



Testimonials

Here are a few testimonials from grateful clients that have kindly given me permission to share with you. Let me help you succeed, achieve and enjoy life to the full.

Hi Matthew,

My dad David, came to see you while you were here in Melbourne a few weeks ago. I just wanted to send you a quick update and let you know that my dad has now been 16 days cigarette free with not too much effort shown. Previously, he had tried alone and only reached lunchtime, so you can imagine how excited we all are. Unlike previous attempts he hasn't been nervous or 'edgy' at all. He has also inspired his step-daughter to quit also, which is great. Fingers crossed it remains this easy for him.

Thanks again for your help,

Michelle (David's appreciative daughter).

Hi Matthew,

I'm very happy to report that my dad David, still remains smoke-free over a year later. A fantastic result considering he only saw you for one 1.5hr session (followed by using the CD). He now also rides his bike 20km or so a week and uses a new small home gym - some things I've never seen him enjoy previously. He's also welcomed his first grandchild, which was a main quitting motivation.

Thanks again for your part in helping him finally kick the habit.

Michelle

Hello Matthew,

I would just like to say a big thank you for helping me to stop smoking. I popped in for a few visits about 4.5 years ago, you worked your magic on me and I haven't even had one cigarette since. In fact I cant thank you enough, I reckon I would be dead or at least seriously ill if I didn't go to see you.

Thankyou

David Snelgrove



Hi Matthew

As you know, I'd tried unsuccessfully to quit smoking numerous times in the past including twice earlier this year, so I would like to thank you for your assistance in what is now finally a successful effort. The most noticeable difference I found between this time and the others in the past was that I have not had one single craving for a cigarette since the day you treated me. There has been no daily battle against the urge to 'sneak one in'. Even when indulging in activities that previously were triggers to smoke such as drinking coffee or alcohol, I feel no impulse to smoke. This has definitely been the best decision I've made for my health in a long time.

The best thing about choosing hypnotherapy over other methods of quitting was that the results were instant. I walked out of your therapy and my smoking days were over. It was like I had never smoked. No urges or cravings, the problem had simply gone away. I didn't have to undergo months of weening myself off nicotine using some nicotine replacement device, I was cured of my addiction there and then. I tell all the smokers I know now to save their time and their money, patches and the like only treat the symptom, not the cause. That is why so many people go straight back to smoking after they finish using nicotine replacement products.

I can, and do, recommend hypnotherapy to anyone who has seriously decided that they want to quit smoking as it has to be the easiest and most effective method available. This is because it treats the real causes of the problem; those subconscious triggers that make us do something regardless of the knowledge that it will kill us in the end. This is why hypnotherapy is so much easier and more successful than any other treatment.

Matthew, I have a great deal to thank you for as I am now running 5 km a day, something I haven't done for years and my energy levels have increased by what seems like 200%. There is still room for improvement, but it wouldn't have got this far if I hadn't decided to come and see you. Wishing you the very best in all that you do.

Chris Shannon

Hello Matthew

A couple of months ago I decided that my casual smoking was going to ruin my life. I am a professional voice over artist working on TV commercials, radio ads, documentaries and more. And the fact that every time I was out and about having a drink with friends, that I smoked like a chimney was starting to take its toll on my voice. Knowing that I was on the road to destroying my career I decided something had to be done. I hit Google and started to look for a hypnotherapist in Sydney. I'm glad I did.

When I first came to visit Matthew Favaloro I was a social smoker. I signed up for the three required sessions hoping to nip smoking in the bud. I wasn't sure how effective the treatment would be, however keeping an open mind, I embraced it and decided to see what would happen. A half an



hour chat was followed around twenty minutes of hypnosis. I was put into a trance state which could only be described as being half asleep. I was aware - but deeply relaxed.

Following the session I spent the next couple of days without having a cigarette. I was happy so far. However the real test came on a Friday night over a couple of bottles of wine with some mates at a friend's home. Surely enough after the very first glass of vino I found myself wrought with cravings for a cigarette. When one of my friends adjourned to the balcony for a smoke I was out there like a shot. My eyes fixed on it, the habit, the lighter - his every move.

I knew what I wanted, and my body knew that a cigarette is what it needed. However it's what I COULDN'T do that in that crisis moment which will have been the turning point of my health forever. As much as I knew I wanted a cigarette I could not bring myself to ask for one. I couldn't bring myself to want one. I couldn't bring myself to even THINK of having one - it was like I had forgotten how to smoke a cigarette. couple of hours passed by, and while in a bar I noticed that my cravings had started to fade. By 2am in a nightclub The cravings were there but the mechanics had simply vanished. I could not have picked up a cigarette had my life depended on it. This was a very strange scenario indeed. Especially considering the cravings were still VERY much there.

However onward into the night I pushed, without a cigarette to speak of. As a friend (having great fun with my bizarre state) actually took a lit cigarette and placed it in my

hands. A round of applause erupted from my friends as I drew it all the way up to my mouth, put it between my lips... and then hurriedly removed it without so much as a taste of it

I even tried to wipe the smell off my lips that had been left there by the butt. My cravings had truly disappeared.

The next week I was back with Matthew for the second of my three sessions. It was much of a muchness. A pleasant trance like state during which time it was further re-enforced that I would not like, need, want or touch a cigarette again. I continued on another week happily plugging along without ever needing a smoke. So finally the third week arrived, and so did I for my final session with Matthew. Never having been one to conform or stick to convention I declared to Matthew that I was already positive that I would never have another cigarette in my life. Because of this that to do a third session on smoking would only be a waste. I asked if we could focus on something else instead to which he agreed.



We settled on doing a session for anxiety in which Matthew both hypnotised me using a deep relaxation therapy, and also spent a great deal of time simply LISTENING to me. That's a rare gift to be given in this day and age - especially considering that Matthew went overtime blowing the session out to a whopping ninety minutes. I was his last client of the day and we went well into the night. I truly appreciated the extra time and attention. So to cut to the chase, here I am five weeks later and the results speak for themselves.

I am more relaxed, and I DON'T smoke.

Nuff said.

Matt Thomas

Hi Matthew,

I came to you for help in late October '04 with a combined marijuana/nicotine addiction with which I had been doing battle for about 10 years. Even though I had been using both for much longer, (marijuana for about 25 years and cigarettes for about 32 years) it had only been in the last 10 that I had made serious efforts to stop because I'd long realised the damage to my body. But my own best efforts had only brought me frustration and an increasing sense of weakness and lack of worth because of my seeming inability to stay stopped, despite the obvious negative consequences.

Just in case these need cataloguing; a real sense of "enslavement" and consequent self-loathing, shortness of breath, an inability to stay focussed, fear of cancer or other smoking-related diseases, suppression and numbing of emotions, irritability whenever I tried to stop, ridiculous wastes of money, emotional distance between myself and loved ones, lethargy and lack of motivation, general feelings of negativity, constant thoughts of how and when I could smoke, sallow skin and stained teeth - to name a few. Clearly, I needed help. My own best efforts had netted me little result and I feared that I would never be able to successfully quit.

I came to you with a real sense of desperation and as a "last ditch" attempt to kill this habit before it killed me. I could also see that until I succeeded, my own sense of myself and my ability to flourish creatively (I'm an artist) would be permanently stunted. I had had hypnotherapy before, and it had been the most successful of all the attempts I'd made, but I'd always started again after a few weeks, at best. The reason you appealed to me also Matthew, it must be said, was because I was familiar with your work and hoped that your understanding of this subject and the accompanying psychology would inform your treatment, as indeed it did.

After the very first session I was amazed to feel not the slightest desire to smoke - either a joint or anything else, and by the 3rd session I was sure that I had finally become a non-smoker. This has not changed in any way after 4 going-on 5 months, despite being offered it many, many times. I can happily be among other smokers (cigarettes or marijuana) and not feel the any inkling of an urge to partake, even though I often remove myself from the smoke itself because I don't like the smell any-



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more. However, I'm happy to say, it has not made me a sanctimonious non-smoker. I don't mind what others do, I simply don't need or want to do it. I am merely indifferent when I'm around it.

If you had told me that it would be this easy, I would not have believed you, because of the many struggles and "battles of the will" that I'd previously had. I still find it hard to believe.

I now enjoy my life so much more. I don't "sneak around" with my shameful habit - I connect directly with others, my work, the world. I am richer, not just monetarily, though this is a real bonus. The money I save by not smoking either substance I treat myself and my loved ones with. I am exercising regularly and with much less effort, and am looking and feeling better than I have for a many years. I am much more directed and focused in my work, with very rewarding results. In short, I feel very much more alive.

I can't thank you enough Matthew. I don't quite understand how it was done (all with mirrors?) but I will be eternally grateful that it was done, and hope that others with my particular set of (ex) symptoms, and I KNOW they're out there!, will read this and know that they can be helped.

I wish you every success in your future endeavours, and again, I thank you for restoring me to myself.

Cathy

Dear Matthew,

I can't thank you enough for changing my life. I can't believe how much better I feel after your treatment sessions. Even more so, I can't believe how I could have those thoughts and feeling for so many years and you could change this in a few weeks.

My family are also very appreciative.

I sincerely thank you from the bottom of my heart.

Regards,

Wendy – Ballina NSW