**
- **On the 4th day you will feel great - use your increased energy to DO something – go to the gym, go for a walk**
- **Drink LOTS of water – it decreases hunger & flushes your body of toxins faster**
- **As the nicotine leaves your body your blood sugar levels will drop – eat 3 oranges or pink grapefruits per day (vitamin C is key)**
- **Vitamin B complex will help with stress – take for 10 days**
- **Watch your alcohol consumption & drink a glass of water with every alcoholic drink**
- **Try to socialise with non smoking friends for a couple of weeks**
- **Expect to think about cigarettes – like your old house – you don't have to move back into it!**
- **Tell everyone you have stopped, ask for their support & tell them to expect a little occasional irritability**
- **Measure your success ! <http://www.mwilden.com/QuitTime/>**

REMEMBER!

1,000 people give up every day in the UK for life
Change your Routine!
– **CHOOSE TO BE ONE OF THEM!!**