



Proformance Hypnosis

Change Your Mind and Change Your Life

Empowerment | Healing | Performance

The Truth about Nicotine

From the Surgeon General to the local doctor it's been "enshrined" that nicotine is addictive. They say so. They tell you so. You've heard it ever since you can remember. It must be. Even the tobacco executives were forced to concede that it is.



Or are we the victims of one of the most successful intentional misrepresentations as part of the war on tobacco?

Nicotine is not addicting! I will mention this to every smoking cessation client. I'm surprised by how many will agree with me right off the bat. There has been so much programming in the media and other sources about the power of nicotine. And, frankly I just don't believe it. Nicotine is not addicting, and I believe I can prove it to you by asking a question. If nicotine was so addicting, how come we don't have centers all across the world to help people get off nicotine gum and the patch? When nicotine is given in pure form, no one ever seems to get addicted. I've never had anyone come into my office and ask me to help them quit the gum or the patch and there probably never will be.

If it's not addicting, then how come people who smoke have trouble quitting?

Simple, for two reasons:

1. First, it is a habit and habits are difficult to stop unless an alternative behavior is established.
2. Second is that cigarettes are used as coping mechanisms, when an individual may smoke to take their attention away from an unpleasant feeling, such as anxiety, sadness, loneliness or depression. It is a distracter.

**Have You been waiting for the right moment to become a non-smoker?
If you're ready the time is Now, because it's always later than you think.**

The Truth about Nicotine

Smokers (you?) have been brainwashed to believe that quitting smoking has to be a very difficult process, requiring incredible willpower and strength of character to accomplish.

Even the U.S. government supports this concept. All who subscribe to this belief say that nicotine is perhaps the most addictive drug in existence, even more than heroin or cocaine.

There have been many papers published by highly educated individuals who supply charts and graphs and case studies supporting this postulation.

You may have tried to simply walk away from smoking yourself, and found it so difficult that it has reinforced this belief in you.

Almost every method being sold on the market today points to the nicotine addiction and shows ways to sublimate nicotine addiction with nicotine replacements.

I believe none of these methods address the real core issue with smoking.

How could nicotine hold an addictive power over someone twenty years after they have smoked their last cigarette? Yet we have all heard stories of people who succumbed to their craving for a smoke after all that time. Could they possibly have still been addicted to nicotine? *Of course not.*

There is now scientific research that completely dispels the nicotine addiction theory that the government and pharmaceutical companies want you to believe. The reason they want you to believe nicotine is addictive is because that's how they make millions upon millions of dollars, selling you one nicotine product after another, knowing you'll never really quit for good.

Hardly worth spending your hard earned money for, do you think?

**When You Change Your
Deepest Thoughts About Smoking You Will
Instantly Transform
Your Desire... And Then...
You Will Never Want To Smoke Again**

It is easy when you know how...

There is a simple and drug free way to stop smoking; **Stop Smoking Hypnosis** helps you quickly access the part of your mind running the learned behavior of smoking and then simply unlearn it, most times in just one session. Once you've made the decision to stop smoking and are committed to that decision, it really can be that simple.

Hypnosis is recognized worldwide as one of the most successful ways to stopping smoking.

- **Imagine** being able to happily choose not to smoke and feeling fine about that decision.
- **Imagine** how healthy you would feel every day if you were no longer taking in cigarette smoke.
- **Imagine** how much younger, fitter and more attractive you would become if your body's processes were working to optimize your health and energy
- **Imagine** how happy and confident you would feel, knowing you'd chosen to stop smoking and stuck to that choice.
- **Imagine** what you will be able to do with the time you had given yourself by lengthening your life and knowing you had greatly improved your chances of avoiding life threatening illnesses such as lung cancer and heart disease.
- **Imagine** knowing you've not just added years to your life, but life to your years.
- **Imagine** how many extra thousands of dollars you could spend on the people, things and activities you love.
- **Imagine** all the new places you could go, the things you could do, the people you could meet

I hope me sharing this information with you will help to improve your mental and physical well being, and realize what a useful tool for change hypnosis is. I want to help as many people as possible to live long, healthy and happy lives, and I hope this contributes in some small way. Please feel free to contact me to share your success stories, or to take advantage of a **FREE 30 minute consultation** and have your questions answered about how you can experience lasting change in your life.

Ken Bizup

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Ken Bizup is a Certified Professional Hypnotist and Director/Founder of Proformance Hypnosis™ He is also a Certified Sports Psychology Coach, Certified Mental Game Practitioner and Director/Founder of The Athlete Mental Trainer™.

Would you like to find out more?



Success is just a phone call away!

Toll Free **(844) PRO-HYPNOSIS** (844-776-4976)

For more information on our Hypnosis programs or to see if we are right for you
CALL **844-PRO-HYPNOSIS** (844-776-4976) or visit us online at www.proformancehypnosis.com
Because You Have A Choice To Make... A Choice That Could Change Your Life For Good