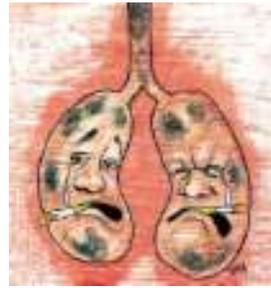


Facts about smoking:

- Each cigarette takes 8 minutes off your life
- A pack a day takes one month off your life each year
- Two packs a day take 12-15 years off your life
- Cigarettes have more than 4000 known poisons, any of each can kill in high enough doses
- One drop of pure nicotine acid can kill a man

Quality of life also diminishes:

Chronic bronchitis
Constant dry cough
Difficulty and shortness of breath
Lung and respiratory depletion
Number of cancers
Emphysema and dry lungs
Premature aging, wrinkles, age-spots



Secondhand smoke (passive) is the third leading cause of preventable death in the U.S.

Passive smoke reduces fertility, successful pregnancy, affects unborn and young infants, causing severe health problems.

It increases the instance of cervical, uterine and lung cancer, heart disease and osteoporosis. Each and every time someone smokes they put not only their life, but the lives of people around them in jeopardy; people they love and care about.

California declares second hand smoke a toxic air pollutant. The decision puts tobacco fumes in the same category as Diesel Exhaust, Arsenic and Benzene, which are carcinogenic to humans.

But, there is good news!

Don't get discouraged, there is help on the way and you can free yourself from the smoking prison and remain a nonsmoker...

Hypnosis is a very effective, proven and nontoxic method which can deliver this freedom. For more than 30 years, the American Medical Association has been accepting hypnosis as a legitimate approach towards a variety of health problems. Hypnosis is a natural state of mind and conviction phenomena. It is in a realm of everyone's capability.

The Stop Smoking Therapy is done in one session. During a comprehensive interview we gather all the information, history, and contributing factors in regards to a smoking habit. Then you would be introduced consciously (intellectually) and subconsciously (your body's inner computer) to a simple and healthy program, where you would learn an instant craving technique, ways to detoxify your body, prevent weight gain and stay in control. A personalized tape is made to take home for reinforcement.

So, what happens now that you are a non-smoker:

Starting immediately

All the money you would save on those packs of cigarettes!

Within 20 min. of last cigarette:

Blood pressure, pulse and body temperature go close 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 attack decrease after 48 hours

**Nerve endings start re-growing
Ability to smell and taste improves after 72 hours**

Lung and bronchial capacity increase

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**



Katherine Agranovich is the founder of **ACHIEVE HEALTH CENTER INC.** She is a Doctor of Natural Health Studies, a Board Certified Hypnotherapist and a PhD candidate. She was originally trained as a R.N. and worked in medical settings. Through a family member's illness, she had a turning point in her career, choosing the path of discovery and awareness of holistic health concepts. She has completed programs in Professional Hypnosis, Alchemical Hypnotherapy and the Psychology of Hypnotherapy, which qualifies her to work on a variety of issues. Katherine is constantly reaching for new knowledge in Holistic Health to help her clients ACHIEVE. Katherine is accredited by the Coalition for Natural Health Association, International Medical and Dental Hypnotherapy Association, American Alternative Medical Association, and the American Board of Hypnotherapy.

(not licensed by the State practitioner)



ACHIEVE HEALTH CENTER

Stop smoking and remain a non-smoker with Hypnosis.

Natural, side-effect-free program without weight gain and irritability.



ACHIEVE HEALTH CENTER

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