Approximately 90% of active smokers would like to quit and wish they had never started. Nicotine is one of the most addictive drugs that exists, even more addictive than alcohol. Stress and negative moods cause 70% of those attempting to stop smoking to relapse, and 50% of relapses occur within the first 5 weeks of stopping, because that is how long it takes the body to get through the most intense physical withdrawal symptoms from nicotine.

Quitting really requires complete abstinence. Once a person has a single puff after quitting, they go back to full time smoking 80–85% of the time. Cutting back doesn't work, which is why having a stop smoking program is so important. If you are extremely physically addicted (having smoked for many years and/or if you smoke over a pack a day), you may need a nicotine patch or some other product to help your body deal with nicotine withdrawal. Consult a doctor before you start. The biggest issue, however, is the psycho-emotional aspect.

Hypnosis is one tool that works especially well for breaking old habits and replacing them with positive, new habits. At any moment a situation can arise which triggers negative emotions and brings up the craving to smoke. This is when you are tested to stay conscious in the moment. Mental and emotional support programs like hypnosis and meditation have a proven record of success with smoking cessation and can act as a lever to roll the weight of your habit away once and for all—increasing your chances of quitting from 5% to 65% or more.

You can lighten the load of your smoking habit with diet and exercise, but the desire to smoke may keep popping up in your mind. This is where the lever of hypnosis and meditation comes into play. In order to stop smoking you need something available whenever the urge to smoke comes up. One of the best programs I have come across is The Non-Smoker's Edge by Dr. Randy Gilchrist. This is one of the many hypnosis programs developed by The Hypnosis Network for home use. (See their ad on page 4 for details.)

In this 7-CD Set, Dr. Gilchrist starts with an introduction to the field of hypnosis and the latest smoking cessation research. He also discusses smoking withdrawal products and behavioral modification strategies, helping you to choose the system that's best for your needs. The program has 4 main hypnosis sessions (each approximately 25 minutes long), followed by 5 supplemental sessions. The sessions are like guided meditations which you play regularly in a quiet place. Dr. Gilchrist's gentle voice guides you through a wide variety of subjects and practices which enable you to view smoking in a new way—a way in which it is much easier to let go of your smoking habit for good.

This hypnosis program is most effective if you listen to one track each day for approximately three weeks. Thus you will be working with the program for about six months, the time during which most smoking relapses occur. When you have a moment of craving cigarettes, use the practices as a shield to protect your emotions and stay strong. Don't forget to exercise, drink lots of water, and eat right, following the nutrition protocol outlined below.

When viewing the long arc of your future life as a smoke-free person, recall the relaxing vision of a gradually lighter weight and watch it roll out of your life, using the lever of hypnosis and guided meditation to achieve this goal.

### Stop Smoking Resources:
- www.hypnosisnetwork.com - stop smoking hypnosis program (see page 4)
- www.weeklywarning.com - helps motivate people to quit (see page 30)
- www.stopsmokingcenter.net - free web based program
- www.stop-smoking-cigarette.com - an informative quitting smoking resource center
- www.cdc.gov/tobacco - government site

### Oral Substitutes/Things to do with your hands
- Eat carrot and celery sticks
- Chew Gum
- Suck on licorice sticks or toothpicks
- Take 10 deep breaths
- Rub on smooth stones
- Draw

Smoking is a harmful and difficult addiction that is associated with tremendous negative health consequences and significant toxicity. There are absolutely no adverse outcomes associated with improving one's nutritional status and only long-term benefits to be reaped, such as increased sense of well being, improved health, vitality, and living smoke-free. Christine Gorman in a *Time Magazine* article reminds us of an important quitter's mantra: "Nobody ever died from giving up smoking. It's time to kick your butt and get on the road to recovery." 

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