

trancesolutions

about quit for health

Personalised quit smoking sessions at New Farm Hypnotherapy Clinic

If you're like most smokers, you've probably tried everything to stop... nicotine patches, gum, willpower and maybe even Zyban. Yet nothing seems to have made any difference. It probably all seems too hard.

If you live in Queensland, the Quit For Health® program have been developed for people just like you. Over the past 6 years Quit For Health® has been instrumental in helping 1000's of smokers to quit - without cravings or weight gain, and with very little stress.

Over many years of working with smokers who want to quit their habit we have noticed that many people respond even better to personalised programs.

You can be healthier, fitter and feel better about yourself while at the same time saving a lot of money. And you can do this in just 4 hours. There is only one thing we ask:

You must be serious about quitting.

How quit for health works

Quit For Health is conducted over 2 sessions a week apart and comprises of three distinct stages:

- ▶ Session 1 - Preparing to Quit
- ▶ Quit Week - The week in between sessions
- ▶ Session 2 - Quit day and Beyond

Session One

The first half of session one is given to explaining the program - you will have an opportunity to decide whether Quit For Health is for you and to evaluate your own commitment to stopping smoking. You can do this at no obligation.

- ▶ The rest of the session is given to:
Learning about your smoking habit and preparing to quit.

- ▶ Understanding the 3 dependencies caused by smoking.
- ▶ Designing a personal Quit Plan.
- ▶ Preparing for Quit Day through a personalised hypnosis session.

Quit Week

- ▶ During Quit Week you will be fully supported and each day will continue to prepare to quit smoking.
- ▶ You will undertake certain tasks and plan a "smoke-free future."
- ▶ During this week you will use a self-hypnosis CD each day to prepare you to quit permanently.

Session Two

- ▶ Session Two is Quit Day. Your progress will be evaluated and you will complete the program.
- ▶ This session includes a hypnotherapy session and you will leave not smoking.
- ▶ After the session you will use a 2nd self-hypnosis CD each day for a week. The purpose of this is two-fold. Firstly it serves to reinforce the suggestions given during the session and secondly triggers for diminishing withdrawal symptoms are contained on the audio material.
- ▶ You will also have as much support as you need to help you in this important transition.
- ▶ We are committed to your success in this program—if you are serious about stopping smoking, we will work with you until you quit.

Quit for Health program costs :

The cost of the program is just \$320.00. For an average smoker, buying a pack of cigarettes a day, Quit For Health will pay for itself in less than a month.

Everything you need is included in the form of a kit comprising a comprehensive manual and two CD's or audio-tapes.

E-mail us at quit@trancesolutions.com to make a personal appointment to quit smoking today. This is the most important step you can take to improving your health and well-being.

What our clients tell us about Quit for Health

Julia : Dear Glen

I just wanted to drop you a quick note to say that I am absolutely thrilled with the success I have had with the quit smoking hypnotherapy. It's been 3 or 4 weeks now and I know that I will never be a smoker again, that I am a person that used to smoke! I arrived home after the last hypnotherapy session and couldn't stand the smell of my flat where I'd had a last cigarette, blowing it out the door as usual before coming in to see you. I got rid of every butt, and burnt sweet smelling oils about the place to remove the obnoxious smell of cigarettes.

Over the next couple of weeks, I found that anything to do with cigarettes absolutely abhorrent to me. I'd walk up to work and the cigarette smokers would be hanging around the door and it was hard to get into the door! People that smoke had strong odours.

Funnily, in the last week the smell isn't so unpleasant for me now - that's good so I don't become one of those horrendous reformed smokers!

So, I just wanted to let you know this, you can use my testimony if you like for other people wishing to quit. And I really wanted to thank you. Very very much, I'm so happy to be free of that stuff.

Katie: Dear Antoine

Just a quick note to thank you. I really enjoyed my very first hypnotherapy session and it's working like a treat, certainly compared to my husband who is going "cold turkey" and is SO irritable! I've told a few of my friends about you, you may be hearing from them.

Donna: Hi Antoine, How are you?

Just a short note to let you know that I'm going well with the "no smoking". Nearly 4 months now (feels like a lot longer). Made it through stress with the kids and the odd party... haven't been tempted, it actually does get easier!!!

Lots of new clothes in the wardrobe - and have even started at the gym. THANK YOU! I'll keep you posted.

Gillian: Dear Antoine,

Thank you - I feel fabulous and today is my 8th day without a cigarette, so that is brilliant.

I was raving to everyone I know for a couple of days after that WICKED trance I had, I mean really, who needs artificial highs!!

Cheers and I'll keep you up to date on things.

Gillian

New Farm Hypnotherapy
PO Box 1944
New Farm QLD 4005 07 3254 1373
www.trancesolutions.com info@trancesolutions.com