

## What kind of training does the hypnotherapist have?

Dr. Jeff Kramer is a natural health and wellness specialist who utilizes advanced clinical hypnotherapy and wellness coaching to assist his clients in achieving healthy lifestyle habits. He has advanced degrees and licenses or certifications in many aspects of holistic healthcare; to include, Clinical Hypnotherapy, Sports Hypnosis, Professional & Wellness Coaching, Health Education, Nutrition, and Chiropractic. While he enjoys working with clients that have a variety of needs, he has a particular interest in helping those seeking assistance in stopping the smoking habit. His interest is matched with a high success rate.

Dr. Kramer is a certified member of the National Guild of Hypnotists, the largest and oldest organization for professional hypnosis in the world ([www.ngh.net](http://www.ngh.net)). As such, he agrees to adhere to the professional code of ethics as established by the NGH.

## Hypnotherapy has many benefits.

Hypnosis has been successfully used for changing old habits, increasing motivation, reducing stress, and much more. Any mental, emotional or physical situation which is worsened by stress can be improved with hypnosis. In fact, hypnosis has been shown to be effective in reducing many stress-related illnesses, as well as reducing or eliminating discomfort from chronic illnesses.

## Hypnosis can help you succeed where you may have never thought success was possible!

Hypnosis is one of the fastest growing fields in human potential and achievement. Because of its ability to reach deep into the foundations of the mind and create lasting change, it is an ideal approach to almost any challenge. Here are just a few examples:

Stop Smoking	Weight Loss
Stress Reduction	Self-Esteem
Feeling Down	Self-Confidence
Remove Fears	Habit Removal
Motivation	Childbirth
Public Speaking	Stage Fright
Anger Issues	Women's Issues
Goal-Setting	Shyness
Concentration	Mood Improvement
Test Anxiety	Children's Issues
Procrastination	Sports Performance

### *Medically-Referred Issues\*:*

Pain Management	Alcohol Abuse
Diabetes	Depression
Abuse Issues	Anxiety
Drug Abuse	Sexual Issues

\*Please note: For your safety, Dr. Kramer requires a note from your primary care provider before working with any medically-diagnosed issues.

Call or visit my website today! I am happy to answer any questions that you might have so that you can learn more about hypnosis and decide for yourself how hypnotherapy can help you succeed.

**(864) 242-5810**  
**[www.ABWHypnosis.com](http://www.ABWHypnosis.com)**

## A Better Way Hypnotherapy

Creating a better way to a more confident and healthier you.

# YES!



**Hypnosis  
can help you  
Stop Smoking  
today.**

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# Stop Smoking with Hypnotherapy

## What is hypnosis?

Hypnosis is a naturally-occurring state of mind and body, characterized by a heightened state of focused concentration. While in hypnosis, the part of the mind that is responsible for creativity and change - the subconscious - is allowed to come to the forefront. In this wonderfully receptive state, the hypnotherapist is able to plant the seeds of lasting, profound change.

## What is hypnotherapy?

Hypnotherapy, simply put, is the application of hypnotic techniques for health and well-being. While the words “hypnosis” and “hypnotherapy” are used interchangeably, one often thinks of hypnosis only for its entertainment value. Unlike stage hypnosis, however, hypnotherapy uses positive suggestions introduced directly to the subconscious mind to help an individual change any undesired habit or behavior.

## What can hypnotherapy do for those who smoke?

Hypnosis is very effective for individuals who have “tried to quit smoking” before without success. This is accomplished by changing their negative thoughts from giving up to consciously choosing to stop the unhealthy habit. By reducing or even eliminating the impact of limiting, self-defeating, or negative programming, the individual can create a clear space in which to install new, positive programming for their ultimate success. When clear communication between the subconscious and conscious mind is created, any habit can be changed.

## How does our stop smoking program work?

My stop smoking program is designed to address all of the key components necessary for an individual to successfully become a nonsmoker without undue stress. The one 3-hour session consists of the following benefits:

- **Wellness Coaching:** designed to identify various aspects of a client’s life which may be hindering or limiting their success. Additionally, this session will assure that the conscious mind is up to date with current health information related to the benefits of stop smoking.
- **Advanced Clinical Hypnosis:** promotes positive communication between the conscious and subconscious minds to remove the undesired habit—smoking.
- **Low Level Laser:** is used much like acupuncture or acupressure, but to a deeper level and without needles, with the ultimate goal of opening energy channels and improving body function.
- **Oxygen Relaxation Bar:** combines oxygen and aromatherapy to help remove toxins while improve cell health.
- **Bach Flower Therapy:** uses the flower essences identified by Dr. Edward Bach to assist the body in achieving a healthier response to the various stressors.
- I may also provide homeopathic or nutritional supplementation and/or a CD to help reinforce the hypnosis session.

After completing this one session, my clients are nonsmokers. My program is dedicated to ensuring the safest, quickest and most cost-effective route to becoming a nonsmoker possible. I am committed to your success.

## How effective is hypnotherapy?

Hypnotherapy is very effective. My stop smoking program, for example, has a success rate of about 90%. Success is certain when an individual commits to becoming a nonsmoker. Only those who truly desire within themselves to end this habit will be successful. For those who do their part, I will **guarantee** to do mine.

## Is hypnotherapy safe?

Yes. Hypnosis is very safe. The use of hypnosis has been sanctioned by the AMA since 1958 and has been used for over 200 years, with no one ever having been harmed simply by going into hypnosis. Hypnosis is a reliable, time-tested method to help individuals achieve success where other approaches have failed..

Experiencing hypnosis often feels very similar to experiencing a daydream. Most individuals feel very relaxed while in hypnosis and emerge from the hypnotic state feeling very refreshed.

## Can anyone be hypnotized?

Absolutely. In fact, we have all been hypnotized many times, whether or not we realized it. Hypnosis is a naturally-occurring state of mind, much like daydreaming. If you have ever been so lost in thought while driving that you missed your exit, or got home as though on “automatic pilot,” you experienced a kind of hypnosis. Anyone with at least normal intelligence, some degree of imagination, and a willingness to follow instructions can easily achieve a therapeutic state of hypnosis.