

# Hypnosis helps rygeafv&#1114;ning and no more jalousi!

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Smoking, be it social or regular, can never be called anything but a bad habit. It affects ones health, having a permanent effect on the respiratory capacity. It is addictive, causing both physical and mental dependence. The body craves for nicotine but unfortunately ingests hundreds of other toxic substances as well. Lets talk about the ways one can give up such a nasty habit!

The hardest part about smoking is stopping, without doubt. Withdrawal symptoms appear quite rapid, making one feel irritated and restless. Headaches are constant and one is prevented from functioning normally. In such situations, the temptation is high. But why turn back to cigarettes when you have hypnosis, nicotine gum and patches to help you with rygeafvZnning (smoking cessation)?

No one said it is easy to stop smoking but you should know that it is possible. Millions of people from all over the world have done it successfully. They have escaped from the addiction caused by nicotine but also from other incredibly toxic substances that one inhales through the lungs. It is a known fact that rygeafvZnning can lead to a longer, not to mention healthier life. Do not delay taking such a decision. Read the Internet and discover all you need to know on smoking cessation.

Yes, rygeafvZnning might make you feel quite depressed and anxious. You might not even be able to go to work. There is also the risk that you will gain a couple of pounds. But think about it. If something as simple as hypnosis can help you stop, why not give it a chance? Hypnosis was first considered as a possible therapy for smokers a couple of years ago, patient controlled studies and clinical trials offering important answers.

Today, rygeafvZnning or smoking cessation starts with hypnosis sessions, support and counseling. There are some people who decide that it is for the best that they stop smoking all of a sudden. Others resort to what is generally definite as nicotine replacement therapy (NRT), trying nicotine patches, chewing gum and even inhalers. Antidepressants are recognized to ease the intensity of withdrawal symptoms and it seems that the best way to quit is to associate medication with hypnosis and counseling.

Leaving smoking aside, did you know that hypnosis has recently started to be used for the treatment of jalousi? Jealousy is a common encountered feeling in life partners or married couples. One might feel jealous seeing his/her partner talking to another person. Jalousi is also experienced when it comes to previous relationships that person had. In time, it can lead to feelings of suspicion associated with extreme anxiety. Hypnosis can help one cope better with such emotions, reducing the distrust and confusion jalousi creates.

Controlling ones partner is a direct result of jealousy. Sometimes, it can go as far as checking the mobile phone, the email and even following the other person around. It can lead to important fights and destructive arguments. Hypnosis is recommended for jealous persons, the hypnotist discovering the motives for being distrustful at a subconscious level. The therapist can help one fight against these feelings of jalousi, improving ones confidence, not only in the existent relationship but also in himself/herself. It builds trust and this is definitely one of the things jealous persons do not posses!

If rygeafvZnning is your goal, then our website is more than perfect. Read the information we have for you and discover how hypnosis can help you when it comes to smoking cessation. You can also get rid of any feelings of jalousi thanks to specialized hypnosis therapy!