

Hypnosis Has Helped Millions Stop Smoking

Hypnosis is a tool that can help you take back control and stop smoking for good—just as it has done for millions of other people.

When you are ready to quit for good, you are ready for hypnosis. I am a professional hypnotherapist who not only wants to help you stop smoking, but who can help you.

Will I Gain Weight?

Gaining weight when you quit smoking is not inevitable. If you are concerned about gaining weight when you stop smoking, let me know right away. I can give you the proper hypnotic suggestions and information that ensures you can stop smoking without gaining weight!

There Are Two Customized Programs to Choose From

I offer two programs because it is my experience that a “one size fits all” approach does not provide the effectiveness of offering a more flexible and customized approach.

As your hypnotherapist, I can help you decide which program is better for you.

The Accelerated Stop-Smoking Program is one approach that I offer. This program is completed in two sessions and provides a much greater effectiveness than any one-session stop smoking program can provide.

Hypnosis Can Be Your Tool for Success!

I encourage you to call or come into our office and ask me questions about hypnosis and our services. I enjoy answering questions. It is part of my job.

Hypnosis and hypnotherapy can help you with the following and more:

Stop Smoking	Weight Loss
Anxiety	Stress
Remove Fears	Relationships
Remove Habits	Alcohol Abuse
Drug Abuse	Improve Mood
Motivation	Stage Fright
Public Speaking	Pain Management
Anger Issues	Sexual Issues
Abuse Issues	Self-Esteem
Concentration	Self-Confidence
Test Anxiety	Shyness
Procrastination	Children's Issues

Contact me about any issues not listed here.

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Stop Smoking with Hypnosis

Learn how hypnosis and hypnotherapy
can help you succeed.



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naturopathic medicine, pllc

creating wellness from within

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The other program that I offer takes a more thorough and therapeutic approach. It takes more into consideration than the merely habitual aspects of smoking.

Most smokers recognize that their habit is more than just a habit and that stress and other emotions can play a major role. When these smokers are under stress or experience other emotions, the drive to smoke can become much stronger.

**Finally be free of an old,
self-destructive habit!**

The Stop-Smoking Hypnotherapy Program is designed to help reduce the level of stress you feel in your life, while at the same time providing you with powerful hypnotic suggestions that will make it easier for you to stop smoking.

You will also learn about “The Secret Language of Feelings,” which will help you to better understand how emotions can drive your habit. With this approach, you will have what it takes to know just what to do when life’s stresses arise. Once you have quit smoking, you won’t need to go back to smoking in order to cope with the ups and downs of life. You can finally be free for life.

With this more therapeutic and educational approach, I can also offer you the opportunity to learn 7th Path Self-Hypnosis®. By learning self-hypnosis you will be confident that you can

always reinforce the hypnotherapeutic work that you have done with me, should you ever be tempted in the future.

As a bonus, once you learn self-hypnosis, you can use it to make any kind of positive changes that you want to make in the future, such as removing other bad habits, improving motivation, improving sleep, and much more.

The Accelerated Stop-Smoking Program May Be Right for You:

1. If you have quit in the past with little difficulty
2. If you have successfully quit smoking by using hypnosis before
3. If you are highly motivated to stop smoking

The Hypnotherapy Program May Be the Right Choice for You:

1. If you tried to quit before but failed because you became very irritable or emotional
2. If you tried to quit before but failed because you gained weight
3. If it makes you feel nervous or emotional when you think about quitting smoking
4. If quitting smoking is like giving up an old friend

There is no need to decide before you see me. It is better if you call my office and consult with me over the phone, so I can help you decide which program is better for you.

Hypnosis Can Help You Succeed When Nothing Else Has Worked!

Hypnosis has helped many people stop smoking when nothing else has worked.

If you have tried again and again to stop smoking but had no success, give yourself the opportunity to learn more about how hypnosis and hypnotherapy can help you stop smoking for good, so that you can finally be free of an old, self-destructive habit.

Who Will Hypnotize Me?

It is now commonly accepted that all hypnosis is really self-hypnosis. When you follow the instructions of a hypnotist, you actually will be hypnotizing yourself.

As a highly-trained, qualified, and professional hypnotherapist, I will uphold the highest ethical standards, treat you with respect, and maintain confidentiality as required by law. I am registered with the State of Washington.

Take back control!

I have also undergone advanced professional training and have earned additional certification in 5-PATH, one of the most highly regarded hypnotherapy systems in the world.

Please call or email me today. I would be happy to answer your questions and help you decide whether hypnosis and hypnotherapy is the right approach for you.