

HERE'S HOW TO QUIT  
**SMOKING**

*Guided programme*

Michael Hook

**Change is catchy...  
Let's catch the bus.  
Commit to a simple  
5-day Detox Plan**

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Commit to a simple 5-day detox plan; (Best during the week leading up to the start of your Quit Smoking Programme, and to use with your affirmation exercises).

Detoxing can achieve more than making your eyes sparkle and your skin glow – it can boost energy levels, improve digestion, and help shift a few unwanted kilos too. Used while making a major positive change like quitting smoking, detoxing forms a further support anchor, and speeds up the cleansing process of the toxins found in tobacco. This supports and highlights the renewal factor so is important when ditching an old habit.

The benefits of any detox plan include taking the load off the organs that detoxify the body – the liver, kidneys, and bowel – while at the same time supporting and improving their performance.

## What to do

Mark the start dates in your diary (best begin in the five-day period before the day you have committed to stubbing out your last cigarette and begin the 15 day Beyond Nicotine Programme). When you cut off your nicotine supply, your body will need to adjust to the new routines you are committing to, and a detox is an ideal early preparation and support action whilst starting the quest for the “New You” that we all aspire to. Some people may experience a ‘cleansing’ reaction in the first few days of detox, including headaches or loose bowel movements. This is due to the sudden withdrawal of certain foods, in addition to stimulation of detoxifying organs. These symptoms should subside in 24 to 48 hours, and the visible signs of a healthier you should soon follow.

## Foods and activities to avoid

Whilst we are consciously making changes, in preparation for the quit smoking process that will follow, perhaps you can cut down your daily smoke count by a third.

- Milk products (except 1/2 cup unsweetened yoghurt each day)
- Sugar, honey, maple syrup, artificial sweeteners
- Coffee

- Grains: wheat (bread, biscuits, cakes, pasta), rye, barley, oats, spelt and rice
- Dried fruit
- Regarding alcohol, our bodies will appreciate a break occasionally, and to avoid temptation for the next month, avoid stopping by the pub or company social room

### Foods of benefit

- Fruit: any and all fresh fruit
- Vegetables: any and all fresh vegetables
- Fish: fresh, canned in water or olive oil
- Lean red meat, chicken (without the skin). Limit to two servings per week.
- Legumes: dried or canned, such as kidney beans, chickpeas, lentils
- Eggs: preferably organic
- Olive oil (preferably extra virgin), coconut oil (unprocessed)
- Nuts: raw unsalted almonds, walnuts, macadamias and cashews
- Seeds: raw unsalted sesame, pumpkin and sunflower seeds
- Green tea, white tea, weak black tea (decaffeinated)

- Water: Flush out your system by drinking up to 8 unrefrigerated but preferably filtered glasses per day. Good old water is our miracle liquid. When you begin the quit smoking programme properly, water will assist with resisting the craving pangs and discomfort you may feel, use water as an anchor and a refuge.

**Possible detox strategy for five days in preparation.**

**1. Morning lemon juice:**

This is an old but reliable way to kick start better digestion and cleanse the system. Squeeze the juice of half a lemon in a cup of hot water. Drink first thing in the morning before breakfast. (When starting the 15 day Beyond Nicotine Programme, this comforting drink is a great counter to the short-lived craving pangs you may feel, or as something to do whilst the others in the office troop outside for a smoke break!)

**2. Exercise:**

During detox, aim to exercise for a minimum of 30 minutes daily. Our office exercises in this booklet are useful and should be made a habit because any activity that raises your heartbeat increases lymph flow and boosts circulation, and helps sweat out toxins.

### **3. Unprocessed foods:**

Aim to cut out over-cooked foods, and where possible eat raw foods.

### **4. Breathe:**

Use the techniques described in your Beyond Nicotine downloads and explained in the Beyond Nicotine booklet. Do this for 15 minutes daily, and when starting the 15-day programme, use slow and deep breathing as an anchor when experiencing discomfort.

### **5. Body brushing:**

Doing this daily will support circulation and increase skin detoxification. Using a loofah or natural fibre body brush, brush the skin with firm circular strokes before you step into the shower. Start from the feet and hands, moving up the legs and towards the arms, avoiding the delicate area of throat and face, and any rashes or sore spots. Then jump in the shower. Finish your shower with a one-minute burst of cold water which brings the blood circulation to the skin.

### **6. Chew:**

Aim to chew each mouthful of food 10 to 12 times before swallowing. Taste the food, appreciate the texture, be thankful for your meal. Bringing mindfulness to meal-times improves digestion, allowing you to feel a sense of fullness and contentment without a need to overeat.

**Note:** If you are healthy and strong, and approach the detox and exercise suggestions gently, these can only be of benefit, but if in any doubt, consult your doctor for advice. Remember, don't detox if you are pregnant, breastfeeding, elderly, have high blood pressure, are underweight, or against your health practitioner's recommendation.

## Our 5 day Affirmation Exercises suggestions

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### Day 1 Affirmation Exercise

Repeat 5 times in the morning, at lunch time and in the evening, even whilst smoking

- I feel happy, I feel healthy and I feel great!
- Things always just work out great for me every day.
- My life gets better and better every day.
- I believe in myself and my ability to do anything.
- In less than a week from now, on:

\_\_\_\_\_

(date) I am going to finally quit smoking.

### Day 2 Affirmation Exercise

Congratulations on making it to Day 2 of your affirmation exercises! This mean you have a strong, positive desire to create a better quality of life for yourself and those around you, and finally beat the hold and drain that nicotine has on all our lives.



If time permits, start by writing each affirmation 5 times the old way with a pen and paper, and repeating each aloud as you write it. If time is scarce, skip the writing and move yourself in front of a mirror and repeat your affirmations 10 times and look yourself directly in the eyes.

- I am happy, secure and at peace with myself.
- I have great timing and luck in my life.
- My positive energy creates a powerful presence and confidence.
- My life is full of fun, exciting and good times.
- I feel peaceful and calm in any situation.
- I am going to beat the nicotine habit.

### Day 3 Affirmation Exercise

Welcome to Day 3 of your affirmation and transformation exercises. You may start noticing the kinds of thoughts you are having and how important it is to turn the negative thoughts into positive thoughts as soon as you recognise them. Then with the same frame of mind, move yourself in front of a mirror and repeat your affirmations 10 times and look yourself directly in the eyes.

- I am a winner. I am a winner. I am a winner.
- Wonderful and lucky surprises happen to me all the time.
- I love what I do, and I do what I love.

- I believe in my abilities to do anything.
- I'm soon going to be smoke free, this time it's going to be easy!

## Day 4 Affirmation Exercise

Welcome to Day 4 of your affirmation exercises! You should be feeling positive and powerful! Keeping focused on your positive affirmations is vital. If you're like most people, you've spent a huge part of your life unknowingly being self-defeating and negative to yourself. Smoking is a good example of our self sabotage. You can undo the damage by directly talking and affirming yourself to a positive state; this is why affirmations are so powerful. So, move yourself in front of a mirror and repeat your affirmations 10 times and look yourself directly in the eyes. The time for lying to ourselves is past, and we are becoming very powerful.

- I feel confident in my communication skills.
- I am in control of my emotions and thoughts.
- I attract to me a fun, exciting and happy life.
- Anything that comes up is meant to be handled, healed, learned from, and released.
- I will easily beat the smoking habit.

## Day 5 Affirmation Exercise

You made it to the 5<sup>th</sup> day of the process of training your mind for success. You have reached the beginning of your journey! Tomorrow you leave smoking behind permanently. By now you should see some of the benefits of doing positive affirmations every day, and it would be a great idea to keep up this powerful practice as a daily exercise... If you haven't already, you can try to modify or add positive statements to these affirmations. So now, on day 5 of this great journey, move yourself in front of a mirror and repeat your affirmations 10 times and look yourself directly in the eyes.

- I am happy, secure, and peaceful.
- I am always optimistic about myself and my environment.
- I'm quitting smoking in tribute to my health.
- Great ideas and opportunities flow into my life every day.
- I give my best to anything I do.
- From tomorrow, I am going to be a non-smoker and I will not be defeated.

# Our Desk Exercises guide

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## USE YOUR CHAIR

Sit on your chair with your legs crossed, sit up straight, hold in your tummy and then hit yourself up using the armrests. Hold for 10 - 20 seconds and repeat 5 times.



## TRICEP DIP

Sit on the edge of your desk with your feet together and place your palms either side of you. Move your burn forward and then bend your arms to dip and raise yourself. This is great exercise for your arms.



## ARM STRETCH

Sit up straight in your chair, feet flat on the floor, and place your hands in prayer position in front of your chest. Push your hands together and feel the stretch, hold for 20 seconds and repeat as often as you need to.



## SHOULDER BLADES

Sit up straight and roll back your shoulders until the shoulder blades are pinched together. Release and repeat for 12 - 15 reps.



### HAMSTRING STRETCH

Sit up straight in your chair, feet flat on the floor, and place your hands in prayer position in front of your chest. Push your hands together and feel the stretch, hold for 20 seconds and repeat as often as you need to.



### SIDE STRETCH

Sit up straight in your chair and raise your left arm towards the ceiling, grab your left wrist with your right hand and pull it to the right. You should feel a stretch down your left side, hold for 10 seconds. Swap arms and repeat on the right side.



### NECK MUSCLES

Put your head in your hands, the way most desk dwellers do when they are tired or have just had a difficult conversation. Press your palms into your forehead and try to push your head backwards. Resist this motion. Then switch the hands to the back of the head and try to push your head backwards. Repeat 5 times.



### CORE STRENGTHENER

If your chair swivels then you can use that to help strengthen your core muscles. Sit straight in your chair with your feet hovering above the floor and hold onto the edge of your desk with your fingers and thumb. With your core muscles engaged, use them (rather than your arms) to swivel your chair from side to side.

## The Power of the frame

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You will now be familiar with the concept of Neuroplasticity, the science of moulding our brains to think and react in a more positive way via intention and repetition, because I've talked about that in several parts of this book.

But here's the thing: This stuff really works. Like a charm.

So, let us try out and speed this process by imagining and manifesting ourselves as we would ideally like to be. Of course, non-smoker would appear in our menu of the person in the frame we strive to be, but whilst we are busy reinventing ourselves in that department, let's go for other changes and improvements.

# Our Day by Day guide.

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**5 Days of preparation, and then 15 days of the Programme**

## 5 Days of preparation

### Preparation Day 1

**DATE:** \_\_\_\_\_

I can finally commit to being a non-smoker now, because if I don't do it now, when will I get a better chance? I can talk about this and keep putting it off, so I now commit to a starting date of next Monday, and I will not let myself be deterred. Over the next few days I'll re-read this entire book, a few times over if necessary, and really try to prepare myself for the obvious discomfort I'll feel and look forward to the benefits I'm going to gain. Like learning to ride a bike, I feel a little wobbly but I know I have a window of opportunity I dare not squander.

From today I'll try to smoke less, and whilst I'm smoking I'll remain present, I'll clearly see how pointless and damaging this habit really is.

**Today I'll prepare my campaign by:**

Reading this book

Today I'll be telling my friends and family my decision, starting with the people below:

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## Preparation Day 2

**DATE:** \_\_\_\_\_

I have been a slave to cigarettes for so long I've let myself believe cigarettes are my friend, but I can see they have never given me anything positive at all. I'll be better off without them, and whilst I'm making these life changes, here's a list of other changes I'd like to make:

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Did I tell everyone on yesterday's list I'm finally quitting smoking? If not, I will do this NOW.







## Preparation Day 5

**DATE:** \_\_\_\_\_

Today is my last day of smoking, and tonight I will destroy and throw away any cigarettes in the house. I'm feeling strong and ready for this journey, I've got friends and family supporting me, and I'll turn my ashtray into a cashtray this evening. I know this is a challenge but I'm strong and I will succeed.

**Before I sleep tonight, I'll tick the statements below:**

- I'm finally and completely going to quit smoking
- I have no doubt I'll succeed
- My family and friends are proud of me
- I'm going to make other positive changes in my life
- I'm special, unique and very precious.  
Smoking is not an option

Well here we are. Each day let's write down our hopes and thoughts, and tick the boxes as we get to the key times.

## The 15 day programme

### DAY 1

**DATE:** \_\_\_\_\_

**MORNING:**

I know today I'm starting possibly the most important journey of my life. I've read the Beyond Nicotine booklet, listened to the audio tracks, and fully understand the hold the habit has had on me, my mindset is right and I'm breaking free starting today, that I can promise myself!

**MIDDAY:**

Already been over 12 hours, when the cravings come I'll do my breathing exercises, drink a glass of water, and be strong, I understand the pangs only last minutes. I can do this.

**EVENING:**

One day closer to my goal! Really not too difficult. I'm on the way to success! I'm proud of myself!

**NOTES**

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**DAY 3**

**DATE:** \_\_\_\_\_

**MORNING:**

If this is the worst that can happen, I can survive!  
Cravings are unpleasant, but manageable.

(PS - I'm a non-smoker)

**MIDDAY:**

Think I feel lighter and better, and I'm excited about my journey. Cravings will come, but they just as soon go. My breathing exercises and affirmations really help.

**EVENING:**

Three days, I'm getting used to not smoking, and I am truly getting over the habit. I am ready to start thinking about other changes I could make now that I know I have the power

**NOTES**

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**DAY 5**

**DATE:** \_\_\_\_\_

**MORNING:**

Approaching 100 hours as a non-smoker! I'm going to be extra strong today. A lot of the physical dependency is now past, and my body is recovering from the poison.

**MIDDAY:**

I'll keep going, I've done most of the heavy lifting! I'll do my breathing exercises, and I'm proud of myself!

**EVENING:**

The worst is probably past, it will seem easier from tomorrow. Science shows there will be very little nicotine in my system. From tomorrow I'll concentrate on the triggers that caused me to light up automatically.

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## Day 8

**DATE:** \_\_\_\_\_

**MORNING:**

Over a week a non-smoker, I'll never smoke again. Look at my eyes in the mirror, my body is responding, and my breath is fresher.

**MIDDAY:**

Seeing as I'm starting to look healthier, I'll start to list a few projects like going for tooth whitening, or a spa treatment to spoil myself!

**EVENING:**

I'm feeling good! And everyone can see this. Tomorrow I'll start to make the following changes:

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**DAY 11**

**DATE:** \_\_\_\_\_

**MORNING:**

I'll re read my break up letter, don't want to forget how much I needed to quit. Today I'll try to be light hearted and happy, and pleasant to everyone I meet, because this is the new me.

**MIDDAY:**

People can see the difference in me, and I'll work to keep improving.

**EVENING:**

What do I really want for myself? How am I going to use this incredible window of opportunity I have created by deciding on change?

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**DAY 15**

**DATE:** \_\_\_\_\_

**MORNING:**

Day 15, and it's worked. I'll probably have a few temptations over the next few weeks and months, but I'm a non-smoker and I'll never touch a cigarette again, ever.

**MIDDAY:**

I'm thinking like a champion. I don't smoke. I'm a winner.

**EVENING:**

I have proven to myself that if I set a goal, I can achieve this. Now with smoking out the way, I'll stick to my list of other improvements. There is nothing I cannot do if I apply my strong mind. I'll list my new goals below and keep trying to be better.

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## Writing a Break Up Letter

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We know from the various sections in the book that we can mould the mind by believing in the changes we envisage and also manifest change by repetition and visualisation. We spoke about the magic and power-giving properties of break up letters, so please don't underestimate the importance of sitting quietly, undistracted, and writing a heartfelt break up letter to your cigarettes. We may do this several times in the process of quitting, so we have provided space for 3 letters. Use them! From these we may find our overriding "Welcome to Scotland" positioning or campaign statement.

### My First Break Up Letter

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