

6 WAYS TO END SMOKING

TODAY

AND OTHER TIPS FOR SMOKERS



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INTRODUCTION

You wake up in the morning, you smoke a cigarette. You get into your car, you smoke a cigarette. You eat a meal, you smoke a cigarette. Every step of your life is chained to the need to smoke a cigarette. With the cost of cigarettes continually increasing and the list of harmful effects growing by day, many people are trying to find ways to quit smoking. Quitting smoking will help you regain your life, save you money and help you become a healthier person. Before we get started on the many ways you can quit smoking, let's talk about some quick facts on WHY cigarettes are worth giving up.

- Diseases related to smoking cause nearly half of a million deaths in the United States each year.
- A study by the Center for Disease Control's National Center for Chronic Disease Prevention and Health Promotion revealed that cigarettes contain 69 cancer-causing chemicals and over 4,700 other chemicals that are harmful to the body.
- Second hand smoke leads to respiratory tract infections, lung diseases, reduce lung function and middle-ear disease in children each year.
- Second hand smoke kills over 3,000 people each year.

Benefits of Quitting Smoking

- Increase your life expectancy
- No more smoker's breath
- No more offensive smoke
- Improved heart and lung function

Reasons Why You Started to Smoke and Still Smoke

- You thought it would make you cool/popular/seem older when in school.
- Your parents did it.
- You feel that your day to day life is stressful.
- It helps you relax.
- Smoking is naturally a part of your routine and you do not even realize you are doing it.

Smoking is the most dangerous addiction there is; and it's legal. Smoking harms both you and the people around you. It has been known to also effect a person's relationship with other people. Choosing to quit needs to be a personal decision. Trying to quit smoking is not something that can be achieved if you are doing it for someone else and are not fully committed. Today, there are dozens of different ways to help smokers quit successfully. Not all methods work for all people. In fact, many smokers try multiple methods of quitting smoking before they are successful. The point is that as a smoker, you need to be committed to do whatever it takes to end smoking today if that is what you really want.

Quitting smoking is a difficult task for anyone. Most smokers continue to struggle with cravings for years after they have quit. To be successful with quitting you must take it moment by moment, day by day. Be prepared to make multiple attempts at quitting smoking and possibly using a variety of different methods. We have included a list and information regarding the many options smokers have to help them quit. Before choosing an option, weigh the possibilities so you know what to expect with that method. This process takes time. Many smokers continue to use their treatment method for years because the urge to start smoking again is so intense.

You can do it! Surround yourself with other people who are trying to quit smoking or friends, family and co-workers that will help you on your journey. Tell the people around you that you want to quit and you would appreciate their help in keeping you in line with your goals so that you can successfully end your expensive, unhealthy addiction to cigarettes. Knowing that you have a goal you want to achieve will cause the people around you to want to help you and praise you every step of the way. As a result, you will feel more motivated to stick with your efforts.

As an added measure you should consider joining an online support forum where you can continually communicate with other people who are facing the same challenges that you are with quitting smoking. Remember when you started smoking and you said "It's ok, I can quit anytime"? Well that time is **NOW**. The sooner you get started, the sooner you will achieve your dreams of quitting smoking.

METHOD # 1: COLD TURKEY

Quitting cold turkey is often the first step that many smokers try to use to quit. It is the hardest method that there is because there is no replacement for the nicotine that your body is craving. Using the cold turkey method will cause a person to exhibit drug withdrawal symptoms. These include irritability, fatigue, shortness of temper and sudden food cravings. There is a common misconception that quitting smoking cold turkey will cause a person to gain weight, this is not entirely true. The reason why a person gains weight is because they use food to replace the need to smoke because they are used to keeping their hands and mouth busy at the same time. Being conscious of your efforts to quit cold turkey will keep you from making this mistake.

Weaning yourself off of cigarettes is the best way to implement the cold turkey method. Start with your every day schedule. There are small changes that can be made to make smoking less attractive to you such as:

- If you smoke indoors, start smoking outside. The need to stop what you are doing, put on shoes and/or a jacket and go outside for ten to fifteen minutes is often enough to deter a smoker from smoking as much as they would if they were inside.
- If you normally keep your cigarettes in your pocket or by your table, place them out of reach. Just as the previous change, if you have to get up and locate your cigarettes in order to smoke one. If you are busy talking with friends or family or watching a television show then you are less likely to want to get up and pick up that cigarette.

Next you will want to quit smoking one cigarette at a time. Start with your daily routine. If you automatically wake up and smoke a cigarette then that is the first one you should stop yourself from. It is not as easy as just stopping, you will want to replace the need to smoke with something else. This can be a fitness class, walking the dog, washing the dishes, starting a load of laundry or something else to this effect that will keep your mind and hand busy for a few minutes until the desire to smoke a cigarette subsides.

Continue this process until you have weaned yourself off of the many different times of the day when you feel that you need to smoke a cigarette. Quitting cold turkey is a slow process, but all methods of quitting smoking are as well.

To better monitor your progress you can do a few different things.

- 1) Keep a notebook journal of each cigarette you have. Mark down the time of day, what you were doing and how you felt at that time. This will help you see how often you are smoking and why. Many times, smokers choose to light up a cigarette because they are bored or with friends and it seems like the thing to do. Smoking becomes a natural part of a smokers life the way eating, drinking, using the bathroom or brushing your teeth is. Review the journal regularly to see what cigarettes are unnecessary during your day. This will make it easier for you to reduce the amount you are smoking.
- 2) Smartphone QuitCoach Application is a popular choice for people who are trying to quit smoking. This application will time out the cigarettes you plan to have in a day so that you know when it is time to have another smoke. The application is primarily available for iPhone, Blackberry and Android phones at this time.
- 3) [SmokeLess Counter](#) is similar to the QuitCoach application to help you quit smoking gradually. This is the best device for people who want to quit cold turkey because it allows you to program when you like to smoke another cigarette. It also allows users to set up a plan of action that is easily visible on the device. You will be able to see the number of days left and the money you have saved by not smoking to help keep you motivated.

METHOD # 2: TRADITIONAL QUITTING

AIDES

Every time you turn on the television you will see a commercial for traditional quitting aides for smokers. These include gums, patches and lozenges that are designed to curb nicotine cravings and gradually help smokers decrease how much they are smoking. Unlike prescription drugs to help users quit that will make a person sick if they smoke a cigarette, gums, patches and lozenges simply curb the natural cravings you are feeling.

Each one of these traditional quitting aides has its own benefits and method of use. For example, the end smoking today gums and lozenges allow you to chew or suck on several pieces throughout the day to combat your nicotine cravings. Gums are available in a wide variety of flavors and often available at a pharmacy, drug store or supercenter. The quit smoking patches come with various levels. As a smoker you will decide which level of nicotine cravings you have in a day. Then the patch is applied to the skin and stays in place for several days to help curb cravings naturally as they arise.

Traditional quitting aides are regularly available and often handed out for free by state-wide stop smoking agencies to help smokers get started with quitting. The pitfall of these aides is that they can be expensive. In fact, depending on how much you smoke, traditional quitting aides might actually cost you more than smoking cigarettes. While these options are highly effective, many smokers are deterred for that reason.

METHOD # 3: HERBAL REMEDIES

The art and science behind herbal medicine has been gaining in popularity since 2000. As a result, we are now seeing more herbal treatment options to help smokers quit. Programs such as the [Butt it Out Quit Smoking System](#) have been developed to help smokers quit in a few weeks. This particular system has been regularly promoted by Whoopi Goldberg on the popular daytime talk show “The View.”

Herbal remedies are clinically proven to be effective at helping people quit smoking. There are a variety of active ingredients that help curb cravings and increase your natural will power and desire to quit smoking. In the Butt it Out Quit Smoking System, the active ingredient is lobelia inflata. This ingredient is used as a replacement for nicotine because it mimics the effects but is not habit-forming. Lobelia is the most popular herbal remedy to quit smoking on the market today.

Other herbal remedies to end smoking today include avena sativa. This is derived from wild oat plants. It is most often used to treat insomnia, anxiety and nervousness but has also been known to stop addiction in its tracks so that people can quit smoking quickly. Mimosa tea helps calm the mind from the anxiety and headaches that people generally get once when start to quit smoking. This is a safe herbal remedy that can be used in conjunction with any other herbs to quit smoking.

Herbal remedies are one of the many natural ways to quit smoking. With many people choosing not to add anymore toxins or chemicals to their bodies then they already have, herbal choices are becoming more popular. Unless you choose a system such as the Butt it Out Quit Smoking System, then it is important that you speak with a holistic health practitioner before starting any herbal treatment regimens to quit smoking.

METHOD # 4: ACUPUNCTURE

Acupuncture is a method for smoking cessation that is often chosen when other methods have failed. As we said at the beginning of this eBook, there are numerous methods and not all methods will work for everyone. Acupuncture is the process of having a licensed doctor apply small needles to pressure points around the body. This does not hurt at all.

Generally there are five sessions of acupuncture to complete the smoking cessation process. Before getting started you will fill out an extensive questionnaire that will cover your history as a smoker, health and lifestyle so that the doctor will be able to better assess the triggers, habits and behaviors that cause you to smoke. The first appointment is always about determining where you will start in the process. It will be similar to a regular doctors visit in that the doctor will discuss your questionnaire, take your blood pressure, examine lung function and observe the tongue. From there the doctor will be able to determine what causes your smoking habit and how to stop it.

The points which are used for acupuncture will vary by patient but the ear is most commonly used. Once the needles are inserted into the pressure points you will be asked to stay calm and relaxed for thirty minutes. You will come back for three more sessions after you first one. In between the sessions, herbal supplements that will help curb your cravings for nicotine will be prescribed. Acupuncture is highly successful because it is targeted specifically for each patient instead of using a one-size-fits all style treatment that is seen with other smoking cessation options.

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