

You Can Stop!

That's right. You can stop smoking.

No matter how much you smoke...or how long you've been smoking...you can stop smoking without anxiety, irritability, cravings or weight gain.

You have TRIED to stop smoking, haven't you? Perhaps have TRIED the "nicotine patches", the "nicotine gum", the "inhalers" or the pills. You may have TRIED counseling, group programs...or maybe you attempted to tough it out and go "cold turkey".

When you TRIED to quit didn't it feel like there was a battle going on inside of you?

One part of you...KNOWS you should stop smoking FOR YOUR HEALTH & SURVIVAL...while another part of you...simply won't let you!

Because the subconscious is stronger than the conscious you felt like a battle was raging on inside of you. Perhaps you felt anxiety, irritability, anger, rage, hatred, depression, sadness, a feeling of loss, or a sense of being out of control. Perhaps you began to eat everything in sight. Because those feelings were so uncomfortable you went back to smoking. Didn't you?

The part of you that wouldn't let you stop smoking is your subconscious mind. You can't change your subconscious by force of will. You need help. The right kind of help.

Hypnosis creates a powerful reaction in the subconscious mind. Hypnotic suggestions modify your subconscious programming...making it easy for anyone to stop smoking.

Hypnosis diminishes the power that nicotine has to make you want to smoke.

Hypnosis makes you comfortable...helps eliminate the cravings...and smoothes the rough emotional edges...and helps you quit without gaining weight or feeling anxious.

You'll no longer think of yourself as a smoker...you'll start to think of yourself as a non-smoker. Non-smokers don't purchase tobacco, nor do they

smoke. Non-smokers don't touch cigarettes. They don't want anything to do with smoking.

Hypnosis helps to soothe your senses and relax your nerves. It calms and relaxes you. The suggestions encourage you and motivate you to eat right...so you don't gain weight. The suggestions encourage you to exercise. They aid in the healing process your body goes through after all your years of smoking. Hypnosis does great things for stress.

Give my sessions a fair try. You will be a non-smoker in three sessions. This is your opportunity to change for the better and start to live a clean, fresh healthy life.

You'll save **at least** one thousand dollars each year...money you can do what ever you want with. Do it for your children...for your family...for your friends...above all do it for yourself. Call me today and begin a new, healthier smoke-free life.

Dr. Bunny Vreeland – Ventura County Hypnotherapist – Bunny Vreeland serves Camarillo, Oxnard ,Ventura, Thousand Oaks, Ojai, Moorpark and Santa Paula California – Bunny Vreeland provides hypnotherapy solutions for weight loss, hypnosis to stop smoking, IBS, fibromyalgia, stress relief, and more. Dr. Bunny Vreeland can be reached at **800-755-4083 or 805-984-1237 or at www.bunnyvreeland.com**.