



Helping to address the need for advanced integrated healing strategies specifically targeting tobacco addiction

# TOBACCO RECOVERY WORKSHOPS

## **Topics Discussed:**

### **Why we begin to smoke**

- Foundational Knowledge
- DNA and Epigenetics
- Genealogy & Family Charting
- Intergenerational Transference

### **The science of tobacco addiction**

- Brain Function and Tobacco
- Half Life of Nicotine
- Vaporized Nicotine
- Respiratory Effects

### **Overcoming resistance**

- What is an Addiction
- Nicotine Replacement Therapy
- The "Fantasy of One"
- Resistance & Fear
- The "Three Questions"

### **Navigating common hurdles**

**And more...**

## **Systems Introduced:**

### **The Walk of Life**

Leads to a greater understanding of family patterns and of how present personality and circumstances have developed

### **Identity Marker Profiling**

Exploring the relationship between self-image and smoking relapse

**In addition,  
each participant receives:**

Intro 15

### **The Tobacco Manual**

For a greater understanding of tobacco addiction

### **The Tobacco Workbook**

Tools for building an in-depth tobacco recovery plan

