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In this article we take a look at Smoking and its subtle effect upon all of us.

Smoking cessation is easily achieved in only a short period of time with my specially formulated Hypnosis treatment plan, either in Clinic or, with my specially designed Cd's or downloads.

We also look at the new war going on, the War for your tobacco dollar.

Enjoy this article,  
 And good health to you always

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### Nicotine Wars

There is a war going on, so subtle that it is almost invisible to the naked eye. The two major players are:

- The tobacco industry
- The pharmaceutical industry

It is after all BIG business and both have developed Nicotine products to lure the smokers dollar into their coffers.

Although they peddle Nicotine as a safe drug it is after all a Neuro toxin, three drops of pure Nicotine in toxicity is more deadlier than rattlesnake poison. In fact 60 milligrams of Nicotine is lethal to an adult.

Both the tobacco industry and the pharmaceutical companies have rushed in with Nicotine inhalers, patches, smokeless cigarettes, gums etc. Hoping to capture that billion dollar market place.



**The use of Nero Toxin is not new,  
 an example being Botox**

Quote from:

<http://en.wikipedia.org/wiki/Botox>

*"Botulinum toxin is a neurotoxin protein produced by the bacterium Clostridium botulinum. It is one of the most poisonous naturally occurring substances in the world. Though it is highly toxic, it is used in minute doses both to treat painful muscle spasms, and as a cosmetic treatment in some parts of the world."* Long term studies on Neuro toxins toxic effect have not been done simply because you have to study it over periods of lifetimes to see the true picture.

In a report tabled in New Scientist Magazine in October 1992, Vol 136

It reports on an extensive clinical study on the most effective smoking cessation methods. The results were very surprising to say the least.

Quote " Frank Schmidt and research student Chockalingam Viswesvaran of the University of Iowa carried out a meta-analysis, statistically combining the results of more than 600 studies covering almost 72,000 people from America, Scandinavia and elsewhere ...

It shows single session hypnosis increased a smoker's success chance by **1000% from 6% to 60%**.

Success rates for different smoking cessation methods

60% - Single session Hypnosis

24% - Acupuncture

10% - Nicotine Replacement Therapy

6% - Willpower alone

On the web

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This article and the information contained within does not intend to replace medical advice. It is not meant to be used for self diagnosis or treatment of medical or physical problems, either directly or indirectly. The intent is simply to offer information of a general nature to assist you in the quest for health and physical fitness

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Proving that hypnosis is the most effective way of giving up smoking, according to the largest ever scientific comparison of ways of breaking the habit. Willpower, it turns out, counts for very little."

End Quote

Hypnosis has improved since 1992, yet these results are not widely known. I wonder why?

Only 10% with Nicotine Replacement Therapy. But wait..... those words are a little confusing. *Nicotine Replacement Therapy*. simply means that you are replacing Nicotine not with a safer substitute but with a more pure Nicotine... So the dollar shifts back and forwards from the tobacco industry to the pharmaceuticals.



You should keep your tobacco Dollar, rather than throwing it down the drain by smoking

Cost of Smoking Pack of 30

5 smokes per day @ \$15.00 = \$912	per year	@ 10 years = \$9,120
10 smokes per day @ \$15.00 = \$1,825	per year	@ 10 years = \$18,250
15 smokes per day @ \$15.00 = \$2,738	per year	@ 10 years = \$27,380
20 smokes per day @ \$15.00 = \$3,650	per year	@ 10 years = \$36,500
25 smokes per day @ \$15.00 = \$4,562	per year	@ 10 years = \$45,620
30 smokes per day @ \$15.00 = \$5,475	per year	@ 10 years = \$54,750

Cost of Smoking Pack of 25

5 smokes per day @ \$12.00 = \$876	per year	@ 10 years = \$8,760
10 smokes per day @ \$12.00 = \$1,752	per year	@ 10 years = \$17,520
15 smokes per day @ \$12.00 = \$2,628	per year	@ 10 years = \$26,280
20 smokes per day @ \$12.00 = \$3,504	per year	@ 10 years = \$35,040
25 smokes per day @ \$12.00 = \$4,380	per year	@ 10 years = \$43,800



Then there is also the cost of lighters / matches And your health.

Hypnotherapy be it in session, via skype or Cds is infinitely more cost effective and can be life lasting in its effects and benefits

**If cigarettes are really that bad, why does the government not ban them completely?**

Simply.

- They make money for the government (tax)
- The Government does not want to lose the smokers vote

**Hypnosis is the best proven approach**

Hypnotherapists save the Government and the health funds and hospitals countless of millions of dollars in long term palliative care for those chronically ill and dying from tobacco.

More importantly it is cost effective and nicotine free.

Let me help you kick the habit with my unique process developed from over 24 years of clinical experience. Call or email me now.

Cost of Nicotine Patches

<http://www.mydr.com.au> Quote:

"The cost of the patches is about the same as the cost of a packet of cigarettes a day. But this treatment will not work for everyone.

There are no magic ways to stop smoking and you have to really WANT to stop, first of all."

On average is works out at \$7.80 per patch

Feel free to browse my website  
And contact me if you  
want to establish  
strategies and healing processes  
For health and well being

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