

[<http://cbs13.com/local/smoking.hypnosis.PGE.2.569154.html>]



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Kicking The Smoking Habit With Hypnosis



Reporting

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SACRAMENTO (CBS13) —

"I could quit for two weeks to a month then something would snap," says Liz, who is a smoker.

"I tried the patch, that didn't work also broke out on skin," says Debra, who is also a smoker.

Together Liz and Debra have been smoking for 42 years. They've tried to quit but nothing has worked, until now, through hypnosis.

"I take them back to life before they started smoking their first cigarette," says Mary.

Doctor Mary Mitchell is a smoking cessation expert. **PG&E brought her in to help its employees quit smoking and to reduce the company's health costs.**

"I bypass the conscious mind and go to the subconscious mind where the habit is stored and eliminate it from there," explains Dr. Mitchell.

Liz, Debra and 30 others went under yesterday as part of the pilot program, and so far so good.

"I remember going through different stages of relaxation. I was calm. You can feel it. You go to different degrees of calmness," explains Debra.

"She replaces the bad habit with a habit of healthier living; drinking water and exercise," says Liz.

I remember her saying we were going to change habits, instead of cigarettes I grabbed my water bottle," Liz says happily.