



London hypnotherapist supports World No Tobacco Day

London Hypnotherapist supports world-wide initiative to help people quit smoking.

LONDON, UK, May 19, 2014 /EINPresswire.com/ -- If you want to pick a good day to give up [smoking](#) why not choose Saturday 31st May - World No [Tobacco](#) Day?

The World Health Organisation (WHO) is responsible for the campaign, saying that tobacco is the single most preventable cause of death around the world, killing nearly 6 million people a year – 600,000 of whom are non-smokers. WHO promotes the day by encouraging governments around the world to raise taxes on tobacco to save lives.

Many people use [hypnotherapy](#) to help them give up smoking and London based hypnotherapist Andy Cox is supporting the WHO campaign by urging the public who want to use hypnotherapy to look for practitioners registered with the Complementary & Natural Healthcare Council (CNHC).

The Complementary and Natural Healthcare Council (CNHC) is the UK regulator for complementary therapists that was set up with government funding and support. All practitioners on CNHC's register have met national standards.

Andy Cox says: "Hypnotherapy is often used to help clients who are trying to stop smoking but it's so important the public use someone who knows what they are doing. There are people who set up as practitioners after a weekend course and they can't possibly have met safe standards in that time."

"Hypnotherapy is often used to help clients achieve the behavioural change needed to stop smoking but it's so important the public use someone who knows what they are doing."

"Our stop smoking programme takes only one session of 90 minutes. It works by using the power of your subconscious mind to change your thinking processes, thus it makes it much easier to stop. And the best bit is that it is drug free, immediate and painless!"

For further information, please contact Andy Cox on 0800 313 4233 or visit www.southlondonhypnosis.com

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