

# Easy Way Stop Smoking

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## Hypnosis To Stop Smoking

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### Hypnosis To Stop Smoking

Since hypnosis may seem a bit mysterious and frightening to you if you're looking to use [hypnosis to stop smoking](#), specifically NLP hypnosis, I think it's important to lay a little groundwork to help relieve any possible anxieties you may have. Let's begin with a little background on the applications of hypnosis as they relate to the fields of medicine, psychology and psychiatry.

Before I get too far ahead of myself, watch this short video to discover what NLP is...



While hypnosis can be traced back to as early as ancient Egypt in some form or another, we are only truly interested in the practice as it has evolved into in modern times.

In 1956, Hypnosis was approved by the British Medical Association, as a bonafide procedure for psychoneuroses and hypnoanesthesia in pain management in childbirth and surgery.

The BMA advised all physicians and medical students to receive fundamental training in hypnosis.

The following year, 1956, Pope Pius XII gave his "qualified" blessing for the medical applications of hypnosis with the warning that "Hypnotism is a serious matter, and not something to be dabbled in...but...under the aspect of anaesthesia, it is governed by the same principles as other forms of anaesthesia."

Two years later, in 1958, the American Medical Association approved a report on the use of hypnosis in medical applications, encouraging further research. However, in 1987 the AMA rescinded all AMA policies from 1881-1958, other than two not relating to hypnosis. While it is true that the AMA did initially approve the use of hypnosis in certain medical procedures, [the AMA currently does not endorse hypnosis for medical purposes](#)

That, however, does not mean that doctors do not practice hypnosis. Hypnosis is a recognized procedure used by psychiatrists, psychologists, physicians, chiropractors and dentists throughout the world.

In 1960, the American Psychological Association endorsed hypnosis as a branch of psychology.

In 1973, the American Psychiatric Association (APA) published the first edition of The Principles of Medical Ethics With Annotations Especially Applicable to Psychiatry. The committee that adopted the AMA's Principles of Medical Ethics, was comprised of the following M.D.s: The committee included Herbert Klemmer, M.D., Chairperson, Miltiades Zaphiropoulos, M.D., Ewald Busse, M.D., John R. Saunders, M.D., and Robert McDevitt, M.D. J. Brand Brickman, M.D., William P. Camp, M.D., and Robert A. Moore, M.D., served as consultants to the APA Ethics Committee.

So, it's important to note, that while the AMA does not officially endorse hypnosis, the medical community at large does. Some very well known psychiatrists such as Virginia Satir and Milton Erickson helped elevate and advance the field of hypnosis to the very high level of effectiveness it enjoys today.

Since 1960, the primary use of hypnosis has been in the field of psychiatry and psychology applied to various subjects such as losing weight, quitting smoking, stress management, phobias, and overcoming social anxiety among others.

Many large and highly reputable medical organizations, hospitals, and universities recognize and utilize hypnosis on a regular basis. As an example, according to [the Mayo Clinic](#), hypnosis may be used for: pain control, Smoking cessation, Reducing stress related to medical procedures, Mental health conditions, Allergies, Asthma, Surgical preparation, Childbirth, Weight loss, Athletic performance, Dental procedures, Coping with chemotherapy, Skin conditions, Gastrointestinal problems.

The question is, does the use of *hypnosis to stop smoking* really work, and what should you be looking for when seeking a hypnotist or buying self hypnosis tapes and CDs?

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As to whether it works or not, the answer is yes in varying degrees from one person to another. And what you should be looking for are NLP hypnotic videos, tapes and CDs if you can't find a live trained NLP practitioner or can't afford one.

There are numerous hypnotic methods being used to affect subconscious change. Many of the books, tapes, and CDs being sold today consist of traditional hypnosis techniques, including subliminal affirmations and commands.

However, there are more advanced and effective techniques being offered by Psychiatrists and Psychologists trained in the techniques of Neuro-Linguistic-Programming (NLP).

My advise, as one who actually used hypnosis to stop smoking in 1985, is to invest in good NLP program rather than using the hit or miss techniques of traditional hypnosis.

NLP was created by a professor of linguistics at the University of California Santa Cruz, John Grinder, and a student at UCSC who was working on his undergraduate degree in psychology and philosophy by the name of Richard Bandler. They were modeling how successful people learned and communicated their particular skills.

Most hypnosis programs being offered today are based on traditional hypnosis techniques which rely on the hypnotist simply making a series of straight forward commands to the unconscious (subconscious) mind, which the conscious mind can either accept or reject. This technique does work to a fairly high level of success on individuals accustomed to following orders. However, traditional techniques are not very effective with people who are more analytical in thinking. Analytical thinkers will more often than not, reject overt commands that seem irrational or ridiculous to them.

NLP finds the majority of it's techniques rooted in methods used by Virginia Satir and Milton Erickson, and are far more effective for analytical thinkers than traditional techniques, in as much as commands are covertly embedded in stories, called metaphors, used by the practioner that confuse the conscious mind, yet make perfect sense to the subconscious mind.

While NLP hypnosis is a very complex system, far more complicated than I've indicated in the preceeding paragraph, it is highly effective and extremely fast and there are a number of very good programs available to help you quit smoking, Here's one of the best programs to use [NLP Hypnosis To Stop Smoking](#).

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