



13 BEST QUIT-SMOKING TIPS EVER

Tip 1: Know why you want to quit

So you want to quit smoking, but do you know why? “Because it’s bad for you” isn’t good enough. To get motivated, you need a powerful, personal reason to quit. Maybe you want to protect your family from second-hand smoke. Maybe the thought of lung cancer frightens you. Or maybe you’d like to look and feel younger. Choose a reason that is strong enough to outweigh the urge to light up. **Why should you quit smoking?** Smoking is a major cause of cancers throughout the body, as well as heart disease, emphysema, and stroke. It also can affect a woman’s ability to become pregnant and increase the risk of early delivery, stillbirth, infant death, and sudden infant death syndrome (SIDS).

Tip 2: Don’t go cold turkey

It may be tempting to toss your cigarettes and declare you’ve quit, plain and simple. But going cold turkey isn’t easy to do. 95% of people who try to stop smoking without therapy or medication end up relapsing. The reason is that nicotine is addictive. The brain becomes used to having nicotine and craves it. In its absence, the symptoms of nicotine withdrawal occur.

For those that desire to quit smoking, cold turkey could work for some but for others nicotine replacement patches, nicotine gums and sometimes hypnotherapy can work wonders. It has been said that to quit smoking can be as hard as kicking an addiction to heroin, finding methods that work is a process of trial and error, so it is important to keep focused and not give up, even in the face of a setback.



Tip 3: Try Nicotine Replacement Therapy

When you stop smoking, nicotine withdrawal may make you feel frustrated, depressed, restless, or irritable. The craving for “just one drag” may be over-

whelming. Nicotine-replacement therapy can help reduce these feelings. Studies suggest nicotine gum, lozenges, and patches can help double your chances of

quitting successfully when used with an intensive behavioural program. But using these products while smoking is generally not recommended.

Tip 4: Ask about prescription pills

To ease nicotine withdrawal without using products that contain nicotine, ask your doctor about prescription medications. There are pills that help reduce cravings by affecting chemicals in the brain. They may also make smoking less satisfying if you do pick up a cigarette. Other drugs

can help reduce troubling withdrawal symptoms, such as depression or inability to concentrate



Tip 5: Don't do it alone!

Tell your friends, family, and co-workers that you're trying to quit. Their encouragement could make the difference. You may also want to join a support group or talk to a counsellor. Behavioural therapy is a

type of counselling that helps you identify and stick to quit-smoking strategies. Combine behavioural therapy with nicotine replacement products and/or medication to boost your odds of success



Tip 6: Manage Stress

One reason people smoke is that the nicotine helps them relax. Once you quit, you'll need another way to cope with stress. Try getting regular massages, listening to re-

laxing music, or learning yoga or tai chi. If possible, avoid stressful situations during the first few weeks after you stop smoking.



Tip 7: Avoid Alcohol & Other Triggers

Certain activities may boost your urge to smoke. Alcohol is one of the most common triggers, so try to drink less when you first quit. If coffee is a trigger, switch to tea for a few weeks. And if you usually smoke after meals, find something else to

do instead, like brushing your teeth or chewing gum.



Tip 8: Clean the house

Once you've smoked your last cigarette, toss all of your ashtrays and lighters. Wash any clothes that smell like smoke and clean your carpets, draperies, and upholstery. Use air fresheners to help rid

your home of that familiar scent. You don't want to see or smell anything that reminds you of smoking.



Tip 9: Try & Try Again

It's very common to have a relapse. Many smokers try several times before giving up cigarettes for good. Examine the emotions and circumstances that lead to your relapse. Use it as an opportunity to reaffirm your commitment to quitting. Once you've made the decision to try again, set a "quit date" within the next month.



Tip 10: Get Moving!

Physical activity can help reduce nicotine cravings and ease some withdrawal symptoms. When you want to reach for a cigarette, put on your inline skates or jogging shoes instead. Even mild exercise is helpful, such as walking the dog or pulling weeds in the garden. The extra calories you burn will also ward off weight gain as you quit smoking.

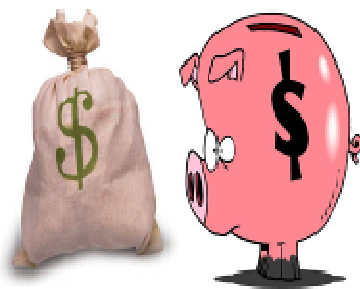


Tip 11: Eat Fruits & Veg

Don't try to diet while giving up cigarettes – too much deprivation is bound to backfire. Instead, focus on eating more fruits, vegetables, and low-fat dairy products. A Duke University study suggests these foods make cigarettes taste terrible. This gives you a leg up in fighting your cravings while providing disease-fighting nutrients.

Tip 12: Choose your reward!


In addition to the tremendous health benefits, one of the perks of giving up cigarettes is all the money you will save. Reward yourself by spending part of it on something fun



Tip 13: Do it for your health!

The Health Benefits of Quitting

After...

20 minutes	...Blood pressure drops to near the level before you had your last cigarette.	
8 hours	...Carbon monoxide level in the blood drops to normal.	
24 hours	...Chance of heart attack decreases.	
2 weeks to 3 months	...Circulation improves. Lung function increases up to 30%.	
1 year	...Chance of heart attack is cut in half.	
5 years	...Stroke risk is reduced to levels of a non-smoker's.	
10 years	...Risk of dying from lung cancer is about half of a current smoker.	