

*I am so confident that I can help you quit that I offer a no holds barred guarantee that if for any reason whatsoever, you have just one more cigarette anytime within one year of your session with me - I will give you a second session free of charge.*



*I also guarantee that if you start smoking again after one year you will only ever pay a nominal fee for a back up session to get you back on the road again.*

*You will pay a small fraction of the amount an average smoker spends in a year leaving you with extra cash to spend on those really important things in your life.*



Your life is precious make the most of it right now by taking care of your health and getting the most from your money.

Smoking has consequences on every part of your body including your teeth and gums.

Stopping now can mean the difference between a comfortable, satisfying life and a gradually deteriorating fight for survival - often involving pain and discomfort.

**Take the steps to save your life**



**Andrea Lowe**  
Hypnotherapist & NLP Practitioner  
Success Coach  
Mind & Body Natural Health Centre  
52 Bolton street  
Bury  
BL9 0LL

Tel: 0161 764 1440

[mail@mindandbodybury.com](mailto:mail@mindandbodybury.com)  
[www.mindandbodybury.com](http://www.mindandbodybury.com)

# **STOP SMOKING NOW!**



# **Yes You can!**

Say **NO** to cigarettes and  
**Yes** to freedom Now  
**No Will Power Required!**  
**It's True!**

It's easy to quit with my help, using  
Hypnotherapy and NLP.



Your life doesn't have to be one long  
series of Dirty Ashtrays!

Forget how many times you've  
tried before: forget all the  
gadgets, patches, chemicals,  
drugs and gum

**All I need to know is just one  
thing.**

**Do you want to quit\* - easily  
and for good?**

(\*and there'll always be one part that  
doesn't)

It doesn't matter why you want to stop  
It doesn't matter how many you smoke



**YOU CAN STOP WITH EASE.**

Using techniques that have already  
helped hundred of people to stop , I  
can help you to stop and stay  
stopped for good.

**Drawbacks**

There are **NO** drawbacks to quitting.  
Boredom, stress relief, lack of  
concentration, unable to relax, cravings,  
bad temper, withdrawal symptoms - are  
all illusions, the things that stop you from  
stopping

Some quotes:

*" Nine of my husbands colleagues came to you  
a couple of years ago and 8 of them have never  
touched a cigarette since. So if you can make  
some of them stop I reckon you can help me."  
Linda, Bury*

*"It is now 7 years since Dave & I have touched a  
cigarette. We now enjoy playing with our  
grandchildren without getting out of breath  
and having to hide away to smoke. We believe  
you have saved our lives. Thank you once  
again." Anne, Darwen (annual card)*

*"I've been trying to quit for years , even been to  
a hypnotherapist down here. But lots of  
people at our Blackburn branch have stopped  
after seeing you so I'm going to come up there  
so you can help me too." Martin, Bristol*



Make the most of your health and your life