

FAQ – Frequently Asked Questions: *freshchange*© program with Allanah Bahnsen

Will it work for me?

Hypnotherapy used as a tool to quit smoking is 100% effective if YOU really want to give up! Use Hypnotherapy and a skilled therapist to guide your body, mind and spirit to work together to achieve the result you are after.

I smoke up to 1 pack per day? Will I still be successful at quitting?

After one session you can expect to be a non-smoker from the time the session is over. If you believe you are ready and you are committed by taking action for wellbeing, your mind will overcome any obstacle and you will be successful.

How much time do I have to commit?

2 sessions are scheduled for YOU in the first week, to provide you with all the support YOU need. Take 30 mins a day after that to listen to a Hypnosis Audio. Within one week you will have completely changed your lifestyle and health. If you commit to learning Self Hypnosis through the Mind Mastery Program for at least three months on your own you can change your whole life. Allanah also teaches Meditation and holds groups for those wanting to develop their own relaxation practices.

I have tried to give up in the past, what if I fail this time?

What YOU have done in the past is to fail forward, so every so called failure is getting us ready for a success. Failure is a way to highlight to us what we really do and don't want. Our emotions are indications for us. We can either see failure as an obstacle or use it to our advantage to learn to move through so called limits that we think are there. Our beliefs around failure are formed depending on how great the hurt and disappointment was at the time. So if you have failed in the past, we work with that in the positive way that reframes your attitude and beliefs.

I want to give up but I am really scared?

Smoking is a habit and it is an addiction. That means the addiction has taken hold in YOUR body and one of the way addiction works is to keep our emotions intensely heightened. If you are scared and anxious in any way the nicotine is feeding this emotion, so YOU are in a cycle and that is the way this drug likes to keep you, in a vicious negative cycle. Being scared can be good; it can be turned into a positive to motivate you forward.

Money is really tight; I do not know if I can afford this?


YOU are worth this investment into your health and wellbeing. Focus on what you will save in the long term...

I am seeing other specialists and Doctors at the moment, will this affect the program?

Please fill out this information on the Client Screening Form and we will let you know if you are accepted. I require all information about any medications and medical therapists you are seeing or have seen in the past. We will work together with any other medical therapy you are receiving.

How do I apply for the 'freshchange' program with Allanah Bahnsen and claim my bonuses? Phone Allanah on 0432 568 552, ask for the Intake Forms. Will send them to you via email or mail and then fill them in. Email it back to me to the email below and I will contact you to make your appointment.

Balanced Being Holistic Health

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