



BEING FREE OF SMOKING

— *by* —

JENNIFER BURKE



— NOTHING CHANGES IF NOTHING CHANGES! —

NOW THAT YOU have stopped smoking (or plan to) here is an easy read booklet with some great ideas to help you lead a healthy positive life.

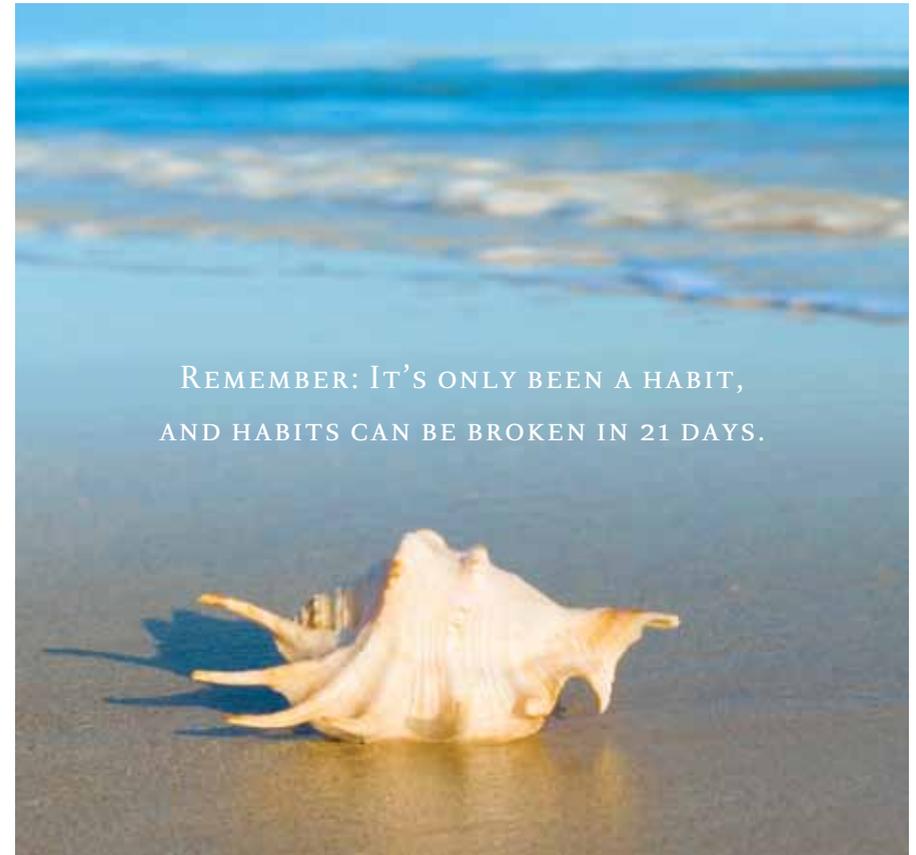
This is a list of some of the things that really helped me to eliminate cigarettes and nicotine from my life forever.

Some of these things may help you too. Try them!

Always remember, if in doubt, check with your Medical Doctor.

ALAYA  
INTERNATIONAL

FROM THE "ENOUGH *is* ENOUGH" SERIES  
2010<sup>©</sup>



REMEMBER: IT'S ONLY BEEN A HABIT,  
AND HABITS CAN BE BROKEN IN 21 DAYS.

---

## WATER

Drink lots of good water. Water helps flush the nicotine and toxins from the body. In four to five days the nicotine can be eliminated from your body. The faster the toxins are flushed through the body the faster your body can heal.

- Carry a bottle of water with you at all times and if you feel a craving coming on have a sip of water.
- I was drinking at least two litres of water each day when I stopped smoking.

Chlorophyll is brilliant to add to your water. It's green and green foods help heal. It cleanses the blood, which in turn heals the cells. Buy this from a health food shop.

I was asked to put liquid chlorophyll in my water bottle every day (and I occasionally still do). You will find the instructions on the bottle. It looks a strange colour, however it tastes clean and fresh & I knew it was helping the healing process.

“WATER IS LIFE’S MATER AND MATRIX, MOTHER AND MEDIUM. THERE IS NO LIFE WITHOUT WATER.”

*Albert Szent-Gyorgyi*



---

## JUICES

Juices are an amazing help to heal the body and the mind! They cleanse the colon and help rid the body of toxins through the process of elimination.

- After having at least one or two shots (an ounce) of wheatgrass a day, I would then follow it with a large glass of my favorite juice combination, which is carrot, celery, beetroot and ginger. I would have at least one if not two glasses of juice a day.
- Watermelon juice is another favorite of mine, always very refreshing and cleansing for the mouth.
- I was always taught to eat melon alone, don't mix it with other fruit. It is a wonderfully alkaline food.

You may like to search the internet for juice combinations. There are so many alternatives to choose from. Once you have a juicer it's so easy to make your own juice or if you live in a city, you can find your local juice bar.

Wheatgrass is a wonderful green drink. People often say “Oh but I am allergic to wheat and wheat products”. In fact it's the green grass that is juiced not the wheat it self. However, if unsure then seek medical advice before trying. You can easily grow your own in a tray in a window or in the sun. Search the internet for helpful instructions.

“The Wheatgrass Book” by Ann Wigmore is a special read, on how to grow and use wheatgrass to maximize your health and vitality. As the grass is so strong, you will need a special juicer or mincer. The grass needs to be crushed for the juice to be collected.



I am lucky and enjoy the taste of wheatgrass and can drink it down straight. Some people hold their nose and throw it down their throat, others add it to their juice. I was always taught to take a sip, let it be absorbed into my mouth by swirling it around, then swallowing the remainder.

### LEMON IS THE MASTER CLEANSER

People think lemon is acidic; however it is the most alkaline of all foods. Alkaline foods are the most gentle and kindest to our bodies.

I drink lemon juice first thing in the morning. I use normal filtered water with freshly squeezed lemon juice; however lots of my friends enjoy lemon juice in a mug with hot water. What ever you do, try it! It's a great new habit to get into.

You may also add a small amount of real unprocessed honey.

### GREEN SMOOTHIES

They are so delicious, quick and easy to make!

My favorite is:

One banana broken and popped into a blender, two cups of filtered water, about half a mango, then two handfuls of washed English spinach. Blend until combined and smooth. Then drink slowly. It will make approximately three glasses.

A combination of only two fruits is desirable. I love the combination of banana and pear. *Green For Life* by Victoria Boutenko of The Raw Food Family is a great resource. ([www.rawfamily.com](http://www.rawfamily.com)).

### ORANGE JUICE

Orange juice is a wonderful pick-me-up! Often in the first four days of quitting smoking our blood sugar levels become low as the nicotine leaves the body and our energy level drops. It may help to eat a couple of oranges during the day or to have a couple of glasses of pure orange or lemon juice to help you through this time.



The skin is the largest organ in the body and the sooner the nicotine is eliminated from our body the better we begin to feel.

- A scrub is highly recommend for both men and women, as it removes the dead cells on our skin. The wheatgrass leftovers from juicing make a great body and face scrub. Just rub, leave for awhile, then shower, removing the scrub.
- I also make a quick and easy body scrub by mixing sea salt and olive oil. Just rub and scrub all over the body then soak in a delicious bath or shower off.
- Also body scrub daily with a loofer in the shower or dry brush to get rid of those old built up dead cells on the skin.
- Massage is incredible as it helps with the deep release of toxins and relaxes the body and the mind at the same time.
- Saunas and steam rooms are also a great help to relax the body and to quieten the mind and also assist with the cleansing or detox process. Remember to drink more water during your steam or sauna.
- Especially at this time I believe it's so important to spoil yourself, and have some special pampering as a reward.

I can highly recommend a wonderful, natural, face scrub by Katresha's Oils and Crèmes. Just apply to the face with the finger tips and massage into the face and neck. As Katresha's Scrub has also been designed as a mask as well, just leave for 20 minutes then rinse off, leaving a lovely fresh feeling to your skin.

Katresha's other skin care products are natural and wonderful. Visit [www.katreshasoils.com](http://www.katreshasoils.com).

It's a great time to visit your Doctor or Naturopath and have a health check with them. Naturopaths have an amazing knowledge of herbs and vitamins and can prescribe tonics and vitamins to support the body and mind throughout this change and to also provide support and help to calm the nervous system.

I used a good Vitamin B Complex and also Mag Cal or Cal Mag (Magnesium & Calcium), depending on the brand and also a tonic personally prescribed for me.

---

## DEEP BREATHING & EXERCISE

---

Breathing is wonderful and helps bring a fresh supply of oxygen to our blood and helps relax and centre the mind again.

- Change your habits and get up and go for a walk in the morning, breathing deeply as you go.
- Look at life in a wondrous new way. Admire your surroundings and listen to the birds. Enjoy the elements, sun, clouds, wind and rain. Especially soak up the healing Vitamin D rays from the sun.
- Take care to follow current sun safety recommendations.
- Join a walking group.
- Go for a swim.
- Walk along the beach.
- Join a yoga or pilates class.
- Join a meditation group and learn to meditate.
- Smell the roses.
- Listen to informative CDs and calm, tranquil music.
- Use this amazing yoga deep breathing technique to help you relax:



---

## THREE YOGA BREATHS OR “3YB”S

---

Breathe in through your nose with your mouth closed and let the breath drop deep into the belly and hold for a count of three. Then breathe out through the nose with your mouth still closed, to the count of three, thinking deep relaxation to yourself.

Use the technique to calm and relax you at any time. You will begin to love it as it becomes a part of your routine, relaxing, refreshing and healing your life.

At least five minutes of exercise a day can significantly reduce the intensity of nicotine withdrawal symptoms.

---

## REIKI

---

Find a Reiki practitioner in your area and enjoy some wonderful relaxation and energy work.

---

## MOST IMPORTANTLY

---



- Surround yourself with positive people and situations.
- Laughter is wonderful for relieving stress.
- Clean your home and car. Have them smelling fresh!
- Open your windows and enjoy the fresh air.
- I even bought new pillows and threw the old ones away.
- Wash & dryclean your clothes and air your wardrobes and closets.
- Have a quiet life!
- Avoid stressful social and business appointments if possible.
- Plan and eat healthy foods (organic is best). The last thing you need now is to put on excess weight!
- Hypnosis can be a wonderful tool for helping to eliminate sugar cravings.
- Remember three very healthy moderate meals a day and healthy snacks in between, if you desire them, and drink plenty of water.
- Prepare some carrot and celery sticks as healthy snacks.
- Go to bed early, sleep deeply and well and wake up refreshed.
- A shower before bed is refreshing and helps wash away any negativity from our auras that we may have collected during the day.

---

## MOST IMPORTANTLY

- Scrape your tongue every morning with a spoon or pop stick to help freshen your mouth. A lot of nicotine resides in the tongue.
- A dream book or journal can be fun and powerful reminder of how well you are progressing through this time of change. Keep a pen and paper next to your bed to record any dreams as soon as you can before you forget.
- Visit your dentist and have your teeth cleaned.
- Start or join a support group.
- Remember this great affirmation and use it frequently during the day and night.

“EVERY DAY IN EVERY WAY I AM GETTING STRONGER AND HEALTHIER AND HAPPIER”

*Inspired by Emile Coué*

GOOD LUCK!

If you have any other wonderful ideas that helped you during your first few weeks as a non-smoker please send them to me. I would love to hear from you!

Email me at: [jennifer@alayainternational.com.au](mailto:jennifer@alayainternational.com.au)



---

## ABOUT JENNIFER



JENNIFER BURKE

*Life Coach*

0418 942 319

*Perth, Western Australia*

JENNIFER is passionate about helping you to eliminate cigarettes from your life, easily and painlessly.

*Over fourteen years ago, my wonderful friends Katresha & Geo Moskios helped me to stop smoking. I still remember how terrified I was at the thought of not smoking.*

*I did it and so can you!*

*Katresha & Geo are two of the world's best renowned yoga teachers and directors of Blue Pearl Laguna Health Spa, Laguna Beach, California. I will always be so grateful to them for their amazing help and understanding.*

*One of the main reasons I trained in hypnosis is to help you learn to feel more relaxed about giving up this habit. You can then feel healthier and happier, knowing that you too have overcome this huge obstacle in your life. You will begin to feel so empowered.*

Amongst her many talents, Jennifer is a practicing clinical hypnotherapist and reiki master and has been working with alternative therapies for many years.

She has travelled the world to study with some of the most reputable people in the field of wellness.

Some of Jennifer's many qualifications include:

- Certificate of Hypnosis Field Therapy TM (Australian Academy of Hypnosis)
- Advanced Certificate in Hypnosis (AAH)
- Certificate in Power Hypnosis (AAH)
- Advanced Past Life Regression (Cannon Method USA)
- Reiki Master (USA)
- NLP and EFT practitioner
- Clinical Member of the Professional Hypnotists of Western Australia Inc.
- Member of the Australian Hypnotherapists Association, IICT and Reiki Asc Inc.



JENNIFER BURKE  
*Life Coach*  
*Clinical Hypnotherapist*  
*Reiki Master*

0 4 1 8 9 4 2 3 1 9

*[jennifer@alayainternational.com.au](mailto:jennifer@alayainternational.com.au)*

P.O Box 1429, South Perth  
Western Australia, 6951

WWW.ALAYAINTERNATIONAL.COM.AU