

MARCIA PROCTOR HYPNOTHERAPY

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WHY GIVE UP CHEWING TOBACCO?

If you weigh up the advantages and disadvantages of being a chewer or a non-chewer, you'll always come to the same conclusion – only an *idiot* would actually choose to be a chewer. This is something that all chewers know, even if they continually protest about free choice and the like. The trick is to always remember this fact now that you are a non-chewer. You are not making some sort of sacrifice, because *chewing does absolutely nothing for you at all* – other than destroy your health, empty your pocket, make you smell, and considerably shorten your life. You are already aware of the benefits to be gained from quitting the habit, otherwise you would not have thought of doing so in the first place; the trick is never to have any doubt about how much you wanted to give up, otherwise you'll make yourself thoroughly miserable, wishing you could chew tobacco. *And even more miserable if you DO have one!*

Don't avoid smokers, chewers, or rooms or situations where people chew – instead just look at them and be quietly pleased that you've achieved something they haven't. They have the problem and you are free from it. You don't need chemical substitutes and you don't need to keep a can of tobacco in a drawer somewhere 'just in case'; *either of these two 'protections' will only serve to convince your subconscious that stopping is difficult – and it isn't!* And dismiss any feelings that you are being deprived of something – you are actually gaining something, not losing it; you're gaining extra energy, extra health, extra life. You have your water bottle, the rubber band, and self-hypnosis.

Even though you've had the benefit of hypnosis to help you stop easily, you might possibly experience some sensation of craving or need during the first few days ... that feeling of 'I wouldn't mind a chew'. If it exists at all, it will be far less than if you were trying to quit by will-power and will last for only a few seconds if you really want to stop. This is because the body can only maintain any sensation if it is constantly stimulated; instead of saying to yourself: 'I'd really love to have just one chew.' Say: 'Thank goodness I've stopped chewing.' *If you really want to stop, you'll find this easy, and any feeling of craving will disappear like magic.*

Don't try not to think about tobacco – it's impossible, because in order to try not to think about something, you've got to think of it in the first place to know what it is you're trying not to think about! You might think about tobacco – and you might not. If you find yourself not knowing what to do with your hands, take a pen and a piece of paper and write, '**I do not chew**' several times, to occupy yourself. It's also worth remembering that you can get rid of any craving feeling in the mouth by simply drinking water from the water bottle...

The most important thing of all to remember: You're not sacrificing anything or being deprived of anything, because tobacco does nothing at all to improve your life. So there's no reason to envy those who still chew; they're still 'hooked' and still destroying cells in *every part of the body* at an accelerated pace. **They are literally still killing themselves.**

Within 2 weeks, the urge to chew will have disappeared completely and you will be well on your way to becoming healthier, saving money, more energetic – and living longer!

Don't forget your Vitamin C and Vitamin B – you can get these from any pharmacy or health food shop. Ask for 1000 mg controlled release Vitamin C tablets (take 3 a day – they are perfectly safe) and also a good Vitamin B complex, which should contain B₆ and B₁₂. The Vitamin B complex helps you to deal with stress, while the Vitamin C not only helps to make quitting easier; it also bolsters your immune system, which will have been damaged by smoking. Many people, in fact, take Vitamin C on a daily basis (two or three a day) to ward off colds and other minor ailments.