

Healthy Life Centers' Web Site Provides a Free Referral Service and Helps Smokers Kick the Habit

HUNTINGTON BEACH, Calif. – June 21 (SEND2PRESS NEWSWIRE) – Healthy Life Centers puts the power to quit smoking in the minds of the people through a free, referral service that directs them to certified hypnosis programs in their local vicinity. National statistics reveal that there are approximately 51 million Americans who smoke, daily. Out of that group, 35 million want to quit.



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Reasons to quit range from: better health to a fatter bank account. A recent study performed by Duke University health economists calculated that the real cost of a pack of cigarettes was not the \$3 or so that most stores charge, but more like \$40 per pack due to medical expenses, cleaning bills, excise taxes and more.

Health benefits start the moment a smoker puts down that last cigarette. Within the first 20 minutes, blood pressure, heart rate and temperature of hands and feet return to normal; two to three months and heart-attack risk drops and lung function improves; one year and excess risk of coronary heart disease is cut in half; and after 15 years, a person's health returns to that

of a non-smoker.

Hollywood celebrities such as Ellen DeGeneres, Ashton Kutcher, Drew Barrymore, and Matt Damon have realized the benefits of hypnosis and have quit smoking; they continue to serve as an inspiration to others.

Healthy Life Centers also inspires and help smokers achieve better health and get smoking of their minds. They designed a web site, www.IwanttoQuitSmoking.com, to encourage smokers to become non-smokers.

When smokers visit IwanttoQuitSmoking.com, they simply type in their zip code and print out a free referral to one of any 20,000 smoking-cessation affiliated clinics in the country.

The referral slip pre-qualifies people for treatment; no research is required and they can rest assured that all clinics have been certified.

“We help smokers take that first step to freedom,” Mark Barrus, Director of Healthy Life Centers, and a 25-year, ex-smoking veteran, explained. “Once they’ve taken that leap of faith, it’s all downhill.”

According to Barrus, and the IRS, an exciting feature of their services is that it is tax-deductible. People can include stop-smoking programs in their medical expenses, unlike money paid for non-prescription drugs such as nicotine gum or patches.

For more information, visit: www.IwanttoQuitSmoking.com

NOTE: Mention of celebrity names does not imply endorsement or other relationship.

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