



## BIORESONANCE – AN AID TO QUITTING SMOKING?

### Description

I stopped smoking 3 years ago today with Bioresonance Therapy. I had stopped before using this method but stupidly started again because I couldn't quit the "hand to mouth" habit.

Since having Bioresonance Therapy on the 3rd of January 2017, I haven't smoked a single cigarette. To put this in context, I started smoking in my early teens and had been smoking for over 35 years, eventually smoking 60+ cigarettes per day. I was in bad physical shape, coughing like a hag and severely breathless on very little exertion. It would be disingenuous to say I stopped needing nicotine altogether (though with the right mindset/ appropriate strategies I believe this would have been possible).

Having failed the first time due to habit, I consciously chose to vape instead. I have gradually reduced the nicotine content in my e-cigarette liquid over time and hope to quit entirely when I feel ready – maybe using Bioresonance Therapy! I honestly never thought I would be able to quit smoking – I loved it and felt I needed it but I can honestly say, I don't miss it at all.

Maybe you would say I haven't been successful, given I am still vaping nicotine but I still feel a huge sense of achievement. I exercise daily and am fitter and healthier than I have ever been before. I have saved so much money that my family and I have been able to afford a couple of great holidays and I have saved many weeks of life by quitting.

Before submitting this review, I checked my quit counter app. It might help, if you are still swithering:

Amount saved: £32, 838.65

Cigarettes not smoked: 65, 677

Life saved: 32W, 4D, 1h, 5 m.

I am a firm believer in bioresonance therapy in helping to make behaviour change relatively painless.. You still need to want to do it, but for me it's been the most successful treatment in all of my years trying to quit – I wish you similar success!

â€“ Liz

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**Date Created**

2020/03/27

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