

# **IT'S NO LONGER YOUR FAULT YOU'RE SMOKING**

**YOU ARE NO LONGER SMOKING BY CHOICE  
BECAUSE IF YOU WERE.... YOU WOULD BE  
ABLE TO QUIT BY CHOICE**



**JENNIFER MACDONALD, RN,MP,CHT**

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Jennifer Macdonald  
Carlsbad, California  
[nursejem@hotmail.com](mailto:nursejem@hotmail.com)  
[www.TryHypnosis.net](http://www.TryHypnosis.net)

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## **Dedication**

For everyone who knows consciously that smoking is bad for you, wants to quit, but continues to smoke. Smoking is a habit you spent many years enforcing. You have to reverse the habit in your mind to eliminate it. Change your mind, eliminate the habit. Your mind is your most powerful tool and used correctly you can refocus your thoughts to eliminate the desire to smoke. Some will be lucky enough to use the willpower method from this book; others will need hypnosis, medicines, or a trip to their doctor's.

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## Preface

You need to understand you are no longer smoking by choice. Of course it's your right to smoke and it's your body. But when you can no longer just put down the cigarette and quit because of the addiction that the Tobacco companies have paid scientists millions of dollars to create, then you're a victim of the tobacco companies' nicotine scam. They've created a cigarette that's so addictive you couldn't just walk away from smoking. If you can no longer quit by choice, then you're no longer smoking by choice.

Most companies would pull a deadly product off the shelf and not try to make money off it. When meat or produce gets contaminated, the companies issue an instant recall. The Tobacco companies think nothing of putting some of the most dangerous, contaminated, and deadly chemicals in your cigarettes. When some of those chemicals combine and are lit, they form 4,000 deadly chemicals in the cigarette and its smoke. To create a strong addiction they had to use toxic chemicals to keep making money with no regard to what happens to all who are exposed to these harmful chemicals. You don't see them or their families smoking anymore!

I think this is really unfair; they make a deadly product put a tiny label on it to warn you this is dangerous, yet make it so addictive you can't just walk away. Instead of taking this deadly product off the market when they found out it was harmful, they hired scientists to make it more harmful to create an addiction so you couldn't stop smoking and they could still make their billions of dollars. You don't hear much about the Tobacco companies getting sued anymore because they call your death a foreseeable death. They foresee your death and have warned you right on the label that this product is dangerous and can cause death, or worse cripple your health leaving you to suffer for years or even decades to come. Who pays attention to the small print anyway? That's what they bank on.

Cigarettes were more natural when they first came out. Not necessarily good, but they didn't contain all the extra toxic and cancerous chemicals they do now. If they put cigarettes back in their more natural form, it would lose the chemical control cigarettes have over people and the Tobacco companies wouldn't make money. They started to add these toxic chemicals to get people more addicted when the Surgeon General's report came out on how bad smoking was for your health. As consumers have become more sophisticated,

the Tobacco companies have had to become more savvy at increasing the addiction ingredient to keep people smoking. Smokers need to stop blaming themselves for smoking and put the blame where it belongs: on the sneaky Tobacco Companies!

Cigarettes are the only product when consumed as intended kill or cripple half or more of its consumers. Even though alcohol is legal and can cause harm if overused, alcohol in and of itself is not addictive. Just one cigarette can cause harm. You have to have an addictive personality or turn to alcohol because of your troubles. People who have been tricked by smoking and don't have any problems, have tried to quit several times but still can't. It's even said that if you drink one small glass of red wine per day, it's good for you, but they've proven that smoking just one cigarette a day isn't good for you, and the second-hand smoke from the cigarettes can kill you as well.

People say, "Well I have to die anyway!" It's not dying you should worry about, it's chronic diseases and the horrible effects from smoking. You would be one of the lucky ones to die early from smoking, because the others are crippled for 10 years or more with chronic diseases which makes living life miserable. An early death should be the least of your worries; the slow painful suffering death should be the thing you worry about. Remember it only takes 72 hours to get the poisonous addictive chemical nicotine out of your system breaking the physical addiction, compared to a decade of suffering. Three days is nothing, and you can do this with the help of this book. Hypnosis can break the psychological addiction in one session. Visit [www.TryHypnosis.net](http://www.TryHypnosis.net) or call (760) 918-9463.

My grandma used to say she wanted to die in her sleep so she could avoid any suffering. She got her wish after living 89 years of a healthy, productive life. You need to act like you're going to need your body for 50 years or more depending on your age. If you don't have your health, you don't have anything. Go to a chronic hospital and talk to people who say they wish they could wave a magic wand and go back and had made that decision to stop smoking.

Every tobacco user knows smoking is dangerous, including yourself, right? But can you explain what the Tobacco companies have done to make you believe smoking is enjoyable or why it's so hard to quit? The vast majority of smokers don't smoke because they truly enjoy it anymore, and those who

do enjoy it, don't fully understand that they're being played by the Tobacco companies. The Tobacco companies, by adding all the toxic chemicals, have figured out a way to have an endorphin called dopamine, a natural neurotransmitter, released in your brain only to disappear just as fast, leaving you wanting more. This is why some might think smoking is enjoyable. But as you damage your body more and more with all the poisons, your body will need more and more and soon feel anxious and nervous until you're so dependent on the cigarettes, you can't quit. Nicotine is a stimulant poison.

Use your mind to convince your body that cigarettes are not enjoyable; they're just poison that the Tobacco companies are using to get rich off people. Stop the chain of the Tobacco companies making money off you while your family and your health ultimately pay the price. Your desire to inhale that poison and make the Tobacco industry rich, could simply vanish.

If you change your perception, you can change your biology. In other words, when you imagine with each breath all the different poisons leaking out into your body and think of the taste of a car exhaust, cigarettes may lose their appeal.

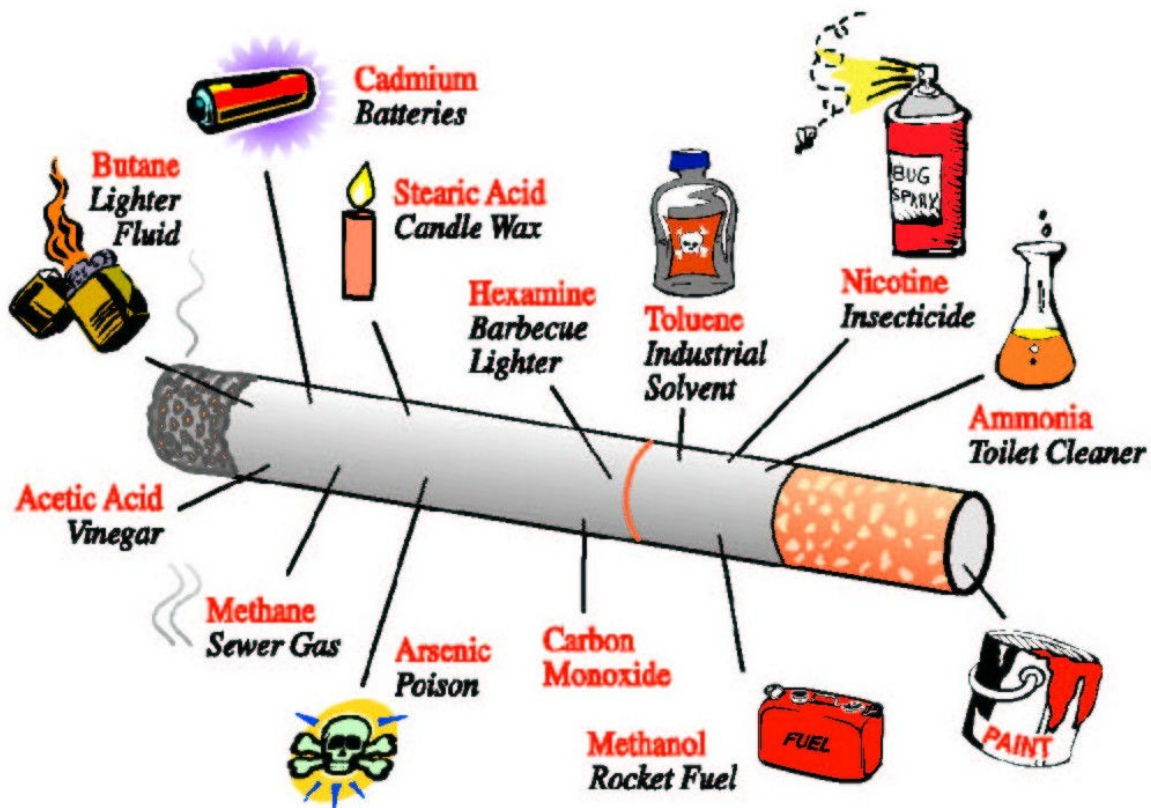
Anthony Robbins has a seminar called "Personal Power" in which he illustrates the power of perception. People have been able to walk barefoot over red hot coals without burning their feet. Nothing is impossible if you change your perception and use the power of your mind. Hypnosis works well for changing perceptions in the mind.

In this book you will learn that withdrawal from nicotine has two parts: the physical and the psychological. You must take care of both parts of nicotine withdrawal in order to be successful at quitting smoking. For the *physical withdrawal*, I'll show you how to regulate your blood sugar and what to do to break triggers the first week. For the *psychological withdrawal*, I'll impart you with knowledge and show you how to use your anger and fear. Some people may need a bit more help and can use hypnosis or see their doctor. For more help, visit [www.TryHypnosis.net](http://www.TryHypnosis.net).

Smokers have been harassed so much, they have become defensive. It's really not fair when judgments are not based on all the facts. It's time to drop the defensive attitude and turn something bad into something good by joining

the Non-Smoking Team. Use your valuable lessons and knowledge to help yourself, then others to quit smoking for life.

## What's in Cigarettes and Tobacco Smoke?



“I’ve always wondered why all of a sudden my cigarettes are making me feel so icky, and now I know,” said one long-time smoker. “At first I felt okay smoking, but as the years and all the poisons and toxins took effect, I feel horrible, yet I can’t quit.”





**Cigarettes are the only consumer product which, when consumed as intended, kills half of its regular consumers.**

- Most companies when they find out their product is dangerous or can cause harm, would take it off the market. The Tobacco companies have no conscience about using nicotine to line their pockets and get rich.
- Smoking causes half a million deaths in one year alone in the U.S. That's 1,300 deaths per day or one death every 82 seconds. It's like two jumbo jets falling out of the sky 7 days a week, 365 days a year. They call it a foreseeable death and have a "tiny" label on the package warning you.
- Smoking causes COPD and Emphysema, diseases that block airflow to the lungs, and sufferers have described it like breathing through a straw. Most smokers may be unaware that they're starting to suffer from a disease until it's too late.
- COPD is a deadly crippling disease. People get holes cut in their throat just to breathe, and they carry around oxygen tanks to breathe.
- Every 4½ minutes in the U.S., someone dies from lung cancer. Lung cancer is the number one killer of all the cancers.
- Smoking causes more than bad breath; it's been linked to causing all types of cancer.

The number of deaths caused by cigarette smoking is greater than those caused by alcohol, illegal drug use, homicide, suicide, car accidents, and AIDS combined. That amounts to over 1,300 deaths per day.

**KICK IT.**



**STOP SMOKING NOW.**

## Introduction

**The goal of this book is to radically change your feelings about cigarettes and to motivate, educate, and empower you.**

Knowledge is power. This book will give you the knowledge—facts you probably didn't even know—and it will give you the specific steps and techniques to move forward with your goal and quit for good.



*This book is designed to make quitting smoking simple, manageable, and attainable. You probably didn't start smoking on your own, and you don't have to quit on your own. No one has been taught the secret to how to quit smoking until now!!!!*

First of all, I want to explain that *it's not your fault that you're smoking*. The tobacco companies can take full responsibility for that. **They've engineered a highly addictive, habit forming nicotine delivery device: the CIGARETTE!**

I just want you to understand that you're no longer smoking by choice; you're a victim of the tobacco companies' nicotine scam. Of course, it's your right to smoke, and it's your body. But when you can no longer quit by choice, then it's unfair! Especially when you could suffer a crippling disease from this habit or worse, die.

*Nicotine is more addictive than heroin, cocaine, or amphetamines.* The tobacco companies have put nicotine in its free-base form (more concentrated and volatile) to reach the pleasure center of the brain in 7-10 seconds, only to leak out just as fast and put in the craving for the next cigarette. This is often the main reason people smoke, because it hits the pleasure center in the brain and people are tricked into thinking putting poison in their mouth is enjoyable.

Smoking is no longer socially acceptable, and it's getting tougher and tougher to find a place to even smoke in public—let alone deal with those judging stares you get for smoking. Smoking is becoming more and more of an inconvenience for most smokers. It's become a social poison in all aspects of the word.

The vast majority of smokers don't smoke because they truly enjoy it any more, or because they want to. They smoke because they've become dependent on the cigarettes. They have a false concept that cigarettes relax them and somehow give them courage and confidence. A false sense that cigarettes bring enjoyment.

It all comes down to a few reasons you believe you can't quit fear, habit, and addiction!!!!!!!!!!!!!!.

- Fear that you have to give up their crutch or pleasure.
- Fear that you won't be able to enjoy life or handle stress.
- Fear of failure.
- Fear that you will put on weight.
- Fear that you have to go through an awful trauma to get free.
- Fear that you never get completely free of the cravings.
- Nicotine is habit forming and very addictive.

Habit: A recurrent, often unconscious pattern of behavior that's acquired through frequent repetition.

Addiction: The state of being enslaved to a physiologically or psychologically habit-forming substance.

Fear, anger, and a little anxiety are the side effects of life's every day stressors. They are natural and can even be helpful in some situations. A little anger and a lot of fear can be a powerful doorway for transforming your future. In this case, they are going to be helpful to empower your future to be smoke free for life.

It's a known fact that smoking kills. This isn't fiction. We all have cancer genes in our bodies. It's just a matter of whether they get turned on. If they get turned on, you get cancer. Smoking is a giant risk factor that turns these genes on. With every cigarette you smoke, it's like playing Russian Roulette—you

never know which puff could suddenly turn on a cancer cell. This can leave you wondering: is this cigarette going to give me cancer or even emphysema? Cancer researchers have found that smoking even a small amount can lead to cancer. Yikes! Every day there are new studies confirming this. Smoking is said to be a vicious habit that should be ditched at the start before you get addicted—but is anyone listening?

Psychologically, you're in for a treat when you quit smoking. As a smoker, nicotine addiction gradually beats you down. Most of us spend years tied to a habit we desperately wish we could rid ourselves of. We feel weak and powerless and that leads to a slow destruction of self-esteem, usually so gradual we don't even realize what's happening. It's no wonder that so many long-term smokers suffer from anxiety and depression. When you quit, you'll be psychologically uplifted in many ways!

Physically, you're also in for a treat when you quit smoking. Within hours of stopping smoking, your body will begin to recover from the effects of smoking. You'll see a difference in your breathing and your energy level, among other great effects.

If you're only smoking in social situations—and those aren't *daily* situations—you're at a lower level of dependence. Maybe you're one of the lucky ones and aren't addicted. Try to go three days without cigarettes and see if that's true for you. And if you've quit, certainly don't ever start smoking again.

Most smokers understand tobacco use is harmful and they want to quit. Yet, they just can't!!!

- BUT, now it's time to take back your choices! Tobacco companies are earning billions of dollars at the expense of the health and deaths of millions.
- Use your anger directly upon the cigarettes and those who've manipulated you into this deathly spiral just to keep milking money from you.
- NOW is the time to use your anger and fear to motivate you to quit smoking and remain a non-smoker for good!

- NOW is the time to use the power of your mind to break this addiction. Once and for all—forever!

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## Chapter 1      Nicotine Addiction: Why People Smoke

When I was a smoker, there wasn't much I wouldn't have done to maintain my addiction. I cut short my time with family and friends. I missed out on many entertainment and recreational opportunities. I sacrificed much of my physical health and my self-esteem. I sacrificed the quality of my physical environment—my home, my car, my clothing. I



sacrificed a good portion of my income, too. Wow! In retrospect I sacrificed soooooo much to maintain my nicotine addiction!

**Nicotine is the drug responsible for making cigarettes so addictive.** Studies have shown it's more addictive than heroin, cocaine, and amphetamines, and just as hard a habit to break. It makes your body crave more cigarettes and that creates the addiction. Nicotine is the most dangerous chemical of all those inside a cigarette, because it reinforces the addiction with a deadly stronghold. The tobacco companies have learned how to make it even more addictive by converting nicotine into its free-base form. Most smokers are addicted to the nicotine in cigarettes, in addition to the physical habit itself.

*No one starts smoking to become addicted to nicotine.* This is the doing of the tobacco companies knowing full well that smoking nicotine is habit forming, and now described as highly addictive. So smoking has no longer become a choice; it's become a burden for many smokers. As many as 8 out of 10 smokers have tried to quit, with little success! Once again, people are no longer smoking by choice—they're addicted.

Tobacco companies highly engineered the cigarette. They've spent millions of dollars and have hired scientific research teams who discovered that without nicotine, the cigarette would lose its chemical control over the smoker. They've added all these dangerous chemicals just so they can get more nicotine into your system, without concern for the other toxic chemicals that are damaging your health.

Nicotine affects the entire body. It acts directly on the heart to change the heart rate and blood pressure, increasing your heartbeat to where your heart is pumping an extra 35,000 beats per day. That extra workload damages and wears out your heart. Nicotine also acts on the nerves that control respiration to change breathing patterns. In high concentrations, nicotine is deadly, in fact one drop of purified nicotine on the tongue will kill a person. It's so lethal that it's been used as a pesticide for centuries.

## **Nicotine and Dopamine**

Research has shown that nicotine increases the brain's levels of dopamine, a neurotransmitter responsible for feelings of pleasure and well-being. New smokers generally feel some unpleasant side effects of nicotine, such as headaches or dizziness, but after a while their bodies get used to it, and these effects are gone only to be replaced by the more pleasurable ones. The acute effects of nicotine wear off within minutes, so the smoker must continue smoking frequently throughout the day to keep the pleasurable effects of nicotine and to prevent uncomfortable withdrawal symptoms.

The "Nicotine Rush" makes people feel temporary pacified, but actually it's just putting in the brain the craving for the next cigarette. It creates a nicotine hunger, and your body has to use more and more to get the same results and then bam, you're hooked. Once you've been smoking for a while, though, your body becomes used to a certain level of nicotine, and without it, you no longer feel okay.

People need to realize they can get the same stimulation of the pleasure center in the brain by eating a satisfying meal, such as steak and baked potato, or a delicious sweet dessert like ice cream or anything chocolate. Exercising also releases dopamine, so it's a great way to get that same pleasurable feeling. So get moving and get that dopamine high!

## **Breaking the Addiction**

Cigarettes are probably one of the most addictive habits that exist. Even though the nicotine is physically addictive, nicotine takes from 36 to 72 hours to leave your body. This is why smokers relapse if they smoke just one



cigarette. The nicotine hunger has them in its grip again.

**In this book, I will use your new motivation and willpower to break this cycle.** Withdrawal from nicotine has two parts: the physical and the psychological.

You must take care of both parts of nicotine withdrawal in order to be successful at quitting smoking. For the *physical withdrawal*, I'll show you how to regulate your blood sugar for the first week and give you different ideas to fight off cravings. For the *psychological withdrawal*, I'll impart you with knowledge and show you how to use your anger and fear. Some people may need a bit more help and can use hypnosis or see their doctor. For more help visit [www.TryHypnosis.net](http://www.TryHypnosis.net).

When smokers quit, their bodies go through fluctuations in blood sugar levels. When you quit smoking, oxygen levels are often better than they've been in years. But with a limited supply of sugar, the oxygen can't properly fuel your brain. This is what can cause the withdrawal symptoms.

Nicotine withdrawal symptoms include irritability, headaches, cravings, depression, anxiety, cognitive and attention deficits, sleep disturbances, and increased appetite. These symptoms may begin within a few hours after the last cigarette, quickly driving people back to tobacco use. However, symptoms peak within the first few days of smoking cessation and usually subside within a week. So, you must hang in there. You won't go through withdrawal forever, but you will be addiction free forever!

### TRUE STORY

I've been a nicotine addict for 45 years, and I'm writing this in the hopes that someone may find my experience useful to help them to quit smoking. I had tried everything to quit smoking. I'm convinced that tobacco is one of the most addicting substances on the planet. I've watched several of my friends and family members suffer at the cost of smoking. Three years ago, I was diagnosed with bladder cancer which was from smoking. Many of the carcinogens from cigarettes are excreted in the urine where their presence can cause bladder cancer, which is often fatal. My daughter convinced me to try hypnosis to give up smoking. I'm now cancer free after my long three-year journey of fighting it. Giving up smoking with the use of hypnosis was the best decision I ever made. After getting cancer from smoking, I knew I had to find the will to quit before it killed me.

~ Gloria Sanborn, California

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