

Choose the Program that is right for you



Stop Smoking NOW™

Stop smoking after only one session. That's right, most of our clients do! Just in case you have any difficulties, we offer you a free second session within 6 months.

Stop Stress Smoking NOW™

Some people have emotional issues underlying their smoking. If you want to eliminate the root cause of your smoking and feel better for the rest of your life, this program is for you. Clients completing this program often say they feel less stressed and more in control of their emotions and their life. Normally 2-3 sessions after Stop Smoking Now, if needed or desired.

Stop Smoking NOW™ Reinforcement

Available to graduates of the Stop Smoking NOW program, our exclusive reinforcement CD will soon be available. Use it whenever you want to listen and be reminded of what you have accomplished.

Weight Loss NOW™

Once you understand how easy and powerful our programs are, you may want to come back for our weight loss program. Two sessions designed to change your relationship with food forever! You will see immediate results after the very first session. A week later we will adjust and reinforce so you are in total control. This is where everyone starts. Many people find it is all they need to get on their weight loss path.

Helping you shift from where you are to where you want to be

Hypnosis can help you with the following and more:

Weight Loss	Stop Smoking
Stress Reduction	Excessive Worrying
Self-confidence	Relationships
Self-esteem	Public Speaking
Test Anxiety	Anger Issues
Shyness	Stage Fright
Pain Management	Sports Improvement
Abuse Issues	Sexual Issues
Concentration	Procrastination
Drug Abuse	Alcohol Abuse
Fears	Relaxation
Motivation	Mood Improvement

Stop Smoking NOW™

“The Best Me NOW™”



mederiwellness

Helping you shift from where you are to where you want to be

230 Adams Street
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For an appointment or more information call or email

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Call or email to schedule your appointment.

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Stop smoking easily and effortlessly even if nothing else has worked

Smoking is debilitating and life threatening. It has become more expensive and less socially acceptable. Yet many smokers who want to quit can't. Hypnosis is different. Hypnosis addresses the smoking habit in the subconscious mind where habits are stored. Most people become non-smokers after just one session!

Stop Smoking WITHOUT Gaining Weight!

Four out of five people who quit smoking gain weight. Gaining weight when you quit smoking is not inevitable. Our stop smoking program is specifically designed to keep this from happening.

If you are concerned about gaining weight when you stop smoking, let us know. We will provide you with the information that explains why you will be able to stop smoking without gaining weight!

Hypnosis can be your tool for success!

We encourage you to call or stop by so we can answer your questions about hypnosis and our Stop Smoking NOW™ programs. We enjoy answering questions; it's part of our job. No obligation, of course.



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What past clients have to say

*"For the past 45 years, I have smoked 1 to 2 packs of cigarettes a day. I tried EVERYTHING to quit many times. It seemed as if cigarettes controlled my life. After only one hypnosis session with David Prudhomme I am now a non-smoker. There have been no cravings and no anxious moments. I am now in control of my life. Thank you, Dave."
-- Ed Verkin*

*"I came to you to stop smoking and also for anxiety. I would like the world to know how much you have helped me, I am no longer a smoker, no urges to smoke, no anxiety. I feel WONDERFUL. I am in control of my life for the first time in many years. This has been the most rewarding experience and so unlike what I expected. David you are awesome!!! There are no adequate words to describe how much I appreciate what you have helped me to become, A NEW NON-SMOKER, RELAXED, ANXIETY FREE, HAPPY AND ALL WITHOUT TAKING ANY MEDICATION. Thank you"
-- Wanda Keller*

*"Thank you David. On August 20, 2008, I came to you so I could stop smoking and it has been 2 years for me and I feel so good. Each day gets even better for me. I don't have any urges to smoke and I'm sleeping so good at night. I thank you."
-- Dorothy Jennings*

*"I thought I would be a hard nut to crack when it came to quitting smoking. I smoked for 37 years. I was tired of cigarettes controlling my life. I couldn't sleep more than 1-2 hours at a time, my hair and clothes smelled, my car smelled and I had this stupid little monkey on my back!! I tried many times to quit smoking. I attended a group hypnosis session, tried the nicotine patch and attempted cold turkey. Nothing worked. Nothing until I met David Prudhomme. I recently was quite sick with a bronchial infection and had a really difficult time breathing. I was scared. I thought "if this is what it feels like to die of lung cancer, I don't want any part of it." I made the most important phone call of my life. My session with David was the most relaxing, easy and effortless way to put a stop to my addiction. I finally got that little monkey off my back and took control of my life. I find that I have so much energy and time, I sleep more sound and when I wake up I am much more rested. I am a happier person and it feels good to be in control again. I do not have the urge to smoke and I can be around people who do smoke and it doesn't bother me. The smell of the smoke actually stinks and it reassures me that I made the right decision to take back my life as a non-smoker. I can't thank you enough. If I can do this, anybody can! Thank you, David for helping me."
-- Bev Krofft*

How does Hypnosis help me stop smoking?

A study presented October 22, 2007 at the annual meeting of the American College of Chest Physicians found that:

Hypnosis is:

- more than twice as effective as quitting "cold turkey"
- over three times as effective as nicotine replacement therapy.

Hypnosis is a proven way to change old habits! We will take the time to learn about you and your smoking habits.

There is no such thing as a "one size fits all" approach. We will work with you one-on-one and you will experience personalized hypnosis in a session which addresses your individualized needs.

Our approach has helped people stop smoking when nothing else has worked.

If you have tried and tried again to stop smoking without success, then give yourself the opportunity to learn more about hypnosis and how it can help you stop for good and finally get the freedom you want from this self-destructive habit.

It's easy and it works; we do it every day.

Hypnosis is a proven, drug-free, natural, method to stop smoking – and with no negative side effects!