

Author: A Report of the Surgeon General. DHSS, 1990.

The benefits experienced after your last cigarette.

Immediately after your last cigarette:

- Your body starts the healing process

About 20 minutes after your last cigarette:

- Blood pressure returns to normal as does circulation

About 8 hours after your last cigarette:

- Carbon Monoxide levels return to normal



About 24 hours after your last cigarette:

- You are less short of breath
- Lungs start to clear out mucus and other smoking toxins and debris
- You save money (\$10+ per pack)

Around 3 days after your last cigarette:

- No nicotine left in the body; taste and smell senses improve
- Your senses of taste and smell improve
- Your skin looks and feels better
- Your energy levels increase
- Breathing becomes easier

About 1 week after your last cigarette:

- Your mood improves
- You are less irritable

About 2 weeks to 3 months after your last cigarette:

- Blood circulation improves
- Walking and running becomes easier
- Lung function increases – more increased energy

1 to 9 months after your last cigarette:

- Smokers cough decreases
- Your lungs cleansing functions return to normal
- Your risk of lung infection decreases

1 to 5 years after your last cigarette:

- Your risk of a heart attack falls to about half of a smoker

- You've saved approximately \$3,500.00 or more by not buying cigarettes

10 to 15 years after your last cigarette:

- Your risk of heart attack falls to the same as a non smoker
- Lung and other cancer deaths drop to the same as a non smoker

Stop Smoking for Good!

It has been shown that 1 session of hypnotherapy for Stop Smoking may not be enough to give you lasting success. You want to Stop Smoking permanently.

After 3 personalised sessions tailored to the individual you will be a Non Smoker for good. With a 97% success rate the unique Channelled ... Growth Stop Smoking Program will have you enjoying better health and all the benefits of being a Non Smoker ... NOW. Call 6656 1420 today!

Channelled Growth can help you achieve your goals with proven results. Utilising a combination of Hypnotherapy, NLP, and Coaching techniques, many people from all over NSW have experienced real success.

Now it's your turn with **CHANNELLED GROWTH'S 3 SESSION START UP PLAN.**

OUR 3 SESSION PROGRAM

Channelled ... Growth recommends a 3 session Smoking plan tailored to your own particular smoking habits to ensure that you stop smoking permanently.

During this plan we will work on your individual 'triggers' which can be both situational and emotional. (boredom, stress, anxiety, anger, drinking etc.) We will also explore any other concerns that you might have about being a non-smoker, such as weight gain.

'Your' treatment is personalised. This ensures that a program is created from information related to 'your' history, 'your' situation and for 'your' individual needs and concerns.

CALL 6656 1420 today so you too can enjoy the benefits of being a Non-Smoker permanently!

CHANNELLED ... GROWTH

Clinical Hypnotherapy, Life and Business Coaching, Spiritual Workshops and Meditation Circle.
PO Box 1015, Coffs Harbour NSW 2450 Telephone: 6656 1420 www.channelled.com.au