

Fulfil is a company dedicated to you having the life of your dreams. Whether it is to coach you to enhanced career goals, financial goals, health goals, relationship goals or whether it is to clear phobias, limiting beliefs, depression, anxieties, addictions or anything else that holds you back.

Also offering

The Regeneration Programme

To lose weight, gain energy and feel younger

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Certified Life Coach
Certified Master Hypnotherapist
Certified Master NLP therapist
Speaker
Trainer

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'The best way to predict the future is to create it'



EST. 1984

**British Institute of
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Freedom from Tobacco

This leaflet contains more information about the realities of smoking. It also tells you of the wonderful changes that have already begun since you decided to take control of your future.

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The day that you gave up smoking will rate as one of the most significant in your life, if only for the fact that it will be longer and of enhanced quality. It is a fact that smokers are now readily accepting the real threat of an early death.

During your therapy session we looked at what smoking meant to you and what made you start.

Over recent years cigarette advertising has been particularly targeted at the young. This disgraceful practise of targeting people at the start of adult life, when they know that it will shorten their lives, is purely for profit. Cigarettes have killed more people in the twentieth century than in all wars and conflicts.

Remember that first cigarette; how foul it tasted; how dizzy you felt; perhaps nauseous. All the symptoms of poisoning – yet you worked hard to become hooked, to make some sort of statement.

Your perfect body reacted to these poisons by trying to expel them through coughing. The dizziness was lack of oxygen to the brain. The 'buzz' was your body going into 'fight or flight' mode. But you still worked to become addicted.

It is the job of the unconscious mind to protect the integrity of the body and in doing this it will give you a reminder when you are feeling hungry or thirsty; it will let you know when you need to visit the toilet. It ensures that when you are asleep your heart and other organs continue to function. You have no need to be conscious of your heart beating, or that your kidneys and liver are quietly doing their essential work. All is regulated and controlled by your unconscious mind. In an attempt to regulate and preserve the delicate chemical balance of your body, the unconscious mind provided you with plenty of signals that you were poisoning your self – but by your determined persistence to become addicted to tobacco, you fooled it into thinking that you needed these noxious chemicals to survive and now, in keeping with its function, it started sending messages for replenishment whenever nicotine levels dropped. Exactly the same process works for Heroin addiction.

These messages are the craving that is experienced when the 'I want a cigarette' thought comes into your mind. Its like a mild hunger, a restlessness. Non-smokers never have it and don't understand it – but soon after you have extinguished your last cigarette you can stop that feeling forever.

Think about the 'fight or flight' state. Your digestive system shuts down, your immune system shuts down, your heart beats faster, adrenaline and lactic acid are produced – all this so that you are either ready to run or ready to fight and **people still maintain that they believe a cigarette helps them relax!** If you constantly pick and scratch a mosquito bite to relieve the itch, it will get bigger. The moment you stop picking it, it starts to heal. A few weeks later you can't remember having it at all.

Your immune system is vital to your health. New resistant strains of diseases are being created every day. The smoker seems to be the first to catch colds and flu viruses and the last to shake them off. Next will be more serious infections of the chest and bronchial tubes and then the big diseases will take hold, particularly cancers. Cancer is within all of us but our immune system is alert to cell production dysfunction.

Vitamin C is important for the maintenance of the immune system. Nicotine destroys Vitamin C.

The heart of a smoker will beat an extra 10,000 beats a day as it strives to combat the effects of nicotine, which is recognised as a vaso constrictor. The arteries narrow under its influence, and so the heart has to work so much harder to pump blood around arteries which are also furred up as the filth and muck that is pumped around them, causing arteriosclerosis. Increased blood pressure is, of course, the result, and with it comes the heightened risk of heart disease and heart attack.

I can go on. Lack of oxygen to the extremities can result in gangrene. Decreased sexual potency and fertility is guaranteed. The cilia that are meant to sweep impurities and dust back towards the mouth become so clogged with tar that everything goes into your lungs. The walls of the lungs get hard as the mucus lining gets chemically altered and the beginnings of emphysema tax the already exhausted immune system even more. Breaking point is not far off and **the only way to stop a human is to give it a disease!**

There is a common myth (along with the relaxation one) that smoking helps you concentrate. **WRONG!** Because you are an addict, you feel restless until you satisfy your habit. It is a false illusion and another side to this devious addiction.

Cigarettes aren't 'your little friend' – they rob you of 6 minutes of life for every one you have. The 50 year-old smoker is as old physically as the 70 year-old non smoker.

ITS TIME TO REJOICE! YOU HAVE BROKEN THE CHAIN!

Please don't become complacent when you are out and offered "just one" because smoking is a dangerous and cunning enemy.

YOU MUST NEVER PUT ONE OF THOSE FILTHY THINGS IN YOUR MOUTH AGAIN!

Don't think because you have managed to go for x weeks without smoking that you won't be fooled again. Don't imagine that because friends who have the occasional cigarette and remain non-smokers can do it, you can. They've never been addicts.

This what you have to look forward to.

- **Within an hour:** Your blood pressure and pulse rate drop to normal.
- **Within 8 hours:** The carbon monoxide level drops to normal and the oxygen level in your blood increases to normal
- **Within 24 hours:** Your chances of having a heart attack have already decreased.
- **Within 48 hours:** Your nerve endings start to grow and your sense of smell and taste improve.
- **Within 72 hours:** You are free of nicotine addiction. Your bronchial tubes begin to relax and you can breathe more easily.
- **Within 2 weeks to 3 months:** Your lung function has increased by 30%. Your circulation improves
- **Within 1 month to 9 months:** The cilia re-grow in your lungs, your sinus congestion clears and your overall energy continues to increase.
- **At 5 years:** The lung cancer death rate drops and in another 5 years it is almost the same as non-smokers.

REMEMBER TO CELEBRATE DAILY THAT YOU ARE NOW FREE OF THIS DISGUSTING, EVIL ADDICTION!