

Health benefits—once you stop...

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|------------|----------------------------------------------------------------------------------------------------|
| 20 minutes | Blood pressure and pulse rate start returning to normal. |
| 8 hours | Blood nicotine and carbon monoxide halved. Oxygen restored to normal. |
| 24 hours | Carbon monoxide eliminated. Lungs start to clear mucus and debris. |
| 48 hours | The body is nicotine-free. Ability to taste greatly improved. |
| 72 hours | Breathing eases as bronchial tubes relax. Energy levels increase. |
| 2-12 weeks | Circulation improves. |
| 3-9 months | Coughs and breathing problems lessen. Lung function increases by up to 10%. |
| 1 year | Heart attack risk half of that of a smoker. |
| 10 years | Lung cancer risk half that of a smoker. |
| 15 years | Heart attack risk equal to a non-smoker. Lung cancer risk only slightly above that of a non-smoker |

Stopping Smoking Checklist

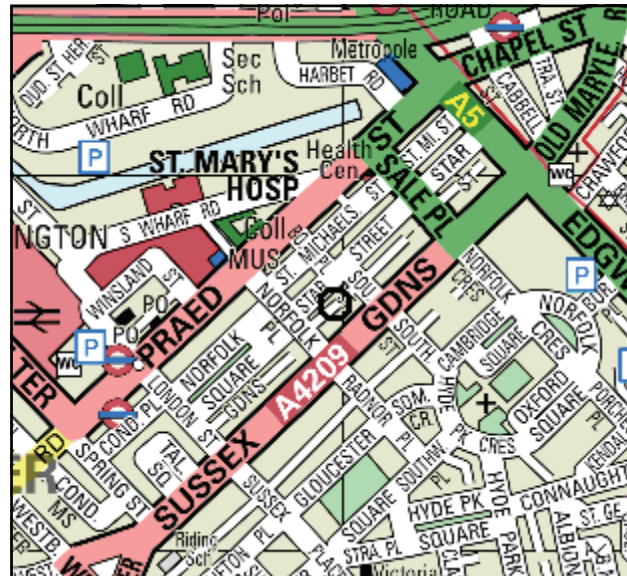
- Decide on a day to stop
- Throw away cigarettes and lighters
- Keep occupied
- Drink plenty of water
- Take it one thought at a time

How to find us

Location

10 Southwick Mews London W2 1JG

From Paddington Tube and main line station walk along Praed Street towards Queen Mary's Hospital. You will see a turning on the left called Norfolk Place. Take the third left from Norfolk Place into Southwick Mews. Number 10 is at the far end of the Mews.



Nearest tube station

Paddington (underground and rail networks)

Car Parking

There are meters locally, and there is a car park at the nearby Water Gardens.

Stop Smoking with clinical hypnosis

with
Benjamin ♦ James & Associates

Appointments & further information:

0845 054 2460

10 Southwick Mews

London W2 1JG

info@stopsmokingclinic.co.uk

www.stopsmokingclinic.co.uk

Practitioners

Ursula James

Visiting Teaching Fellow at Oxford University Medical School

Ursula lectures at Oxford and Cambridge and is honorary lecturer in clinical hypnosis at St Georges Medical School, and Barts and The London.

She is a member of the Executive Committee of the British Association of Medical Hypnosis (BAMH) and a founding member of the Academy of Medical Educators. She also appears on TV and Radio as a hypnotherapy expert.

Phil Benjamin

Honorary Senior Tutor, St George's Medical School, University of London

Phil is a Fellow of the BSCH and lectures at the medical schools of Oxford and Cambridge University and QMUL and St Georges, University of London.

He has a thriving hypnotherapy practice and, as a qualified pilot, he specialises in treating flying phobias.

CDs and MP3s

CDs and MP3s from the practitioners, for a range of conditions from Controlling Anxiety (approved by the National Phobic Society) to Achieving Financial Success are available at:

www.ursulajamesstore.com

Hypnosis sessions

A session of hypnosis for stopping smoking takes around one hour. The treatment involves working with your specific habit, concerns and ambitions to ensure that you not only stop smoking but do not start again. Your treatment is personalised to give you what you want, and avoid what you don't want so you do not replace the smoking habit with anything else. You leave feeling fine and relaxed.

Fee: £350

Clinical hypnosis can also help with many other conditions. For a confidential discussion on whether clinical hypnosis can help you, please contact us (details on front page).

Hypnotherapy

The experience of being hypnotised is difficult to describe, neither asleep nor awake.

All hypnotic states are characterised by a pleasant state of relaxation into which individuals allow themselves to enter so that beneficial suggestions may be given directly to the unconscious mind. Thus, hypnosis is a natural, effective way of making contact with the inner (unconscious) self, a source of many of our problems as well as a reservoir of potential strength and knowledge.

Nearly everyone can readily respond to clinical hypnosis and it is often successful when other, more conventional methods of treatment have failed.

Nobody can ever be hypnotised against their will and, even when hypnotised, people can still reject any of the suggestions given if they are not appropriate.

Session information

Are there any side effects?

Yes, you sleep better and feel more confident about everything.

Am I in control?

You will hear everything being said, but do not need to listen. Everything you wish to take on board you will.

Can everybody be hypnotised?

Yes, but only if you want to be. Nobody can ever be hypnotised against their will and, even when hypnotised, people can still reject any of the suggestions given if they are not appropriate.

How does it feel?

Different for everybody, but always pleasant.

Can I have someone there with me?

Yes, if you wish. Most people feel more comfortable on their own, but it is up to the individual.

What if I don't really want to stop?

I have never met a smoker who really wanted to stop. If they did they would not need this extra help. Hypnosis can help you become someone for whom smoking is a thing of the past - it does not change your personality, or make you an anti-smoker, you just stop smoking yourself. Hypnosis amplifies your existing willpower appropriately.

How long does it take?

One session of about one hour... and you leave as someone who no longer smokes. Easy.