Expert Warns of the Dramatic Mental Health Ramifications from Heavily Marketed Stop Smoking Aids

Don’t be fooled by clever marketing to stop you smoking by replacing cigarettes with another substance that can lead to dramatic and even traumatic side effects including suicide, says Kris Kern one Perth stop smoking expert.

PERTH, Australia (PRWEB) March 25, 2019 -- Don’t be fooled by clever marketing to stop you smoking by replacing cigarettes with another substance that can lead to dramatic and even traumatic side effects including suicide, says one Perth stop smoking expert.

Kris Kern, a registered Clinical Hypnotherapist with the Australian Hypnotherapists' Association and a practising naturopath with qualifications including a degree in Health Science and a member of the Complementary Medicine Association and owner of the optimal health clinic Mind and Body Revival Naturally, says the desire to quit smoking must never come at the expense of serious mental health issues.

“No one wants to suffer from serious mental health issues that can be brought on by so-called smoking cessation drugs when they are trying to quit,” Ms Kern said.

“I’ve seen the steady increase of marketing these products over the years, from pills, patches, gum, and the new kid on the block, e-cigarettes, all promoting their ability to help someone stop smoking with failure to mention the possibility of serious side effects to unsuspecting people and their families who place their trust, and health, in big pharmaceutical companies.”

She said consumers have been lulled over the last decade or so by flashy advertisements full of healthy people, but it’s surprising just how often consumers who try these methods fail to stop smoking and continue to smoke, then are faced with other new concerning health issues.

When you consider the urge to have a cigarette is caused by habits that have been formed and are held in your sub-conscious, so to remove the urge we must re-program the thought patterns, it’s little wonder there is a large percentage of failures when people try to quit smoking by simply replacing the cigarettes with another drug.

She said what often happens is people think they are doing the right thing, but the cravings, mood swings, stomach problems, interrupted sleeping patterns, anxiety and a number of other negative side effects become too much to bear.

“The only thing they can think of to give them relief, is to start smoking again. Some people will try several of these stop smoking methods only to be let down by the products because they aren’t dealing with the root cause of their problem.”

“This costs them a lot not only financially, but also mentally, physically and emotionally. No one likes to fail at something especially when it is promoted that it will work for you. Perceived failure can lead to further negative thoughts spiralling down into a dark place that many find difficult to come back from.”

“The worst part of all this is that you can stop smoking in a short period of time, without suffering from any of these side effects and without using any drugs. It’s just a case of knowing how,” Ms Kern said.

The biggest reason to do your research before you start?
“You want to know what you are putting into your body. Cigarettes are loaded with lots of nasty toxins that are causing you harm. By replacing them with another foreign substance that isn’t entirely safe, you might be adding further harm that can lead to devastating consequences,” she said.

Which is why when you are ready to permanently stop smoking, you should talk to experts that can help you in an all-natural, healthy way like Mind and Body Revival and their Clinically Researched and Doctor Endorsed Enhanced Neuro Blocker (ENB) Method.

Mind and Body Revival is a Perth-based stop smoking company. To find out more and schedule an interview, call Kris Kern on 1300 953 881 or email kris(at)quitsmokingperth.com.au
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