



The Institute for Better Aging and Wellness

# Important Please Read

## **Congratulations on becoming a Non Smoker today!**

As part of the program, you will be scheduled for a follow-up booster within one week of your initial evaluation & treatment. Remember, there's no such thing as one cigarette. One drag from a cigarette will literally stimulate the brain to crave nicotine and will start the cravings all over for you. With laser therapy, the cravings & uncomfortable withdrawals will not be there, but you will still think about cigarettes, you will immediately think about a cigarette when you are having a stressful day, after meals, etc...This is where your part of the program comes begins.

**Stay Strong**, remember the tips we explained to you and do them....using your wrist band, take a drink of water & breathe 5 times to get that endorphin rush you need. The thought of a cigarette will pass very soon. Remember, stopping smoking is the single most important thing in your life & today, you have done a wonderful thing for yourself and the ones you love. The following pages in this take-home packet have been designed to provide you with important facts regarding the physical & psychological aspects of tobacco addiction, as well as the process of detoxification of the body on an on-going at-home basis. Should you feel that you need additional help, you may visit our clinic for a free booster within 6 months of your initial treatment.

Please inform the therapist if you have succumbed to lighting up. Your therapist will need to know if you have re-introduced nicotine into your system in order to administer the appropriate point stimulation.

We here at S.E.R Institute are committed to your success. We will assist you with what ever it takes to help you become smoke free for the rest of your life. We truly care about you & recognize the complexities of smoking addiction. Once again, congratulations on becoming a non-smoker.

Tell your friends how easy it was to stop smoking with S.E.R Institute. The greatest compliment you can give us is your trust in referring your friends & family.

**Certified Laser Therapist: Dr. Bravo, DC**

**CALL UP, DON'T LIGHT UP...**

**305-476-0347**

**Stop Smoking Weight Loss Pain Relief Stress Management Photo Facials**

**305-476-0347**

**SYMPTOMS (LASTS ABOUT TWO WEEKS)**

**CAUSE AND RELIEF**

Irritable and Nicotine craving: Hard to live with.

Go for a walk, take a hot bath, practice relaxation techniques.

May also be caused from a lack of magnesium.

**LIGHT HEADED AND DIZZY**

Your body is now getting more oxygen as your lungs begin to clear.

Change body positions slowly.

**HEADACHES AND WITHDRAWAL**

Take a warm bath or shower, practice relaxation, deep breathing, cold compress on forehead.

**TIGHTNESS IN CHEST**

Tension and sore muscles from coughing.

Deep breathing and relaxation techniques.

**TIRED AND UNABLE TO CONCENTRATE**

Nicotine is a stimulant.

Take a nap, slow down, change your workload.

**UNABLE TO SLEEP**

Nicotine affects brain wave function and dreams.

Avoid caffeine and practice sleep relaxation techniques.

**CONSTIPATED, GAS, STOMACH PAINS**

Your intestine slows down briefly.

Eat fresh fruits and vegetables; drink 6-8 glasses of water daily.

**HUNGER**

Actually you may be craving a cigarette.

Drink water and eat low calorie fruits and vegetables.

Call **(305) 476-0347** up for a booster.

**INCREASED DESIRE FOR A CIGARETTE**

Withdrawal. Wait out the urge (it only last few minutes)

Do something else, go for a walk. Drink a glass of water, practice deep breathing.

Call **(305) 476-0347** for a booster treatment if needed.

**DRY MOUTH/THROAT, COUGHING, NASAL DRIP**

Your body is getting rid built up mucous.

Drink cold water or fruit juice, or suck on a cough drop.

**SMOKING CESSATION**

Nutritional Support Protocol

**Lifestyle Recommendations:**

1. Avoid stress and extra obligations.
2. Avoid alcohol consumption and smoking.
3. Regular weight training and aerobic exercise such as walking, yoga, tai chi.

**Dietary Recommendations:**

1. Avoid all sugars.
2. Avoid white flour and all refined carbohydrates including cereals and pasta.
3. Get a balance of omega 3's (salmon, mackerel, herring, tuna) and omega 9 fats (olive oil, olives, almonds, hazelnuts, avocados).
4. Choose lean, clean quality protein at each meal (chicken breast, turkey breast, lean beef, fish - especially salmon and tuna, low-fat cottage cheese, low-fat string cheese, eggs and whey protein).
5. Avoid hydrogenated vegetable oils and fried foods.
6. Cook with olive oil.
7. Snack on vegetables and small amounts of nuts, olives or avocado.
8. Eat 5-9 servings of fresh fruits and vegetables daily (fruits must be limited to 1 -2 per day due to sugar content) OR add one heaping tablespoon of Paleo -Greens to your favorite drink.
9. Replace sugar with the polyol sugar xylitol.
10. Carry Paleo Meal Packets and/or Paleo Bars with you to prevent missing meals or snacks.

**Supplement Recommendations:**

The following supplements are in addition to Twice Daily Essential Packets to supply your core vitamins, minerals, antioxidants and essential fatty acids.

**CraveArrest:** 1-2 with each meal to reduce desire for cigarettes (3-6 per day)

**StressArrest:** 1-2 capsules (1-2 times per day)

THIS INFORMATION IS PROVIDED FOR THE USE OF PHYSICIANS AND OTHER LICENSED HEALTH CARE PRACTITIONERS ONLY. THIS INFORMATION IS INTENDED FOR PHYSICIANS AND OTHER LICENSED HEALTH CARE PROVIDERS TO USE AS A BASIS FOR DETERMINING WHETHER OR NOT TO RECOMMEND THESE PRODUCTS TO THEIR PATIENTS. THIS MEDICAL AND SCIENTIFIC INFORMATION IS NOT FOR USE BY CONSUMERS. THE DIETARY SUPPLEMENT PRODUCTS OFFERED BY DESIGNS FOR HEALTH ARE NOT INTENDED FOR USE BY CONSUMERS AS A MEANS TO CURE, TREAT, PREVENT, DIAGNOSE, OR MITIGATE ANY DISEASE OR OTHER MEDICAL CONDITION

**Stop Smoking Weight Loss Pain Relief Stress Management Photo Facials**

# **305-476-0347**

## **MANAGING SMOKING ANXIETY**

Any change in lifestyle or habit tends to cause anxiety in most people. Effective management of your state of mind is very important to long term success of your "smoke free" state. Here are a few simple ways to re-gain control when you are over come with anxiety about having stopped smoking:

### **DEEP BREATHING**

Be prepared that thoughts of a cigarette will come to mind and may begin to overpower your thoughts and will. When this happens take a long deep breath through you nose. Hold it for 3 seconds and then exhale slowly through your mouth as you count to 10. Repeat this procedure 6-10 times while thinking about a peaceful and restful place or activity.

### **POSITIVE AFFIRMATIONS**

Repeating positive and supportive statements to yourself helps you to change the way you consciously and unconsciously relate to yourself and your old habit and addiction. Sooner than you expect, all thoughts of smoking will be gone from your mind. Get in the habit of saying the following statements with conviction and enthusiasm in front of the mirror each morning and evening (you may also wish to write them down and post them at your place of work).

**I feel calm, relaxed and content.  
I feel happy, I feel healthy. I feel great.  
I have great enthusiasm for life.  
My present and future are smoke free.**

Wouldn't you like your loved ones to feel calm, relaxed  
and to also have a happy, healthy smoke free live as well?

**Have them call S.E.R Institute today (305) 476-0347**

**305-476-0347**

## **BEHAVIOR MODIFICATION AND RELAXATION TECHNIQUES**

Use this technique anytime to rid yourself of the associations that caused you to smoke. Close your eyes and visualize the situation in which you use to smoke. You now have the picture and the feelings of the situation that you are going to neutralize. Open your eyes, close your eyes. Now visualize a peaceful scene. It can be anything you enjoy. Make it very clear, in color you can even make it into a movie if you wish. Attach good, positive feelings to it and intensify the feelings until you feel real good. This is your cue picture. Now you won't change it and each time you recall that cue picture it will become clearer, more colorful, and feel more enjoyable each time. You will be able to access it any time you choose, by simply closing your eyes.

Open your eyes. Now close your eyes and access your cue picture, that pleasurable picture. Make it in color, very clear, and in detail. Associate the feelings of pleasure, and intensify those feelings. Now open your eyes. Now close your eyes. What is the picture in your mind? Your cue picture, right? If you did see it. move on to step 4. if you didn't see it. repeat the exercise until you do.

Now you can neutralize that association (the situation that caused you to smoke) as follows: Close your eyes. Focus on that association, picture it in your mind. Now make the picture black and white, make it out of focus and begin to shrink it down smaller, and smaller, moving it away until it becomes just a speck and it disappears. Access that cue picture now. Very bright in color, very clear and in detail. Give it movement, if you like. Associate strong feelings of pleasure, concentrate. Open your eyes. Close your eyes. What do you see? Your cue picture? Good. Now repeat this over and over in your mind. Hundreds of times until you can no longer access that old association of smoking that gave you trouble. Do it until it is gone completely and in its place is that peaceful picture and feeling. Use this technique on any memory of any event that gives you stress. Practice it and you will be able to do it in a flash.

**Stop Smoking   Weight Loss   Pain Relief   Stress Management   Photo Facials**

**305-476-0347**

## **MANAGING THE PSYCHOLOGICAL AND SOCIAL DEPENDENCY**

Remember that the reason you began to smoke had nothing to do with the chemical craving for nicotine. This is an offensive side effect of smoking. The real reason you began to smoke needs to be addressed and overcome if you are to remain "smoke free" for life. In addition, you need to leave behind your old associations and habits around smoking.

In many ways, smoking is a social activity associated with sharing certain activities with your friends and/or partner (for example sitting with a cup of coffee while talking, having a drink in the evening, talking on the telephone, going out or after sharing a meal). When you quit smoking, you give up a habit that may have been a part of your routines and friendships. It is important to remember that it is not the basis for these relationships, and you need not relapse into smoking to maintain them. In fact, friendships can be strengthened by involving your friends, family and partner with your stop smoking program..

## **Here are some ideas to help make quitting smoking a part of your friend-ships.**

- Tell everyone you know that you have stopped smoking.
- Tell them your reasons for quitting.
- Let your friends/partner know what they can do to help you quit and stay quit (like not offering you a cigarette).
- Ask them to remind you not to smoke when you are tempted to.
- Reward yourself at the end of the day for not smoking. See a movie or go out and enjoy your favorite meal.
- Make quitting smoking a shared goal.
- Encourage healthy alternatives to your old smoking activities such as a physical activity instead of sitting with a coffee.
- Create new routines and activities to replace old ones: take a walk together after dinner rather than sit down to smoke, go out to non-smoking places like the movies, learn a new game or start a new hobby.

**Stop Smoking   Weight Loss   Pain Relief   Stress Management   Photo Facials**

**305-476-0347**

## UNDERSTANDING YOUR SMOKING TRIGGERS

Identify activities and situations, which previously caused you to "light up". Try to avoid these for the first 10-30 days following your initial treatment these may include the following:

- People - Who are you most likely to smoke with?
- Places - Where are you most likely to smoke?
- Things - With what) are you most likely to want to smoke?  
Alcohol, coffee, on the phone, etc
- Times - When are you most likely to want to smoke?  
After meals, when you first get up, driving to work
- Feelings - How do you feel when you are most tempted to smoke?  
Stressed, angry, bored, lonely, sad

**Changing your routines can help you overcome these triggers. For example:**

- Brush your teeth after a meal.
- Go for a walk right after a meal.
- Drink tea instead of coffee.
- Shower right after getting up.
- Drive to work a different way.

### **Avoid tempting locations**

**For example:**

Smokey bars, restaurants or watching TV

If you do find yourself in an old "trigger situation" try playing with a Cigarette substitute such as toothpicks, whole cinnamon sticks, straws, Pencil, or squeeze a soft ball.

**Always remember to drink your water remember 21-28 sips at a time.**

**Stop Smoking   Weight Loss   Pain Relief   Stress Management   Photo Facials**

## **305-476-0347**

### **MAKE YOUR HOME SMOKE FREE**

When you go home you should make your home as smoke free as possible and change your home routine. The following are a few tips to try:

- Get rid of all your cigarettes.
- Put away your ashtrays, better yet throw them in the garbage.
- Wash (or dry clean) all your clothes (they smell like smoke) and consider using a fragrant fabric softener.
- Move your furniture around, especially furniture you liked to smoke in.
- When you eat breakfast, don't sit in the same place at the kitchen table.
- Start a money jar with the money you save by not buying cigarettes

### **MAKE YOUR CAR SMOKE FREE**

- Clean out the ashtrays in your car and put money in them.
- Clean the inside of your car windows.
- Consider having the inside of your car shampooed and vacuumed.

### **CLIENT FOLLOW UP**

Our Laser Technicians at Laser Health are committed to helping you live a smoke free life style. We feel a client follow-up is very important to the long-term success of the program. We will contact our clients at regular intervals to monitor their progress and to determine if they should come in for a Booster Treatment. Telephone contact will be made after the first week and again after 1 month, 6 months, and 1 year.

By recognizing the advanced warning signs that our client may be about to start smoking again, we can take quick and decisive action to help you regain control over your old addiction.

If you are experiencing any of the Warning Signs of Relapse or other similar symptoms, We want you to come in for a booster as soon as possible or coach you to practice some or all of our techniques described at the time of treatment.

## **A NON-SMOKER'S BENEFITS AND CHANGES**

According to the American Cancer Society, these are the changes that take place in your body when you stop smoking.

### **AFTER 20 MINUTES**

Blood pressure drops to normal, Pulse rate drops to normal  
Body temperature of hands and feet increases to normal

### **AFTER 8 HOURS**

Oxygen level in blood increases to normal.

### **AFTER 12 HOURS**

Pulse rate will slow and skin temperature increase  
Oxygen level in blood increases to normal  
Carbon Monoxide level in blood drops to normal

### **AFTER 24 HOURS**

Chance of heart attack decreases, Fine motor coordination will improve

### **AFTER 48 HOURS**

Nerve endings start re-growing, Ability to smell and taste is enhanced

### **AFTER 72 HOURS**

Bronchial tubes relax, making breathing easier, Lung capacity increases

### **AFTER 2 WEEKS TO 3 MONTHS**

Circulation improves, Walking becomes easier, and Lung function increases up to 30%

### **AFTER 1 TO 9 MONTHS**

Coughing, sinus congestion, fatigue, shortness of breath decrease  
Cilia re-grow in lungs, increasing ability to handle mucus, clean lungs, reduce infection  
Body's overall energy increases

### **AFTER 1 YEAR**

Excess risk of coronary heart disease is half that of a smoker  
Average smoker has saved about \$1,350.00.

*AFTER 5 YEARS*

Lung-cancer death rate for average former smoker decreases by almost half  
Stroke risk is reduced to that of a non-smoker 5-15 years after quitting  
Risk of cancer of the mouth, throat and esophagus is half that of a smoker's

*AFTER 10 YEARS*

Lung cancer death rate similar to that of a non-smoker, Pre-cancerous cells are replaced  
Risk of cancer of the mouth, throat, esophagus, bladder, kidney and pancreas decreases

*AFTER 15 YEARS*

Risk of coronary heart disease is that of a non-smoker

**Enjoy your life as a non-smoker!**