

With any luck, this'll be my absolute last column about quitting smoking

I can't remember how many columns I've written about trying to quit smoking. Hopefully this will be the last, for both our sakes.

I was planning on quitting this week, same as I do unsuccessfully just about every week. That's until I saw an ad in Tuesday's Champion. It claimed I could stop smoking in one hour and that it was guaranteed.

I spoke to Shirley Tilden of The Butt Stops Here, a smoking cessation specialist affiliated with Strategic Alliance Canada, and trained by Smoke Free International. I'd like to quit smoking in an hour I told her, and I'd like to start in an hour.

It doesn't exactly work that way, it usually takes a couple weeks prior to that one hour. First of all Tilden wants to make sure you really want to quit. That's the most important first step. That wasn't a problem for me. I've wanted to quit for a couple decades or so.

The process, which combines neuro-linguistic programming with hypnosis, has a 95 per cent success rate, which Smoke Free International claims is the most successful smoking cessation program in the world. I don't know what neuro-linguistic programming is, but in my experience the less you know about something the more likely it is to be impressive.

I suggested that perhaps she could convince people under hypnosis that they wanted to quit smoking even if they didn't, but, um, no. It doesn't work that way and Tilden said it would be unethical.

Tilden sends out information in advance to prepare the potential non-smoker once they've decided that's what they want to do, along with some advice, which includes a CD with her



On the loose

with MURRAY TOWNSEND

voice on it that prepares us for the hypnosis.

Tilden explained the difference between the conscious and sub-conscious mind, while I consciously desired a cigarette. The cost for the program is \$500, which is fairly cheap when you consider the cost of smoking.

It comes with a lifetime guarantee, which means if it doesn't work you can keep going back until it does. The Web site is currently under construction, but the phone number is 1-877-767-0973 and the e-mail address is thebuttstophere@cogeco.ca.

She didn't really want to do the program without the preparation, but I talked her into it. In two weeks it wouldn't be National Non-Smoking Week. Then I met her at her office in Burlington.

"People think they're going to come into the office and be put to sleep," said Tilden. "You're really quite awake, but in a relaxed state."

You can't be made to do anything you don't want to do, she explained. This is good news to me, because I didn't want to be walking down the street, hear somebody snap their fingers, and all of a sudden start flapping my arms and bawking like a chicken.

Tilden had a number of questions about my smoking habits and history

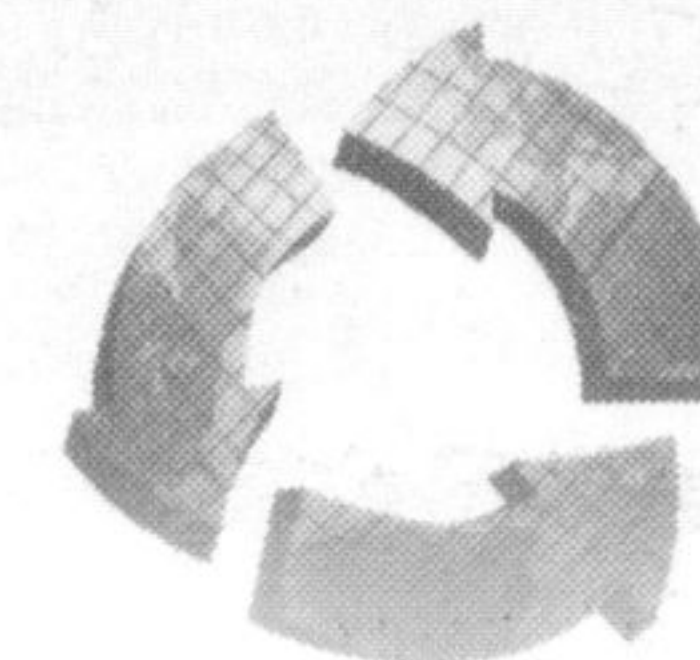
and then we were ready to get underway. She asked if I wanted a break before we got started, and it took most of my willpower not to use that break to have a cigarette. Already I was making progress.

The hypnosis lasted about an hour, but it didn't seem that long. It was pretty cool. At the start of it I still had an urge to have a smoke, and even partially through I could still imagine it with a decent amount of pleasure.

Those pleasurable thoughts gradually changed, until the thought of smoking became one of the most vile activities I could imagine.

I still had some cigarettes in my pocket when I left, but I had no desire to smoke them. As I was leaving the office building there was a protected smoking area with about seven smokers in it.

I walked by them and couldn't help but snicker. "What a bunch of losers," I said to myself.



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Sat. & Sun. 1:50,4:40,7:30,9:50
Mon. - Thu. 7:30,9:50

SMOKIN' ACES No Passes (18A) Fri. 3:50,6:50, 9:40 P.M.
Sat. & Sun. 1:20,3:50,6:50,9:40
Mon. - Thu. 6:50,9:40

DREAMGIRLS (PG) Fri. 4,7,10 P.M.
Sat. & Sun. 1,4,7,10
Mon. - Thu. 7,10

CATCH AND RELEASE (PG) Fri. 4:10,7:10, 10:10 P.M.
Sat. & Sun. 1:10,4:10,7:10,10:10
Mon. - Thu. 7:10,10:10

THE HITCHER (14A) Fri. 4:30,7:20,9:45 P.M.
Sat. & Sun. 2:10,4:30,7:20,9:45
Mon. - Thu. 7:20,9:45

THE PURSUIT OF HAPPYNESS (PG) Fri. - Thu. 6:45,9:30 P.M.

THE QUEEN (G) Fri. & Mon. - Thu. 7:15 P.M.
Sat. & Sun. 1:40,7:15

ARTHUR AND THE INVISIBLES (G) Fri. 4:20 P.M.
Sat. & Sun. 1:30,4:20

CHILDREN OF MEN (14A) Fri. - Sun. 4:15, 9:55 P.M.
Mon. - Thu. 9:55

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Showtimes Valid Friday, 1/26 thru Thursday, 2/1

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Women's Health at Risk...

Post-abortive women are at greater risk of:

- ✓ hospitalization due to infection
- ✓ further surgery
- ✓ psychiatric problems during the 3-month period following the abortion¹
- ✓ breast, cervical & ovarian cancers²
- ✓ infertility³
- ✓ complications in future pregnancies (premature birth, ectopic pregnancy, placenta previa)⁴

Post-Abortion Trauma is characterized by:

- ✓ nightmares & flashbacks
- ✓ memory blocks
- ✓ emotional numbing
- ✓ sleep disorders
- ✓ anger issues
- ✓ depression/anxiety
- ✓ self-destructive behaviour
- ✓ suicide⁵

- (1) According to the College of Physicians & Surgeons of Ontario
- (2) UK College of Ob/Gyn & International Journal of Cancer
- (3,4) British & American Journals of Ob/Gyn
- (5) British Medical Journal

Women Deserve Better

If you, or someone you know, is suffering from their abortion experience,

call 905-632-3232 for a referral

to receive confidential, compassionate help to healing & recovery.

This ad is dedicated to all post-abortive women as well as the 1.3 million babies lost to abortion since Jan. 28, 1988, when the Supreme Court of Canada struck down the Abortion Law, thereby allowing abortion during all nine months of pregnancy.

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