

SMOKE FREE LIFE

Change your life with hypnotherapy TODAY

**3 EASY
SESSIONS**



STOP SMOKING PERMANENTLY

Statistically the easiest, fastest way to quit.

- Do you want to take back control of your health?
- Own your life and have nothing own you?
- Is your breathing suffering?
- Is one of your waking thoughts about smoking?
- Do you ever feel like a social leper?
- Do you worry about the effects passive smoking may have on your family?
- Do you use smoking as a reward for negative stress or time/break filler?

For all these reasons and more hypnotherapy is the answer.



CALL FOR AN APPOINTMENT

Professionally guided hypnotherapy by
Jane Johnston. Testimonials available.

KUNDALINI NATURAL CENTRE OF HEALTH
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CLINICAL HYPNOTHERAPY

Hypnotherapy is a proven natural therapy, where the mind is relaxed into your subconscious state (Theta). Here change can occur quickly at a deep level.

Its nothing new or scary rather a natural state of mind you already experience daily; When you are so relaxed you are operating automatically, not thinking consciously, or in a state of meditation, deep relaxation or light sleep.

While in that unthinking trance like state we open and connect to the area of your mind where learned behaviours patterns and blocks come from. Giving you a new positive outlook quickly and simply.