

REST EASY HYPNOTHERAPY



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Cara Belframe

Clinical Hypnotherapist, NLP & EMDR

Rest Easy Hypnotherapy

hello@resteasyhypnotherapy.com.au

www.resteasyhypnotherapy.com.au

+61 0408 374 161

ABN: 53 359 164 032 - Trading As 'Cara Belframe'
Australian Hypnotherapists Association (AHA PM2020019)
Australian Society of Clinical Hypnotherapists (ASCH) 1935V

Lets talk about Vaping....

Hi, I'm Cara Belframe....

I'm a registered **Clinical Hypnotherapist & Neuro-linguistic Practitioner**,
and founder of **Rest Easy Hypnotherapy**.

I work as a habits and addictions specialist, and helped hundreds of people quit vaping.

We know the dangers of smoking – the information on the dangers of smoking has been around for so long. But little is known about the dangers of vaping.

Symptoms of vaping look similar to smoking:

Shortness of breath.

Cough

Chest pain

Fever and chills

Ongoing and rapid heartbeat

Rapid and shallow breathing

It can take decades for the dangers of smoking to be felt in the body. However, specialists are now seeing just as serious damage caused by vaping in just a couple of years.

Here is what we do know:

What are the statistics of vaping in Australia 2023?

In 2023, 17% of the population aged 14+ vaped and/or smoked



Considering the total population in 2023, there were more current smokers (11.8% were exclusive smokers or dual users (cigarettes and vapes) than current vapers (8.9% were exclusive vapers or dual users).

Source: <https://www.health.gov.au/sites/default/files/2023-06/current-vaping-and-smoking-in-the-australian-population-aged-14-years-or-older-february-2018-to-march-2023.pdf>

What is in that Vape or E-Cigarette?

There are over 7000 chemicals inhaled into the lungs during vaping. We do know that the additives in cigarettes are regulated. With vaping, because the 'juice' is produced overseas, the additives are unregulated, and the 'juice' is illegally imported, we can't be certain of what harmful chemicals are added and in what proportion.

Juice and e-liquid concoctions include some mix of flavourings, aromatic additives and nicotine or THC in an oily liquid base. This oily concoction is vapourised and sticks to the lungs and causing an inflammatory response.

Common harmful chemicals found in vape 'juice' are:

Diacyetyl: This food additive, used to deepen e-cigarette flavours, is known to damage small passageways in the lungs.

Formaldehyde: This toxic chemical can cause lung disease and contribute to heart disease.

Acrolein: Most often used as a weed killer, this chemical can also damage lungs.

Benzene: a chemical found in car exhaust

Reference: <https://www.hopkinsmedicine.org/health/wellness-and-prevention/what-does-vaping-do-to-your-lungs>

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It is now known that daily ingestion of Diacetyl causes a disease called Bronchiolitis Obliterans (BO) or “popcorn lungs” which is an inflammatory disease making breathing difficult and permanent scarring which can lead to lung cancer.

There is no treatment for Bronchiolitis Obliterans. It causes permanent damage to the lungs and feels like coughing, wheezing, shortness of breath and chest pain.

It gets worse....

In addition to this **vaping causes Pneumonia, Primary Spontaneous Pneumothorax (Collapsed Lung), holes in the lung and lung ruptures.**

This concoction of harmful chemicals into this **oily liquid which sticks to the lungs** is part of the reason why vaping is so dangerous. The other reason why vaping related lung disease is so commonly seen and has **such rapid onset** is because the ‘juice’ is **highly acidic**. It is this acidic juice which literally **‘eats’ into the lungs**.

Specialists are now seeing patients with **vaping related lung disease** in as **little as 3 years after starting vaping. Teenagers are dying of vaping. There is no cure.**

Ask yourself.... is it worth it?

There is a simple treatment to **let go of the habit**. A specialised **Rest Easy Hypnotherapy** treatment plan can help you to **kick the habit** and be free once and for all. **Easily.**

Here is a little more about a **Rest Easy Hypnotherapy Vape Free** treatment program:

A tailored **Rest Easy Hypnotherapy** treatment program is so effective in getting people to quit the habit and be vape free for life.

A tailored Hypnotherapy and NLP treatment program, in combination with tools & techniques to practice in daily life, are effective in creating the change so you can let go of the **habit** once and for all and have the healthy future you've wanted.

Many people try so many different methods to quit that aren't effective. You've probably wanted to be free for a long time and tried one method or another but **found yourself going back....**

There is an easy solution

A tailored **Hypnotherapy and NLP** treatment program actions the powerful unconscious mind to do all the hard work and create lasting change.

You've probably heard that it takes **21 days to create a new habit**, and it's true.

The mind requires 21 days to adjust to this new way of thinking, and this is where hypnotherapy is so powerful and effective, because over the course of the first three hypnotherapy and NLP treatment sessions you will gain an understanding into the habit, so you will be ready to let go once and for all.

Through years of research and working as a quit smoking and vaping specialist, I have formulated a Vape Free package which is designed specifically for you to have the success with ease.



The full Rest Easy Hypnotherapy Vape Free package is:

- **Up to four tailored Hypnotherapy treatment sessions** that will give you the results you are looking for, that will have you quit and **stay quit for life**
- **Resource manuals and take home information**
- **Mindfulness techniques** to utilise and practice in life,
- **complementary Vape Free audios** to listen to, to keep focussed on achieving goals
- **Certificate** on completion

In combination with the **hypnosis** component, this really is the winning combination to be free once and for all – not just for as long as you can hold out.

This simple program will change your life!

“Vape free a whole year! Thank god I did this”



Cooper (May 2022)

*“After Vaping for years, with Cara’s help, I have been **VAPE FREE for over 3 months.** Thanks for your help and guidance Cara, its been a **game changer** for me.”*



Dwanye (August 2022)

*“I was a pack a day smoker for about 20 years, then I tried to quit and went to **Vaping.** Then I had two habits I craved. I’ve tried so many options to quit and I always went back to **vaping and smoking.** I haven’t had a smoke or vape since our last session It has been 6 months and **I don’t even want one!** I’ve been around other smokers and vapers (which has been an issue in the past) and I still just don’t even feel like it. Thank you so much Cara, I’m so glad I got the help from you. Thank you so much, Cara.”*



Chantelle (March 2021)

Many more testimonials from **happy people** who have made **incredible change** in their lives are available at resteasyhypnotherapy.com.au

Appointment durations and Investment

Most appointments take approximately 1.5 hours (first can run over a little)

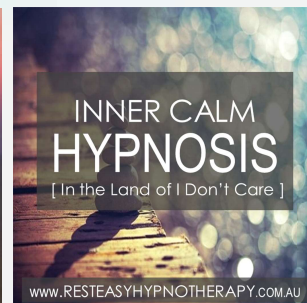
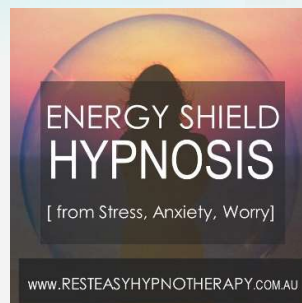
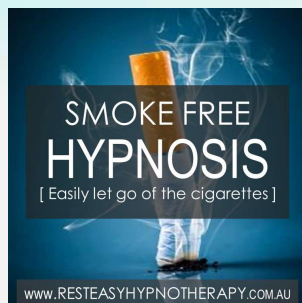
A Rest Easy Hypnotherapy **Vape Free** program includes **4 x 1’45” hour sessions** including all take home information, tools and audios so you can be **Vape Free for life.**

I offer the 4 sessions for around the cost of one session with some other practitioners, to give you that lifelong habit and mindset change that you want, for good.

Take home Tools & Audios

All guided hypnosis audios which are for sale on my website are all **free and complementary** for all the people I work with for an unlimited time.

- * Vape Free
- * Smoke Free
- * Shielding from Stress, Anxiety or Worry
- * Inner Calm – 'In The Land of I Don't Care'



Enter coupon code **TAKE15** on checkout to receive \$15 off all audios!

<https://www.resteasyhypnotherapy.com.au/shop>

Private Health Rebates and Tax Deductions

Private health rebates also apply. Please check with your provider.

Or if you use an ABN the entire cost can be written off on your tax as 'Professional Development'.

2 convenient locations

GROVEDALE: @ Geelong Bowen & Remedial Therapies Clinic, 309 Torquay Road, **Grovedale**

GEELONG: @ 88 Gheringhap Street, **Geelong**

TORQUAY SURFCOAST & online via **Zoom**

Start your new life now... and be FREE

Contact me anytime to find out more about how this can work for you.
It's never been so easy to **become vape free** and **experience freedom for life**.

Cara

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...making change, success & rest easy...

with Cara Beltrame

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Change. Grow. Be incredible.

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