



# You Really Can Quit Smoking During National Non-Smoking Week!

## Press Release

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### FOR IMMEDIATE RELEASE

Victoria, B.C. Canada – January 18, 2009 – Information and support for the smoker has never been better. We know more about the “physiology of smoking” than ever before in history. For example, did you know that the average ex-smoker’s body starts repairing itself only 20 minutes after she quits? Did you know that smoking is the number one preventable cause of death?

Scientific research has given us an amazing list of benefits that allows a smoker to chart his or her body’s recovery after quitting.

- Within 8 hours** – carbon monoxide level drops in your body oxygen level in your blood increases to normal
- Within 48 hours** – your chances of having a heart attack start to go down your sense of smell and taste begin to improve
- Within 72 hours** – your bronchial tubes relax and make breathing easier your lung capacity increases
- Within 2 weeks to 3 months** – your blood circulation improves your lung functioning increases up to 30 percent
- Within 6 months** – your coughing, stuffy nose, tiredness and shortness of breath improve
- Within 1 year** – your risk of smoking-related heart attack is cut in half
- Within 10 years** – your risk of dying from lung cancer is cut in half
- Within 15 years** – your risk of dying from a heart attack is the same as a person who has never

Source: The Lung Association

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Your level of motivation to quit is at the crux of the matter. Without a great desire to quit smoking, you can easily derail from your intended goal. It is important to keep lists and notes of why you are choosing to take this step that so many find difficult. The notes serve to remind you of your motivation when the “flesh is weak”. Another great motivational resource for those who want to stop smoking is Vancouver Island Health Authority’s booklet entitled, *Breathe Easy*, which can be downloaded [here](#). It offers solid, contemporary ideas for the smoker looking to walk away from cigarettes.

An excellent alternative to the “cold turkey”, “gradual reduction” and Nicotine Replacement Therapy (NRT) methods is hypnosis. When used for smoking cessation, hypnosis allows smokers to circumvent the cravings, withdrawals and other undesirable side-effects that often plague would-be ex-smokers while attempting to quit. By embedding suggestions in the subconscious mind, a properly trained Smoking Cessation Specialist can make quitting smoking a simple and uncomplicated endeavour. Our clinic is able to accomplish this in a single session for most clients...as long as the desire is there.

The Quit Smoking Clinic at Seaside Hypnosis Center is the only credentialed smoking cessation specialist on Vancouver Island, British Columbia, Canada. Located in Victoria since 2001, it is the first facility to offer guaranteed smoking cessation programs on Van Isle, they have helped hundreds worldwide to become smoke-free forever after just one session. Their quit smoking program is guaranteed in writing against cravings and withdrawals and has been developed over thousands of hypnotherapy hours.

For more information, please go to their website:

<http://www.WeGaranteelt.com> or <http://www.SeasideHypnosis.com>; or call 250-389-2603.

