

TIPS TO BECOMING A NON-SMOKER... FOR LIFE

PRIOR to your session:

1. **Listen to the Hypnosis Orientation audio message. *VERY IMPORTANT!***
2. Remove ALL smoking materials from your home and car – this includes cigarettes, ashtrays, matches and lighters. Make sure the ashtray in your car is clean.
3. **Bring ALL of remaining cigarettes to our session for proper disposal. This is important! If you finished all of your cigarettes, bring an empty pack.**
4. Have some chewing gum or sugar-free hard candies available after the session.
5. Please, **NO Caffeine** for at least 3 hours prior to your session. The point here is to **RELAX** and not run to the bathroom every 10 minutes.

AFTER your session:

6. For the next few days, cut down on caffeine and alcohol consumption, avoid people and places that encourage this past behavior.
6. Drink plenty of water. It helps to flush the nicotine and other chemicals from your system.
6. Consider taking a Multi-Vitamin.
7. Consider using some type of Herbal Cleansing Formula to help remove the toxins from your body more quickly.