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## **Introduction**

In the last twenty or so years, smoking has lost the popularity that it once held for many people in nearly every demographic in the world.

Before this time, it seemed as though everyone would light up just about anywhere. You would go into a hospital emergency room and see the doctors and nurses having a cigarette in the lobby with injured and sick patients who were smoking cigarettes as well.

Some facts worth noting:

1. Smoking is the #1 cause of death in America responsible over 400,000 deaths per year.
2. If you combine poor diet, sedentary lifestyle, and obesity, it will be about 400,000 deaths per year.

Up until very recently, people have had to rely on a variety of nicotine replacement therapies, which have been prescribed by their doctor or sold over the counter. These include:

3. Nicotine gum
4. The Nicotine Patch
5. Lozenge

6. Nasal Spray or inhaler
7. Anti depressant pills like Wellbutrin which was rebranded and Zyban

The first question you were asked when entering a restaurant was "smoking or no smoking?"

Stars smoked on the big screen and on television. There were commercials for every brand of cigarette on the market. It was commonplace to see even young children lighting up with out a thought given to it.

Mothers would have a baby breastfeeding while smoking a cigarette. Smoking was popular and the new rage and everyone was doing it.

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**Targeting children & young adults, the tobacco companies would almost guarantee a long term customer that would bring them in a lot of money.**

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Also in the past, many of the advertising campaigns for cigarettes, those who smoked were deemed as heroes. The Marlboro Man was glamorized in those days as a man who enjoyed a quality smoke after a hard day on the range.

In more recent times, Joe Camel has become the icon for Camel cigarettes and has a very smooth and cool persona that is aimed at attracting younger more "hip" smokers.

This type of marketing has gone along way to keep people interested in smoking and many start smoking before they are even old enough to vote. It is much harder to break a habit that starts when the person is young.

Young people have less control over the pleasure sensors that are triggered by nicotine and addiction can be brought on much more swiftly in younger person than in a more mature smoker.

By targeting children or young adults, the tobacco companies would almost always guarantee a long term customer that would bring them in a lot of money.

These types of advertising are highly immoral and in more current times have been cut back because of the amount of under age children who were beginning to smoke. This became such an epidemic that cigarettes took over marijuana as the main gateway drug.

Percentage wise, more children who start smoking at young age also will try alcohol and drugs shortly thereafter. By targeting young people for tobacco, the chances of those

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young people moving to other drugs and substances greatly increases the earlier they start smoking.

In the past thirty years, those who smoked so diligently, starting getting many different forms of cancer and also started dying. It seemed as though those who were smokers were the ones who were most likely to die from cancer.

More and more studies were conducted on the effects of tobacco on the body and the damages that cigarette smoking was doing to millions of people all over the world.

Suddenly, smoking was not as "cool" as it once was. Smoking has now become increasing less popular and smoking is not allowed in many countries in public places.

More and more people are looking for ways to kick the habit and become non-smokers.

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**Studies showed that not only was smoking bad for the smokers, but second hand smoke can hurt those who were not smoking as well.**

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By simply living with a smoker and living with smoke in the home could cause permanent damage and those non smokers would have a higher risk of being a victim of cancer.

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Smoking was shown as the number source of cancer for smokers and non smokers alike. It was shown that smoking is not healthy and could actually kill those that smoke.

Shortly after this, the stop smoking campaigns began and smoking was looked on as dangerous and not a habit to picked up by anyone. Across the world, more and more places have placed bans on smoking in city buildings.

Then cities and states started placing bans on where smoking would be allowed.

Any public place where people congregated were designated as non smoking and smokers were pushed to the fringe of society for the safety of the non smokers.

Nicotine was shown to be one of the most addictive drugs known to man and this made it harder for those who really wanted to quit to be successful at it.

Before you knew it, there were many products on the market that would enable people to be able to give up the cigarettes through nicotine replacement.

Just like a heroin addict needs methadone to get through the withdrawals, many smokers needed a replacement for the nicotine in order to be successful at dropping the habit.

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## **Are You Ready to Quit Smoking?**

If you are a smoker and you are thinking about quitting, you should make sure you are really ready to stop or else you are setting yourself up to fail. Only ten percent of those who attempt to quit smoking succeed no matter how many times they have tried to break the habit.

This is only one reason why being committed to quitting is vital. When you make the commitment, you will give yourself a better chance at success.

If you do not feel you are quite ready yet, then you should consider why quitting would be a good choice. Perhaps then you will understand why you should quit and that may give you motivation to move forward.

Unlike in previous years, people who want to smoke have a wide variety of methods to choose from. Each method has its own pros and cons.

To be successful, it will take a combination of one or more of these stop-smoking aids and good old fashion will power.



**You should also consider your family. If you're the only smoker, simply think about how smoking makes them feel.**

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If you are exposing them to second hand smoke, then you are taking a chance with their life. It is one thing to risk your life, but it is not healthy for the rest of your family either.

Even if you do not smoke in front of them or expose them to second hand smoke, then consider the financial strain you have them under.

There are many other places that money you spend on cigarettes could be spent. It could be saved for college educations or family vacations. In addition, you are actually putting your family at risk of developing breast cancer.

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**In a recent report released by the Ontario Tobacco Research Unit, there is a direct correlation between smoking and breast cancer.**

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This applies to what happens to the people who are actively smoking and for those in the general vicinity of the smoke. The report warned that women under the age of 50 had gene mutations of breast cancer 1 and breast cancer 2.

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It went on to state that second hand smoke doubled a persons chance of developing breast cancer by age 50. One thing to realize is that this isn't confined to women; men get breast cancer as well.

You should also consider the financial strain that would occur if you were to have physical problems that arise out of your smoking. If you were to get cancer, how would your family be able to pay all the extra medical bills that will not be covered by your insurance?

If you are a bread winner, how would family live without your income? These are issues that concern you; you should seriously get prepared to quit smoking.

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**If your health is at risk or you simply are tired of being a smoker, then you should definitely take the steps that will enable you to stop smoking.**

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You should try to come up with a plan that will enable you to stop smoking. If you feel you have the will power to stop cold turkey, then you should set a date where you will not purchase or smoke another cigarette again.

If you do not feel you can stop on your own, then you should decide what aids you will use that will enable to you stop

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smoking more easily. You should consult your physician who will be able to help you stop smoking in a healthy manner. A physician may also be able to help you get set up on some prescription stop smoking aids that will offer more security and help to kick the habit.

Once you have made the commitment, the most important aspect to remember is to stick to your plan. Stay away from situations where you would normally be enticed to smoke.

By removing yourself from these types of situations, you will be more apt to not want to pick up that cigarette. People have specific times when the smoking addiction is more pervasive. These include:

8. Right after you finish eating
9. After have sexual relations
10. When drinking alcoholic beverages
11. When a person is stressed

If you find that you smoke much more when you are drinking, then you should cut back on your alcohol intake when you are trying to quit. These are just a few tips that will get you on your way as a non-smoker when you have made the decision to quit smoking. Many people only

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smoke when they drink. By cutting out the drinks while trying to quit, there will be no drunken temptation.

Some people have to have a cigarette when they finish eating. While it is impossible to not eat, try finding another option to the after dinner cigarette.

You could take a walk as soon as you finish eating and this habit will replace the habit of smoking a cigarette after a meal. This will enable you to forget about the cigarettes entirely and focus on something more positive and healthy in your life.

Another time people have problems quitting smoking or times when smoking becomes a habit is when people are under stress. When you get stressed out and are a smoker, your first instinct is to grab a cigarette for comfort.

While this may be offer temporary relief, it is not the healthiest way to handle stress.

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**Find another way to handle stress or simply try to stay away from stressful situations.**

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If you have a particular friend who is always causing drama, you should not spend as much time with them until you are

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sure you can handle the stress without automatically reaching for a cigarette.

No matter the reasons you need to have to quit smoking, again, you must be serious about quitting. Taking the first step of simply realizing you have an addiction and would like to stop smoking can be the beginning of your journey.

Once you take the actual step of quitting, you will be on your way to becoming a non smoker.

## **Why You Should Quit Right Now**

There are a plethora of reasons why you should quit smoking. For most, the obvious reason is that smoking can severely damage the lungs and will eventually kill most who smoke. Some who smoke will contract emphysema. Emphysema will cause your lungs to contract and you will not be able to breathe well.

This lack of being able to breathe will mean that you will need to have an oxygen tank in order to live. You will have to have this oxygen tank with you at all times to be able to give your body the oxygen it lacks due to your previous smoking habits.

You will also need the oxygen to help your heart. Many smokers understand the damage that smoking will cause to the lungs, but they miss that smoking puts a large strain on the heart.

When the blood is not getting enough oxygen, the heart needs to pump faster in order to get the correct amount of oxygen to the body.

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**By smoking, you are taking away much needed oxygen from the body.**

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This is why the heart can be strained and why, for those who have health problems due to smoking, may need to be on oxygen for the rest of their lives. You will also have to quit smoking when you go on oxygen, it just makes sense to quit now before that need arises.

Here are some facts about what happens to your body when you quit smoking:

12. 20 minutes after you stop smoking, your blood pressure and heart rate will decrease.
13. 12 Hours after you quit smoking, the levels of carbon dioxide in your blood will return to normal levels
14. 14 days after you quit smoking, you will experience an increase in circulation and an improvement in lung function
15. Between one and nine months after you quit, things like shortness of breath, coughing and mucus build up will decrease. The cilia in your lungs will return to normal and go back to cleaning out your lungs and moving out the mucus

16. At 12 months out, your risk of coronary heart disease will be cut in half
17. 5 years after you stop smoking, your chances of having a stroke will be reduced to the same level as a non-smoker

The damage that is done to your lungs can repair themselves over time if you quit smoking. It can take many years for your lungs to clean out all the toxins that you have been putting into them for so many years of smoking. You will be surprised at just how well you will begin to feel after just a few months of dropping the habit.

Not only do your lungs become damaged from smoking, but your throat and mouth can also suffer the consequences as well. Many have had to have their voice boxes removed due to throat cancer.

The same can be said about the mouth as well, many smokers have had partial or full jaw removal due to mouth cancer that has been caused by smoking. When you damage your lungs, the effects are internal and not seen by any without an x-ray.



**For throat and mouth issues, you will have huge scars and that plastic surgery may not be able to cover up.**

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This is not only damaging to your body, but also to your appearance. You will have to live with these scars for the rest of your life. Having half a face may not seem like it will happen to you, but it can.

In many instances, you will lose more than just part of your face, mouth or throat; you can die from these types of cancer as well. If it is not caught in time, you can lose your life as well.

If the health scares are not enough to encourage you to stop smoking, perhaps then the aesthetics of smoking will. Smoking causes the mouth to grow wrinkles much quicker.

This is because of the constant puckering of lips when you drag on a cigarette. You can always tell when a person is a smoker, they smell of stale smoke, it is in the hair, on the clothes and sometimes it can even be noticed as a smell on the skin. Standing next to a person who smokes can be an unpleasant experience for the non smoker.

Finally, the cost of smoking is getting higher and higher each year. Many states are continually raising the taxes on what are considered luxuries. You will be hard pressed to find a pack of cigarettes in the United States for less than five dollars.

When you have a three pack a day habit, this can be a very expensive addiction. Even for a smoker who only smokes a pack every two days, this can add up to hundreds of dollars in just a few months. Imagine the other necessities that can be purchased with the money saved when you quit smoking.

## **The Habit**

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**For some, quitting smoking is not just about the addiction.**

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Many have formed a habit of grabbing a cigarette as soon as there is stress or complications in their life. Some simply have the habit of needing a cigarette as soon as they have finished a meal.

Whatever the reason, the habit can be as addicting as the actual nicotine can be. Not only do you have to quit the addiction, but you need to find ways to break the habit.

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If you find that you are missing the hand to mouth action or habit that you had when you were smoking, you may want to try a replacement type therapy that will allow you to have the same hand to mouth action without the aid of cigarettes.

Some people carry carrot sticks as a healthy way to have the hand to mouth with out putting a cigarette in their mouth. Others may carry sugar free candy with them to take the place of the cigarettes. Whatever you need to use in order to cut back on the habit will help you to give up the cigarettes.

### **Stop Smoking Aids**

For those who do not feel that they have the willpower to stop smoking on their own, there are many products on the market that will help those who wish to quit smoking stop.

The types vary from over the counter products to prescription medication that is guaranteed to work. There are more products to help those who wish to quit then there are cigarette brands these days.

All you need to do is go to any type of store and you can find a large amount of aids to help people quit smoking. Try doing an internet search and you will be overwhelmed with products that are simply for quitting smoking.

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**Once you have decided to quit smoking and you wish to use an aid to do this, then you should research the methods available in order to get a sense of what is out there and how they work.**

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Since there are so many brands, we will concentrate on showing you simply the methods the employed and the good and bad of each type of aid.

There is no point in breaking into brands as that is usually a personal choice and can depend on the price range as well.

Some brands may be more expensive than others and yet offer the same help for those who wish to quit smoking.

You can also find many books on the subject of quitting smoking. You can go to your local library or book store to find these books that will enable you to quit smoking.

If you are housebound, you can look at any of the online book stores that will offer a wide variety of books dedicated to the subject of stopping smoking. You will also be able to find e-books such as this that will help you to stop smoking.

Many of these books are extremely effective in the area of quitting smoking. Some people find that when they read about subjects, it can be easier to quit.

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## **The Truth About The Patch**

This is probably one of the most popular of the stop smoking aids on the market. They are convenient to use and offer the user discretion and a one time daily application. Many come in clear now and that makes them even more discreet.

Some brands of the patch come with a hefty price tag. If you do some comparison shopping, you will be able to find a patch that will work for you in the price range you are looking for.

There are two different types of patches available on the market today. The first type is the nicotine patch. This patch uses a time release method to get the nicotine into the system without using cigarette smoking to do this.

This way you can control the habit while still getting your nicotine fix. When you first begin to quit smoking, you will start off with a strong patch that has a good amount of nicotine in it.

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**As you begin to control the habit and have lost the need to have a cigarette in your hand, you will start to decrease the amount of nicotine in the patch.**

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This is called a step program as you will gradually step down to less and less nicotine until your body is no longer craving as much each day. It is similar to a heroin addict using methadone as a substitute for the heroin.

A down side to this method is that you are simply replacing one form of nicotine with another.

While you are not getting all the other harmful chemicals, you are still feeding the addiction. Some may not be able to stop using the patch or gradually reduce the amount of the nicotine in the patch because the addiction is not really being addressed.

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**The nicotine patch releases nicotine through the skin, and is a more standardized method to quit smoking.**

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The patch has been around since 1993 and costs around \$20 to \$30 a week. Some things to remember with the patch is that you want to keep it out of reach of children and pets,

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and if you're pregnant, the patch is not advisable. Also, if you're breastfeeding or younger than 18 years old, you will want to check with your doctor prior to using the patch.

The patch should be used on the upper arm, and you should wash and dry your arm prior to application for the best effect. Wash your hands after applying the patch, and when you remove it, be sure to dispose of it properly. Sometimes, the application site may become itchy or irritated; if this happens find another spot to apply it.

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**If you have sensitive skin, the patch may not be the best option for you.**

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If you experience a more severe reaction to the patch on your skin, and it becomes painful, it may just be in the form of an irritation rash. If you have sensitive skin, the patch may not be the best option for you.

Other side effects can include headache, lightheadedness, dizziness, upset stomach, flushing, drowsiness and moderate nausea during the first couple of days as your body adjusts to the medication. If the symptoms persist, you may want check back with your doctor.

If, at any time, you develop chest pains, difficulty breathing, a heartbeat that is irregular, tremors or anxiety, contact your pharmacist or doctor immediately.

The nicotine patch is only to be used in the short-term, and while it used to require a prescription, it can now be bought over the counter. While it is a very good aid to quit smoking, it's not an end-all cure to quit smoking.

#### Herbal Patch

Another type of patch is an herbal patch. This patch uses time released herbs that give the same stimulation that nicotine does without using actual nicotine. T

his type of drug substitution is much safer as the chemicals used are all natural herbs and there is no nicotine being offered to the users of these patches. An addiction to these patches will not occur, as they do not contain any addicting substances.

For those who are serious about quitting smoking, but just feel that they need to have a small bit of help, this would be a good option. Of course, these patches may also cause skin irritations so it is important that you use them in a discreet area when you first try them.



This way you will not have visible rashes due to the patch you are using.

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**Using patches can be a great way for you to get rid of the smoking habit.**

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No matter which type of patch you choose, make sure you use on an area of your body the will not show and that does not have the more sensitive skin such as your buttocks.

Because they are time released, you will have more of a chance at being successful because you will receive the nicotine without having to think about having another cigarette in order to get it.

This will allow you to do other things to break the habit of putting a cigarette in your mouth.

The Pill

If you are not comfortable with the patch method, you can also use the quit smoking pills that are on the market today. Many of these types of pills are considered herbal substitutes and work in the same way as the herbal patches do.

They offer an alternative to nicotine so that the body thinks it is getting the nicotine when in fact it is getting an herbal

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substitute. While your body is getting the nicotine substitute that it craves, you can begin to work on the habits that also keep you smoking.

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**One downside to the herbal pill method is that since the body is not getting the actual nicotine, these pills may not work for everyone.**

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There can be side effects associated with herbal pills, nothing life threatening, but they can cause minor side effects such as diarrhea. This is not a huge factor since smoking will do much more damage than a loose stool.

But, another issue that is more serious is that the herbal pills do not address the other withdrawal symptoms associated with quitting smoking. These are serious concerns and may be one reason why an herbal stop smoking pill may be ineffective.

Another type of pill is one that is offered by prescription. You will need to speak to your family physician in order to get this type of pill. There are a few great ones on the market today.

You will normally only need to take these pills for three to four months to effectively quit smoking. Not only do they

address the nicotine addiction, but they also work to help alleviate the issues that need to be dealt with when it comes to the withdrawal symptoms associated with quitting smoking.

The downside to the prescription types of stop smoking pills is that not all smokers who want to quit will have medical insurance or access to a physician to prescribe them.

The pills themselves may not be covered by all insurance providers so this can make for a very expensive way to quit smoking. Some may even feel it is less expensive to simply purchase a pack of cigarettes than it is to quit smoking this way.

If you would like to use this method, you should contact your health insurance provider and see if they will offer a co pay on the medication to ease the burden of that cost.

Some may do this as a prevention method as the costs that an insurance company would accrue if you contracted cancer would be much higher.

**There is now evidence that Chantix can cause  
blackouts, attempted suicide and suicide.**

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## **Chantix Warning**

Chantix or Varenicline has been advertised as the easy solution to quit smoking. It makes smoking an easier issue to overcome, and was slated to become the next cessation pill that allowed people to bypass the normal nicotine withdrawal symptoms. Unfortunately, there is now evidence that Chantix can cause blackouts, people attempting to commit suicide and with others committing suicide.

There is a class action suit in progress for people who have become victims of this latest cessation pill. Chantix is only the second pill to deal with the problem of smoking and was approved by the Food and Drug Administration. Chantix is produced by Pfizer, Inc.

Here is what has been published recently:

According to a news article published in the current issue of the Journal of the American Medical Association (JAMA), evidence is mounting that supports the conclusion that use of the smoking cessation drug varenicline (Chantix) is associated with suicidal ideation and behavior in a substantial

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number of treated patients. (see: Kuehn BM. Studies linking smoking-cessation drug with suicide risk spark concern. JAMA 2009;301(10):1007-1008).

While it is unfortunate that these possible serious, adverse effects of Chantix were not detected until post-marketing surveillance, the real shame in this story is that the anti-smoking movement played a role in this potential tragedy. The movement played a role in two ways.

## **Nicotine Gum: Does It Really Work?**

Another popular stop smoking aid is the nicotine gum. The gum is a safe and effective way to get the nicotine into the body to help stop the cravings associated with stopping smoking.

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**This gum has been on the market longer than any of the other stop smoking aids available.**

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The nicotine can take up to an hour to be absorbed into the system and up to twenty pieces of gum can be chewed in a day. For those that are a pack a day smokers, this will be equal to smoking a pack as you would instead chew a piece

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of gum instead of having the cigarette. Stop smoking gum also helps with the oral fixation many smokers acquire.

For many, it is not just about the addiction, as stated previously, but the habit as well. Quit smoking gum addresses the habit of putting something in the mouth and also gives the mouth something to do while the nicotine is being absorbed by the body.

As with the patch, the gum is offered with different levels of nicotine so that you can gradually decrease the level of nicotine until your body does not crave it anymore.

Some of the more expensive gums offer guarantees to quit smoking within ten days. This can be great for those who want to quit smoking quickly.

There are some downsides to using the gum. Many can get addicted to the gum itself and then will need to fight that addiction. While nicotine gum is safer than smoking, it is still using one form of nicotine to replace another form.

This is not always the best way to quit but it has been proven to work for many.

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**Another draw back to the gum is that it can taste like cigarettes.**

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Even some of the flavored gum has a taste that has been likened to licking an ashtray. This can put some people off of using them gum regularly.

More and more, the taste is being improved upon so that this will be a non issue in the future. For now, if you can get past the taste, you will have a better chance at quitting smoking by using a gum substitute than with trying quit smoking with out using any aids at all.

You should make sure you do your research on what gums will be the most effective when trying to quit smoking. Your family physician can offer you advice on which brand would work best for you.

Doctors work hard to keep up on the latest treatments available and will be able to steer you in the right direction.

Try to stay away from cheap online stop smoking gum. This gum may not really contain the additives needed to enable you to stop smoking. You will simply be spending your money on a placebo. This is why researching the product before actually using is so vital.

It is hard enough to quit smoking, if you are using an aid to do this; there is no sense in setting yourself up for failure by choosing the wrong product. This can make you discouraged and may cause you to simply start smoking again.

Hypnosis

Many who wish to quit smoking would prefer to use a more natural method than replacing one form of nicotine with another or replacing nicotine with herbs. One of the most popular and effective methods to quit smoking is by using hypnosis.

Hypnosis is a great natural method as works with the mind to help kick the habit as well as the addiction. There are two forms of hypnosis that can be used to help to quit smoking.

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**The first method is self hypnosis and works by programming the mind to become a non smoker instead of being an ex-smoker.**

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This works by training the mind to forget about the cigarettes. You are essentially training your mind to become a non smoker.

An ex-smoker will always feel the need for a cigarette and has to have the self control to not smoke again. This is

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especially true during those situations where not picking up a cigarette would be difficult in other cases. By training your mind to be a non smoker, you will be less inclined to have the habit any more.

There are many ways to self hypnotize yourself. You can do this by subliminal messages. You will listen to a tap or compact disk while you are sleeping and this will program your mind when it is resting to not smoke any more cigarettes.

One of the most important things to remember is that your motivation to quit smoking needs to be high. It can't be half-hearted or all the listening to tapes and attempts at self-hypnosis will be in vain.

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**Since your brain is also active while you are asleep, it will get these stop smoking messages, too.**

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You can also use meditation. While you are meditating, you will concentrate on not having a cigarette again. You need to tell your brain while in the subconscious state that it does not need nicotine. You can also use a mantra like "I am a non smoker, I do not need to smoke another cigarette" in order

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to program your mind to dismiss the need for smoking entirely.

The other form of quitting smoking by hypnosis is by hiring a certified hypno-therapist to do the actual hypnosis and to supply your mind with the thoughts that smoking is bad for you and that you do not need to smoke any more.

They can also aid you in getting the thoughts into your brain that you are a non smoker and the need for nicotine is gone.

The school of thought on hypnotherapy is that you have to be committed to not smoking before you begin your sessions. If you are getting the thoughts supplied to your brain but you are still continuing with the habit of picking up a cigarette whenever your situations feels it is necessary, then you will not benefit from this type of therapy.

Also, hiring a hypnotherapist can be expensive and not all can afford this type of expense. When you look at the cost of smoking over a year, however, it becomes less of a burden.

Since the money will be expected at the time of the session, it can drain the check book as you would be purchasing those cigarettes over a longer time period.

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## Other Stop Smoking Aids

Besides the above mentioned stop smoking aids there are many more that will help you to become a non smoker.

### Smokeless Cigarettes

There are smokeless cigarettes that are used to replace the typical cigarettes that you would normally smoke. You use them in the same way that you would smoke a cigarette but they do not contain any nicotine and simply cure the habit of putting these types of cigarettes into your mouth to handle the oral fixation.

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**Some smokeless cigarettes do contain nicotine, and you will gradually decrease the amount of nicotine that your body is taking in until you feel you no longer need to use the product.**

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One of the downsides to the smokeless cigarette is that they do not taste very good unless you chose a more expensive flavored smokeless cigarette and you are simply inhaling nicotine just like you would if you smoked a cigarette.

This type of replacement does not really kill the habit or the addiction; it simply replaces it with another similar method.

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## **Nicotine Inhaler**

Another type of quit smoking aid is the inhaler. This is similar to the smokeless cigarette in that you puff on it when you feel the need for a cigarette. These actually taste worse than a smokeless cigarette in that they are not offered in other flavors.

You will have to put up with the horrible taste that will make many decide to simply smoke a cigarette instead.

Also, they are simply a replacement that may not help with the over all addiction which is the problem with many of the quit smoking aids. This method is relatively inexpensive and works by using a liquid form of nicotine cartridge that is inserted into the inhaler. When you inhale, you get a "hit" of nicotine.

## **Herbal Cigarette**

The final form of quit smoking aid is the herbal cigarette. This is simply herbs that are smoked instead of cigarettes. You can purchase them ready made or you can buy the tobacco and roll your own. This method simply substitutes another form of smoking that is healthier to your system.

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You will have the same hand to mouth action that you enjoy with a regular tobacco cigarette without the nicotine and bad additives that are included in a typical cigarette.

Many feel that this type of substitution is a great way to quit smoking as they are going cold turkey off of the cigarettes completely and can gradually get rid of the habit in a more healthy way.

Since these herbs are not addictive, once the habit and addiction is taken care of, the herb smokes can be dropped without having any of the anxiety associated with a nicotine cigarette.

The downside to this method is that you will still feel withdrawal symptoms from the nicotine, and you may still feel the need to smoke a real cigarette. Also, you are still putting smoke into your body, and there have not been enough studies done on these natural herbs to know what the long term effects of inhaling them can be.

The final point is that it can take substantially longer to become a non-smoker since you are still, in effect, smoking in another form. While this can pose a problem in the long run, the natural herbs are less toxic than nicotine, and you

can gradually wean yourself off of them over time since they don't have the addictive effects of nicotine.

## **Tips to Help You Achieve Your Goal**

When you decide to quit smoking, you will need to practice some basic, common-sense methods in order to increase your chances of success:

18. You will want to share your decision with everyone who is close to you: husband, wife, children, parents, and friends. You want to do this to elicit their support, and you don't want them to keep offering you cigarettes that will tempt you to fall off the wagon. This is like any other addiction; you stand a better chance if you don't come in contact with the object of your addiction.
19. When you are in the office, don't go out and stand with your smoking buddies. It's the same thing if you want to be more positive in that you don't go hang out with folks who are always negative. It rubs off, and standing in a smoky space is just cheating and pulling you back down.
20. Find a quit smoking partner. It is always easier to do things in pairs. You will both be experiencing the same types of issues. This will give you someone to talk to and

when the going gets rough, you will have someone who will be there to get you going again. Make sure it's a reciprocal relationship. You will wind up with a really good friend, and stand a better chance of staying on track.

21. If you don't want to go cold turkey, pick out something that will aid you on your trek. This can include the patch, gum, hypnosis and the like.
22. Throw out any old packs of cigarettes you are holding on to "just in case", and hide your lighter and matches. Even if you use them to light the stove, you want to eliminate visual cues that will cause you to go looking for cigarettes in the middle of the night.
23. At parties, social gatherings and the like, you will want to avoid the smokers. If you're on the telephone, in a crowded area or just standing next to a smoker, you will want to move geographically away from that person. They are walking, standing and smiling temptation, so you'll want to avoid it where possible.
24. If your willpower sags, and the craving gets really obnoxious and persistent, take a walk, mop the floor or do anything else that's physical. If you're an exercising type person, this statement won't be too hard – your brain releases the feel good.

25. Carry gum, lollypops or hard candy with you, and when you feel the urge to smoke, replace it with one of these. If you're into healthy food instead of sugar, eat carrots or celery which is crunchy, good tasting and feels a little like a cigarette.



## **Conclusion**

Looking at the health issues that come with smoking, it is easy to see why many people want to take this addiction out of their lives. Many who quit smoking live to long ages because their health has improved so much.

The families of smokers can also benefit from having their loved ones around longer and will not feel the effects of second hand smoke.

Considering the financial benefits for yourself and your family can also come into play when deciding to quit smoking. Financially, your family will do better if you are not spending the family income on your addiction.

By quitting, you will free up money that can be used for other family necessities that you could not afford as a smoker.

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**In order to quit smoking, you must make the final commitment.**

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All the aids and tips and hints will do no good until you simply make the choice to stop. As with any addiction, you need to realize the fact that you have a problem first. Once you get to that point you will be able to quit. Willpower is

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also important once you have made the decision to quit. When you give up smoking, having the will to not smoke again will go further for you than any other method available.

Once you have made this commitment, and you feel you can not quit on your own, you should try one of the many methods that are available to those who wish to quit smoking.

If you feel that one method does not work, then you should try another one until you find what works for you. By combining one method with will power and the want to quit smoking, you will give yourself a fighting chance at becoming a non smoker.

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**More than 2/3 of Americans who make up their mind to quit smoking and go cold turkey will not be successful.**

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It has been shown that trying to go it alone with no help will only lead to failure. Only about 5% of people who actually attempted the cold turkey route managed to stick with it until they were clear.

What this means is that before you start out on willpower alone, check in with your doctor to see what aids he can give you to make your withdrawal easier.

As you now know, there are all kinds of things that will help you to ease out of the grasp of nicotine addiction including nasal sprays, patches, gum, inhalers, prescription drugs and herbal alternatives.

## **Final Words**

Tobacco is the one most preventable causes of death in the United States today. Unfortunately, cigarette smoking is responsible for about two-thirds of all cancer deaths per year.

It increases a person's chances of developing lung cancer which is a silent killer that is the leading cause of cancer-related deaths. It is also linked to other types of cancers including:

26. Esophagus

27. Larynx

28. Kidney,

29. Pancreas

30. Cervix

It is also responsible for increasing rates of chronic lung disease, heart disease and stroke. Smoking during pregnancy can also cause adverse effects on the mother's unborn child including low birth weight and premature delivery.

When you quit smoking, you will feel better, breathe easier and live longer. You will decrease your risk for disease, and your children won't be exposed to second hand smoke that will lead to long-term detrimental effects on their lives.

You will also have a lot of extra money to spend on other things, and you won't have to find designated "smoking areas" everywhere you go.

Many people feel that they will gain weight when they stop smoking, but studies show that it is generally less than 10 pounds. In order to keep weight gain out of the equation, all you need to do is eat a healthy diet, exercise and keep moving.

Don't let the specter of weight loss deter you from your ultimate goal – to live a smoke-free life.

The choice is up to you. Take the steps now to quit smoking and get your life back on track.

You do not need to be a slave to the "cancer stick" if you choose not to be!