

## Smoking: QXCI and Supports

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## Introduction

This is a guidance document. It is not a recipe. As with all therapy approaches clients have different needs and practitioners different comfort levels. There are choices: deliberately. You need to work with the possibilities to distill your own approach.

## Guidelines for Smoking Cessation

Ceasing smoking is a process and as with all issues the addictive hooks are present at different and various levels for each individual. Thus as in all therapies it is important to:

1. Implement a client commitment by the suggested monitoring and lifestyle changes lead in programme.
2. Understand at which levels and for what reason the addiction is present.

There are different ways to approach an addiction according to where the addiction has hooks into the client and at what level the client is comfortable with working. It should be noted that if the starting point is purely on the physical level then there may be mental/emotional aspects and releases that the client should be aware of and that may need addressing. As with all things working on the purely physical will induce effects in the mental, emotional and spiritual realms. Conversely working from the higher dimensions will also filter down through the mental, emotional and into the physical.

## Client Preparation

### **CRITICAL:**

- No caffeine AT ALL!
- Plenty of energized water

**1<sup>st</sup> week:**

- Start a diary “**My Daily Achievements**” where to note the beneficial things that you do for yourself each day.
- Establish your own goals to stop smoking (own health, or to protect others from second-hand smoking, money saving – calculate per day/month/year/5 years)
- Involve some friends or, even better, a family member in your effort to stop smoking
- Smoke only ½ of each cigarette
- Don’t buy cigarettes by the carton!

**2<sup>nd</sup> week:**

- Reduce 1 cigarette every day
- Throw away one cigarette every day from the packet
- Open packet on opposite side!

**3<sup>rd</sup> week:**

- Avoid places and remove things that trigger smoking
- Avoid/reduce alcohol and coffee
- Avoid smoking automatically. When you smoke don’t do anything else **JUST SIT AND SMOKE!** (Don’t smoke and talk, or watch TV, or drive)

**4<sup>th</sup> week:**

- Start to create more positive habits, start your **NEW LIFE!**
- Gradually do more outdoor activities.... start with simple ones... walking, swimming and gardening ...

**What to do/not to do/what to expect during the first two weeks of starting anti-smoking therapy!**

The first two weeks are most unpleasant (why?. The body is still addicted to nicotine stimulation and withdrawal symptoms appear.)

***Most common withdrawal symptoms are:***

1. Restlessness, irritability, tension, nervousness
2. Headache, fatigue
3. Hunger, thirst
4. Cough
5. Insomnia

***What not to do:***

1. **DON’T** repeat the same mistakes from before; don’t over-stress yourself in your private life or job
2. **DON’T** take painkillers as the first solution for a headache, try to understand the reason for your headache....toxins are looking for a way out, busy traffic....
3. **DON’T** eat fattening, junk food or sweets, avoid bread. Eat slowly. Chew food well.

4. DON'T suppress a cough.
5. DON'T take sleeping pills

***What to do when withdrawal symptoms appear!***

1. ***If the craving threatens*** to get the better, drinking a glass of water or eating a small meal immediately stops the craving.
2. To minimise or reduce any psychological symptoms, do more exercise, stretch regularly, walk, do yoga, sing in the car, take a shower, have a relaxing massage weekly.
3. To reduce headaches do deep breathing exercises for 5 minutes every morning.
4. Do Chi Kung exercises: The Way of Energy has great, do-able exercises that will rebalance the energy, bring in new and revitalize. 10 minutes is all that is needed.
5. Have a rest while keeping your legs on pillows on a higher level than your head. Take it easy!
6. Drink a lot of still spring water or freshly squeezed fruit juice, eat plenty of fresh vegetables and fruits. Chew them well. Have some of them always with you for crisis moments!
7. To support an easy cleanse of your lungs, drink elderflower, liquorice or mint tea.
8. Listen to relaxing/meditation music before going to sleep. Read an inspirational book. Take a warm shower or bath.

***It is a known fact*** that you cannot allow yourself to even have a small puff, this will return you guaranteed to your old habit.

***Watch out for the 3's:*** 3<sup>rd</sup> day after stopping the craving is the worst, around 3 weeks later - you get over-confident or are having a bad time craving-wise, around 3 months later – is another danger period but after you mastered this last one; Congratulations you have given yourself the best present ever!

**Process Stages**

The following are set out for guidance and to create a focus for specific clients.

1. Assess client commitment, including resistance to change.
2. Implement a client homework and awareness programme 2 to 4 weeks prior to specific anti smoking therapy. This lead in can include addressing key addiction elements in the clients process.

***Alternatively***

You may consider that using the anti smoking programme directly as appropriate.

3. Specific anti smoking programmes, both within the normal QX facilities and using the specific anti smoking programme.
4. Identify relevant aspects of the client's strategy.
5. Identify and implement remedies and nutritional supports.
6. After the client has become a non smoker address physical damage aspects using energetic medicine and remedy support.

### **The QX Anti Smoking Module**

This is a separate software designed to work standalone from Clasp but using the harnesses and with either the 'SCIO-Q' or 'SCIO' interface box.

It may be used once to twice during the first 2-3 weeks.

It is important that the client really does wish to stop smoking and that he has not smoked a cigarette at least two hours previous to the therapy. This is because the system needs to determine the frequencies of the smoke-free body. The patient needs to bring to the therapy at least one cigarette of the brand normally smoked. The information in the box regarding the percentages of nicotine and tar are necessary for best calibration of the system. During the therapy the person will be asked to smoke a cigarette. This is so that the system can determine the frequencies of the smoke-full body.

Using the 'Trivector' pattern principle the system will use 3 readings to best adjust the Anti Smoking frequencies, these are:

- Trivector pattern of smoke-free body
- Trivector pattern of smoke-full body
- Trivector pattern of sample cigarette

The total therapy last just about half an hour.

### **Using the Clasp 32 (QXCI-SCIO) Program**

The facilities offered by the programme include:

- Assessing resistance to change.
- Looking at relational and causal chains.
- Identifying organs stressed by smoking.
- Identifying appropriate balancing and specific therapy.
- Identifying the most appropriate remedy supports for the client.

### ***Stage 1: Demographics, Calibration and Testing***

Recalculating the SOC index in demographics will help indicate the benefits to the client of stopping smoking.

- Using the step by step within calibration will help identify resistance to change: the number of times that the resistance must be calibrated will indicate potential stubbornness or resistance on the client's part.
- Resistance to change matrix item 511 will also indicate.

### ***Stage 2: aspects of addiction specific to client***

In addition to the general standard facilities in assessing a client there are specific areas that may be beneficial in assisting the client to understand the causal chain and pay offs from the smoking habit. Each client is individual and areas should be selected appropriately from the choices below.

#### ***Links to smoking***

Test>Treatments>Cause/Cure/Paliation:

In disease type enter: smoking addiction space space nicotine toxicity

>Start superconscious link

>Review the presenting picture

>If appropriate view the homotoxicology connections

#### ***Assessing associations from within the test screen.***

Select a pattern that associates with smoking and looks for links in various groups. Entering smoking in the search facility will identify relevant items in the test matrix. The most resonant to the client can be checked by running an individual reaction test, where resonance and reactivity 95 ish or more will indicate a good match. The alternative of using smoking, addiction etc. in the hold tray (as opposed to an item with a definitive matrix pattern) will result in a holo linguistic associative link rather than a more solid one. Trust your judgment in selection.

Select flower essences, emotions or organs etc. according to which aspect you wish to investigate the link. It should be noted that these are reactivity (quick) associations and an individual reaction test on the association items may be useful in confirming their relevance. Alternatively the harmonic resonance tray may be used to find resonant associations and confirm their harmonic compatibility.

#### ***Disease pathway and emotional links.***

Test>NLP Emotional Growth

>Mental factors plus emotional chart>Unconscious reactivity:

>Disease type: select all known relevant disease types (of a serious nature) relating to the smoking and in remarks/further diagnosis enter smoking addiction.

>Disease path: note and discuss the feedback with the client.

>Treat emotional conflict

>Affirmation: consider, discuss with client and adopt as appropriate

#### ***Nutritional aspects.***

In addition to examining the vitamins and minerals in the standard way

>Test>Programs>Nutrition and homeopathy>Insert disease: smoking addiction

- >Test disease for best nutrition supplement
- >Note and optionally repeat each yellow item

### ***Stress Relationships***

- >Nutrition and homeopathy>Calculate>Stress and cortisol
- >Select questions yes or no as appropriate
- >Use the appearance of balance to both assess the current disruption to the clients system and to monitor how system restoration is progressing on subsequent visits. The associated hormones are also located in the main test matrix allowing for individual reaction tests and treatments if appropriate.
- >Adrenal balance to achieve a sensible rectification. If rectification does not achieve to over 50 in 1 minute then it is likely the issue may be stubborn and may not shift significantly for some sessions. (Decide whether you run for a further type or leave)

### ***Other Testing Aspects***

There are a multitude of choices available and knowledge of the programme and client will facilitate their appropriate selection for further testing.

### ***Therapy Facilities***

As with all disturbances there may be aspects in any or all of the spiritual, mental, emotional and physical realms to address. The relevant balance between these areas shown in the Info Grid after test may assist in direction in conjunction with your own assessment of the client. Smoking in particular can create a fog which prevents the client from engaging with inner potentials, higher aspects or moving forward. An assessment of the fear associated with this may be constructive for many clients.

If there is a higher dimensional element involved then recourse to facilities such as chakra balance, aura clearance, subspace morphic transforms etc. can be beneficial.

There is an extensive armoury available in terms of the emotional aspects: the mental emotional aspects are deemed by many to be a key element. Depending on the client it may be appropriate to commence in this area or in the physical area. It should be noted that if a client is able only to work in the physical area this is a valid starting point: it is however important for the client to note and diarise the mental struggles and emotional aspects that may be released when the holding down effect of cigarettes diminishes.

In all cases it is strongly recommended that brainwave balancing is undertaken.

One or two of the alternative therapies should always be taken as these set a good platform for specific treatments thus enabling them to hold better, by effecting a balance to the body electric.

### ***Specific Mental Emotional Therapies***

Unattended Quick Therapy can either be used to identify relevant therapies (those that don't rectify are likely to be more needed) or used at the end as a clean up. Note that there is a minimum time of approximately 20 minutes allocated.

### **Scio Overlays:**

When running a 5 minute or longer Clasp 32 programme the following aspects can be considered as a supplementary overlay:

Therapies>Anti inflammation, anti degenerative  
Psychological>Emotional, defence mechanism  
Organ: Lungs, Lymphatic, Kidney, Immunity  
Senses: Smell and taste, Nerves>Autonomic Nerval  
System>Sympathetic>Parasympathetic

### **Hololinguistic Background**

In addition to specific remedies and feedback items appropriate to the client specific needs can be added as normal.

Hololinguistic operation: this can be set at the beginning of the programme and will operate until the clasp is closed for that particular client. The following is suggested:

*Primary disease:* smoking addiction, nicotine toxicity.

*Organ relation:* lungs, adrenals, hypothalamus, mucus membranes, autonomic neural system.

*Emotion blocking:* addictive personality.

(Add any information you may find relevant including that from causes and aggravations, etc.)

### **Auto Therapies**

If *VARHOPE* values are disturbed, then consider Auto Varhope. (Note also that *VARHOPE* corrections automatically occur when using the trivector and auto frequency programmes)

### **Auto meridian**

After *Start meridian therapy* and *Retest* the effect of the smoking addiction on the meridians can be checked. Enter smoking addiction in the Put Item on Test Tray or type below edit box. (Alternatively place the client's specific cigarette after one or two puffs on the tray.) All the lion and yellow meridians are those that are affected detrimentally: these can then be treated.

Further options lie within the consciousness form test, which is analagous to the emotional freedom (EFT) technique used for phobias and addictions. Enter Smoking

addiction under psychological disorder and complete the physical disorders edit box with the relevant information. Run the programme until total acu resonance and coherence approach or exceed 85.

In the acupoints facility it is possible to enter smoking addiction in the *Add a concern* edit box and to treat to above 95 the result of superconscious search point.

### ***Mental NLP***

Therapy Panel>Mental NLP: dialogue with client to complete the questions.

Select addiction: enter symptoms (smoking, nicotine toxicity, lack of awareness, restlessness, lack of will power etc. if relevant).

>Start NLP>OK x 3>Maximum treatment>Start max treatment

Note the information provided and incorporate it into the clients world and subsequent treatment selection.

### ***NLP Emotional Growth***

>Relax phases: for 12 seconds repeatedly until rectified over 85.

>Therapies (drop down)>Addiction release: continue until rectified over 85.

Therapies>Stimulate insight, stimulate awareness: until rectified over 85.

Option

### ***Unconscious choice of therapy***

This can be used as always either initially to get an idea of therapies relevant to client or as a “what’s left to treat” near the session end.

### ***Emotional Biological Flow***

NLP>Emotional Biological Flow>Treat and Test Flowcharts: target rectification 85.

Whilst operating select superconscious plus choice of affirmation and ask the client to note the affirmation.

### ***Hypothalamus-gallbladder connection***

This is a primary mental-physical link and appropriate treatment will release the desire-anger connection and reduce nervousness. Target 85% rectification.

### ***Stress reduction***

Assess the benefit of this treatment according to the clients stress level, and include their assessment of the supplementary questions for stress levels over 7.

### ***Survival awareness form***

In cases where stress reduction is not paramount or on visits after it has been reduced consider this.

***Meta Analysis 2***

NLP Emotional Growth>Survival Awareness Form>Meta Analysis 2

In disease enter: Smoking addiction, nicotine toxicity

>Scan for disease>Treat coloured items and note suggested therapies in the red bar

***Stress Reduction***

NLP and Emotional Growth>Stress reduction

CC on white panel and rate physical, mental and emotional stress.

>Norm Power>Use Electrochelation>Set time>Start

## **Energetic Support for the Physical System**

### ***Treatment with specific remedies***

To optimise the effectiveness it is strongly recommended that relieving remedies are used as necessary. If not available these can be tested using the individual reaction test, delivered via the treat or zap facility and converted into a homeopathic (6 x) suggested for the client to take routinely. It is possible to empty the info grid, load report, test report items with a selection of appropriate remedies, organs etc. and to treat all these items in the hold tray for a period of 30 seconds or 3 minutes. (via the Individual reaction facility)

### ***Detox Chain Therapy***

There is a toxicity associated with smoking and cessation of smoking. Upon the body sensing that it has lost its toxic load from the outside, it may start to detoxify from storage. All organs involved in the detoxification process should be supported inclusive of the lymph, liver and kidneys. Either the lymphatic system can be treated or the complete detoxification chain of organs in sequence for 1 minute each. This latter approach will identify the organs that are weakest (those that do not rectify above 30/60 in 1 minute) and enable further treatment but also ensure that the complete organ chain will operate supportively. Homeopathics can be added.

### ***Organ Restoration***

Sarcodes: electrochelation boost  
Choose sarcodes according to damaged areas.

## **Nutritional Supports for Client**

S.M.A.R.T. UK is an organization that deals with addiction. Biocare (UK) has formulated a supportive remedy for smoking (and other) addiction.

## **Homeopathic Supports for Client**

Homeopaths have many offerings here: most remedies can be ordered by non homeopaths.

### ***Resistance to Change***

*Sycamore Seed* (Acer pseudoplatanus) - "those who smoke tobacco. Changes their state of consciousness and stops them making excuses for stopping" (from Madeleine Evan's book "Meditative Provings")

### ***Dealing with Cravings***

As with all addictions, change routine.  
Lemon juice, exercise, and deep breathing will guard against weight gains.

If avoiding alcohol, use fluid extract (minimal alcohol to preserve comp to org Ø) or 3x or 6x

### Basic Remedy List

There are 2 aspects and 2 options:

1. **Aspect 1:** homeopathic support
  - a. Narayani remedies: these can be made from the QX or obtained via Robert Davidson. Robert also offers a mother tincture kit and a Sulis remedy duplicator.
  - b. Over the counter/ non homeopath available remedies. These are low potency remedies that will work primarily on the physical system.
2. **Aspect 2:** nutritional support

<i>Aspect</i>	<i>OTC (Helios)</i>	<i>Narayani</i>
<i>Lead in, 4-5 days prior</i>	Tabacum 6c	
<i>After stopping/Cravings</i>	Tabacum 6c AND/OR Tabacco Smoke 6x OR Caladium 5c (or 100x)	Narayani anti smoking (includes kick the habit, addiction to tobacco, tobacco smoke, tobacco poison, compulsive smoking, divine strength, nicotine poison, multi vit, sweet myrtle root)
Nervous system symptoms from quitting	Avena sativa Ø Also consider Bioforce Avena sativa	<i>Tension 1M</i>
<i>After 4 weeks</i> Clear Out	Caladium 1M OR Tabacum 10M OR Staph 30 1 dose (if > 20 /day) Staph 200, 1 dose (if < 20/day)	<i>Lung, Chest 30</i> <i>Cleansing 30</i>
Reinforce Addiction Break	Lobelia Ø	

### Source for UK

Homeopaths: <http://www.helios.co.uk/> T: 01892 537 254 . Suggest order as pillules (round sucrose pills-there is not enough sucrose to be an issue for candida etc.), 25 per gm, 4 gm size in single pill dispenser, £4.25 plus postage. (Helios will ship world wide and can be ordered on line) Alternatively Organic Pharmacy, London 020 7361 2232 do a kit at £35.

Nutritionals : Biocare, T: 121 433 3727.

1. SMART UK Complex OR individual remedies to equivalent.
2. Vitamin C (3x2gm per day),
3. Antioxidant (A, C, E, Zinc, Selenium), e.g. Nutrigard Forte
4. Multivit-min

### The Extensive List

**Option 1 Organic Pharmacy Kit**

1. Anti smoking tincture (Oats (avena sativa), ashwaganda, Licorice and Siberian Ginseng) to support the nervous system & adrenal glands during the stressful time
2. Craving, detox support (homeopathic mix Caladium, Staphisagna, Nux Vomica, tabacum)
3. Super antioxidant

*Organic Pharmacy, London 020 7361 2232*

**Option 2**

Tabacum 6c tds 4-5 days before stopping, and again after stopping. If want a cigarette, take Tabacum 6c and if can't resist smoking, may well be sick!

Later, take Caladium 1M or Tabacum 10M to generate a clear-out (can be awful; flat on bed) and Lobelia Ø breaks addiction

**Option 3**

*Tobacco smoke 30c* - makes you feel nauseous & therefore stops you wanting a cigarette.

*Tabaccum + Nicotinum + Staphysagria 200c* - take like smarties every few seconds/minutes during a craving to take craving away.

*Calladium 5c (or 100x)* every time you have a craving [This one makes me feel nauseous for an hour or so after taking it, & then no desire to smoke]

*Plantago 5c* - again every time you have a craving. [There is a homeopath who took 1 dose as a 200, and hasn't smoked since]

*Amethyst* - for any addiction (though especially for alcohol)

**4 weeks later:**

Staph 30 1 dose (if > 20 /day)

Staph 200, 1 dose (if < 20/day)

**Option 4**

*Protocol that some people follow:*

*Nux Vom 30* 1 dose (if > 20/day), Week 1

*Nux Vom 200* 1 dose (if < 20/day), " "

*Calladium 5c or Plantago 5c* 1/day for 1 week, during week 2

Then as necessary during cravings

(FROM "Guidelines to Homeopathic control of Alcoholism & other addictions"

compiled by Elvia Bury) Three remedies, used in succession, will relieve the craving for tobacco:

1. Nux-vomica 200
2. Caladium 3x
3. Staphysagria 200



6. *Lung, Chest 30* (Swami Narayani) - To support your lungs and chest and aid cleansing.

Take **3 x a day for 2 weeks**

7. *Cleansing 30* (Swami Narayani) - To detox the system and speed up your recovery.

Take *1 x a day for 2 – 3 weeks*

I have found if the craving threatened to get the better of me, drinking a glass of water or eating a small meal immediately stops the craving. It is a known fact that you cannot allow yourself to even have a small puff, this will return you guaranteed to your old habit.

### **Option 6 Bala Lodhia**

Bala is the Narayani man and a great homeopath. There is a Materia Medica available from Robert Davidson ([homeopath@myway.com](mailto:homeopath@myway.com))

1. Berberis 3x, twice daily for 6 weeks
2. Tabacum 30c, daily
3. Narayani anti smoking, 2-3 times per day OR every time there is a desire (for smoking!) (includes kick the habit, addiction to tobacco, tobacco smoke, tobacco poison, compulsive smoking, divine strength, nicotine poison, multi vit, sweet myrtle root)
4. For mental: Narayani CB8, daily
5. Taste: mouth and gum mix, daily
6. Epsom salt bath for detox: 4 cups to bath, 20 min bath.

### **Nutritional**

Biocare S.M.A.R.T UK will support the majority of aspects in one remedy.

Vitamin C (3x2gm per day), Antioxidant (A, C, E, Zinc, Selenium), Multivit-min

Biocare S.M.A.R.T UK: the advantage of this is that it is one formulation and whilst the client could achieve the same or more with individual remedies there would be more to take at higher cost.

<i>B Vitamins</i>	mg	<i>Minerals</i>	elemental		mg
B1	40	Magnesium Fumarate	34	Choline bitartrate	40
B2	40	Potassium Ascorbate	K-18	Inositol	30
			Vit C-82		
B3	40	Zinc Citrate	20 mg	L Glycine	30
B5	40	Chromium	10ug	PABA	30
		Polynicotinate			
B6	40	Manganese Citrate	500ug	L Glutamine	100
B12	50ug	Sodium Selenite	100ug		
Folic Acid	400ug	Bioflavenoids	100		
Biotin	200ug	Alpha Lipoic Acid	100		
		Vitamin E	100		

## **Restoring the Physical System**

### ***Affected organs and systems***

Nose	G I tract
Throat	Arteries
Mucous membranes	Adrenals
Lungs	
Sympathetic-Parasympathetic balance	( many users will have been sympathetic on for a long time)