

WILLOW HYPNOSIS

I AM A NON-SMOKER

Suggestions:

- 3) Everyday start your day with your “mantra” “I AM A HAPPY, HEALTHY NON-SMOKER. Repeat at least 10 times out loud first thing in the morning and the last thing at night before you go to sleep. Repeat as many times as you’d like during the day.
- 4) Cut back on coffee & alcohol during your first week.
- 5) Drink as much water as you can as it helps flush the toxins from your body. All the nicotine is gone from your body after 4-6 days.
- 6) Chew Tums or Rolaids as a calcium supplement if you feel achy
- 7) Eat oranges or grapefruit – shoot for 3/day during the first 10 days
- 8) Chew sugarless gum or suck on sugarless mints if you desire something sweet.
- 9) Consider putting the money that you would have spent on cigarettes in a box and then spend in to something that’s healthy or fun.
- 10) Enjoy life as a non-smoker. Notice how much better everything smells & tastes. Notice how much more mental and physical energy you have. Notice how much clearer your mind is and how much better your body feels.
- 11) Congratulate yourself!!!!