

STOP SMOKING

WHETHER YOU THINK YOU CAN OR YOU THINK YOU CANT YOUR PROBABLY RIGHT?

Mark Shields Takes a closer look



We looked in last months issue at the impact the smoking ban has had on Jersey, together with some of the frightening health statistics that accompany the smoking habit.

I also gave you some mind tips to help all those that want to quit.

We look in this issue at another excellent NLP tip on those that are trying to quit but also this time focus on the body's recovery once you have successfully stopped.

I will also give you an insight into a new stop smoking audio programme that will be available soon exclusive to islanders via the Jersey Life.

There are many ways to stop smoking; however using the power of the mind is in my opinion the most successful and effective.

I have always stood by the premise we weren't born to smoke we simply learned how to. Now we just have to reprogram and unlearn in the same way.

Neurological pathways are created by habit and repetition and in the case of smoking are linked to feeling good. The power of integrated mind training via the combined use of NLP and Hypnotherapy helps us create new neurological pathways, without cigarettes.

Here is my NLP tip number 2. Six simple steps to help all those wanting to quit.

STEP 1.

Imagine a disgusting taste and smell. Focus your mind on this for 10 seconds.

STEP 2.

Smell the smell and taste the taste and absorb all of these feelings now.

STEP 3.

Change your feelings into a colour you dislike and imagine this colour in a circular motion circling your body. Keep this going for 20 seconds.

STEP 4.

Imagine smoking a cigarette. Taste the taste, smell the smell and feel exactly how you would when you smoke a cigarette.

STEP 5

After 20 seconds link the two processes together by squeezing your thumb and forefinger together. This will link the two.

STEP 6.

Keep running this process until the link is so strong whenever you want a cigarette in future you will just need to squeeze your thumb and forefinger together to reassociate with those feelings.

All we are doing is creating some new neurological pathways by associating feelings with physical codes.

Now lets have a look at how the body recovers once you have stopped smoking. You will be surprised at just how fast our health can return to normal.

EACH OF THESE TIME FRAMES STARTS FROM WHEN THE LAST CIGARETTE WAS SMOKED.

20 minutes your blood pressure is back to normal.

30 minutes your pulse is 100% correct

10 hours oxygen levels in the blood return to normal

24 hours your lungs start to clear out poisons.

2 weeks blood circulation improves resulting in skin and colour improvement

4 weeks energy levels start to increase and return to normal

2 months cholesterol can revert to levels of a non smoker

10 years heart attack risk 100% revert to about that of a non smoker.

Remarkable isn't it. As ive said a number of times we weren't born to smoke and like anything our body and mind will always assist any natural healing process.

As we did previously I would strongly advise all those giving up, write three of the above down and carry with you always to remind you how far you've come.

ALL NLP TIPS CAN BE FOUND ON MARK SHIELDS HOME HYPNOTHERAPIES NEW STOP SMOKING AUDIO COURSE THAT CAN BE PURCHASED DIRECT VIA THE JERSEY LIFE MAGAZINE OR MARK SHIELDS WEBSITE PRICED £14.99.

STOP SMOKING
Home Hypnotherapy with Mark Shields

Quit smoking in the comfort of your own home with Home Hypnotherapy's exclusive audio programme. Using a unique combination of hypnotherapy and Neuro Linguistic Programming, Mark Shields makes it easier than ever to quit smoking for good.

*Stop smoking with Mark Shields
 ...because you can!*

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