Nicholas Craton at Today Hypnotherapy Has Been Successful in Helping People Quit Smoking with Hypnosis

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Nicholas Craton, C.HT, a licensed hypnotist at Today Hypnotherapy, which is based in Eagan, MN, has achieved significant success in helping people quit smoking with hypnosis. Because cigarettes are addictive, majority of smokers are unable to quite cold turkey. Quitting smoking permanently is a really difficult task, especially when the person trying to stop smoking is surrounded by other smokers. The result is that even the most disciplined of individuals fall victim to the powerful cravings.

There are several effective ways to quite smoking, such as titration or gradual reduction, hypnotherapy, nicotine replacement therapy, rapid smoking protocol, stress management, replacement behaviors, and deep breathing exercises. However, hypnotherapy stands out because of two important reasons. First, it is a combination of quitting techniques to achieve the highest probability of success, which are then boosted by the accelerated learning state, which is called a ?trance.? Second, hypnotherapy is excellent in creating long-term coping mechanisms for stress that have been clinical proven to be more effective than cigarettes. The result is that people remain smoke-free for a significantly longer period, oftentimes forever.

Nicholas Craton, C.HT, explains, ?A hypnotherapist that specializes in quit smoking hypnosis takes advantage of the high receptiveness in a hypnotic trance to assist the person in overcoming cravings and withdrawals, making for what most of my clients call a ?much easier than I ever imagined it could be? kind of experience. That?s not to say there are never any challenges along the way, but the success rate (confirmed by 3 year follow up) of hypnotherapy comes out to be around 90% among people who were unable to quit using other methods.?

Furthermore, those who use the services of a quit smoking hypnotist will usually only require one session to be totally smoke free, although some people may need some follow-up sessions. The quantity of cigarettes

smoked is often related to the number of sessions that are required for complete cessation. But sometimes, several packs a day smokers are able to quit and have no issues whatsoever after completing just one session.

Others may also try a titration strategy, where they gradually wean themselves off of cigarettes for more than six weeks, sometimes successfully getting rid of the cravings altogether. This may be a more effective strategy but it will cost nearly double compared to the cost of the strategy of going cold turkey as assisted by hypnotherapy. This is because it will require around six sessions as compared to 1 to 3 sessions.

Meanwhile, for those who are interested in the location of Today Hypnotherapy, it is located in an office building that is easy to reach, right off Highway 494 in Eagan, Minnesota. There is plenty of free parking space right outside the front doors of the office. The suite is shared by other medical and professional businesses but Today Hypnotherapy has its own private consultation room for the intake and sessions.

Aside from helping people quit smoking, hypnotherapy may also be used for weight loss and health and for overcoming insomnia. For those who often lie awake at night, hypnotherapy can help in ?turning off the noise,? thus allowing the mind and body to relax, and release the anxiety. They will be able to sleep soundly through the night; fall asleep fast; get rid of night terrors; and wake up on time, feeling refreshed.

Meanwhile, while losing weight appears to be merely counting calories, it can be quite difficult to implement an effective, practical and sustainable weight loss plan. With hypnotherapy, people are able to rewire their neural pathways to allow them to think of food in the appropriate way. The advantage is that right at the very beginning, clients will get what they need to be able to succeed in achieving their weight loss goal.

Those who are interested in learning more about hypnotherapy and how it can help people who want to quit smoking, achieve weight loss, or overcome insomnia, may want to check out the Today Hypnotherapy website at https://www.todayhypno.com/, or contact them on the phone or through email.

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Today Hypnotherapy

Hypnosis is extremely effective for a wide array of behavioral and perceptual challenges. Nicolas Craton offers a complimentary initial confidential consultation. Serving the entire Twin Cities Metro area from offices in Eagan, MN

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