

Are you ready to...

- Breathe easily and stop coughing?
- Experience increased energy?
- Reduce your risk of heart attack, stroke, cancer, emphysema?
- Add additional quality years to your life?
- Safeguard the health of your loved ones, friends and people you care about?
- Find sense of personal power?

If the answer is ranging from **MAY BE** to a positive **YES** then consider **HYPNOSIS!**

For over 30 years American Medical Association has accepted hypnosis as a legitimate approach in smoking secession along with a variety of health issues. The Hypnotherapy **STOP SMOKING** program is safe, natural, effective and without any **SIDE EFFECTS** of **ANXIETY**, **NICOTINE CRAVINGS** or **WEIGHT GAIN!**

Interesting facts...

Want to know what happens when you stop smoking?

According to American Lung Association, your body will go through the following changes, regardless of how long or how much you have smoked:

Within 20 min. of last cigarette:

- Blood pressure and pulse go close to normal
- Body temperature goes to normal

After 8 hours:

- Carbon monoxide level in blood drops to normal
- Oxygen level increases to normal
- Detoxifying process begins

After 24 hours:

- Chances of heart attach decrease after 48 hours
- Nerve endings start re-growing
- Ability to smell and taste improves after 72 hours
- Lung and bronchial capacity increase
- Quality of life increases

In two weeks to three months:

- Circulation improves

- Coughing, sinus congestion, fatigue, shortness of breath decrease
- Cilia re-grow in lungs, body overall energy level increases

After 5 years

- Lung cancer rate drops down 50%
- Pre-cancerous cells replaced with normal cells
- Risk of other cancers decrease

TAKE ADVANTAGE OF OUR 20% OFF YOUR STOP SMOKING SESSION BY DECEMBER 15.

IF NOT NOW, THEN WHEN?

Call Katherine Agranovich DNH(c), for your private session at (949)702-3228, (949)706-2300.

ACHIEVE HEALTH CENTER, INC.

Helping you Achieve...

