



Excerpt from the American Cancer Society regarding Smoking and Health:

"Although nicotine is what gets (and keeps) people addicted to tobacco, other substances in tobacco are responsible for its cancer-causing effects."

HEALTH DISCLAIMER

NoSmoke... MAKES EVERY EFFORT TO MAINTAIN THE ACCURACY OF THE INFORMATION ON THIS EBOOK BUT CANNOT ACCEPT RESPONSIBILITY FOR ANY PREJUDICE, LOSS OR DAMAGE WHICH MAY OCCUR FROM USE OF THE INFORMATION.

THE MATERIAL CONTAINED ON THIS EBOOK IS PRESENTED SOLELY WITH THE INTENT OF PROVIDING PUBLIC SERVICE INFORMATION ON HEALTH, HEALTH SERVICES AND HEALTH-RELATED ISSUES. **NoSmoke...** HAS NO DIRECT OR INDIRECT CONTROL OVER THE ACCURACY OR NATURE OF MATERIALS PRESENTED WITHIN THE MATERIAL, ALTHOUGH WE STRIVE TO MAINTAIN OUR MATERIAL ONLY WITH SITES THAT HAVE AN ESTABLISHED STANDARD.

ALL INFORMATION IS PRESENTED AS A PUBLIC SERVICE FOR INFORMATION PURPOSES ONLY - ALL MATERIALS SHOULD BE CONSIDERED A SECONDARY DATA SOURCE AND ALL MATERIALS WHICH ARE USED IN DECISION MAKING PROCESSES SHOULD BE CONFIRMED WITH OUTSIDE EXPERTS. THIS INFORMATION IS NOT INTENDED NOR IS IMPLIED TO BE A SUBSTITUTE FOR PROFESSIONAL MEDICAL ADVICE. ALWAYS SEEK THE ADVICE OF YOUR PHYSICIAN OR OTHER QUALIFIED HEALTH PROVIDER PRIOR TO STARTING ANY NEW TREATMENT OR WITH ANY QUESTIONS YOU MAY HAVE REGARDING A MEDICAL CONDITION.

DISCLAIMER:

THE AUTHOR IS NOT RESPONSIBLE FOR THE USE OR MISUSE OF THE INFORMATION CONTAINED WITHIN. THE INFORMATION CONTAINED IN THE BOOK IS FOR INFORMATIONAL AND ENTERTAINMENT PURPOSES ONLY. IT IS NOT INTENDED AS PROFESSIONAL ADVICE OR A RECOMMENDATION TO ACT.

Table Of Contents:

INTRODUCTION.....	4
WE'RE CREATURES OF HABIT.....	4
THE UGLY TRUTH.....	5
IS IT WORTH SMOKING?.....	6
10 REASONS FOR PICKING THE HABIT UP.....	6
SMOKING AIN'T COOL.....	7
FACTS ABOUT TOBACCO IN AMERICA.....	8
SMOKE AND PAY THE CONSEQUENCES.....	9
HOW TO QUIT SMOKING.....	10
BENEFITS OF QUITTING SMOKING.....	16
WITHDRAWAL SYMPTOMS.....	17
HOW TO STAY QUIT AFTER QUITTING.....	18
THERAPIES AFTER QUITTING.....	23
HYPNOSIS.....	23
MEDITATION.....	23
COUNSELING.....	24
NICOTINE REPLACEMENT THERAPY.....	25
HOMEOPATHIC TREATMENT.....	25
FREQUENTLY ASKED QUESTIONS.....	27
BOOKS & SOFTWARE.....	30
FINAL WORDS.....	32

Introduction

We're Creatures of Habit

“Form good habits...be a good person” is the universal motherly advice every one of us can recall when we scratch the realm of our memories. Tiny tots and youngsters are forever bound, protected and guided by their seniors and elderly in order to help them on to tread the path laid on time tested principles of honesty and good behavior. Yet sometimes unknowingly they take the forbidden route just to prove things for the heck of it.

Due to the extreme stress, strain and stretch of the competitive world around any person today is more susceptible to succumb to pressure and buckle under it. Here's where the need for addicinn any form arises which however provides only temporary solace rather than erasing the real cause. We sometimes latch on to it and slowly get further and further suck into its false whirlpool leading us to lose our will power.

An addiction simply adheres itself to our self-belief eroding it gradually by digging into it. We just remain a shade of our previous selves hereby taking a short cut to a track that leads us to more acute physical and mental problems. Any addiction can be overcome, any bad patch overridden if only we could endure it by facing it head-on keeping the following lines from Kipling in mind –

If you can fill the unforgiving minute
With sixty seconds worth of distance run
Yours is the earth and everything that's in it
And – which is more – you'll be a MAN!

The Ugly Truth

Tobacco usage causes more than 430,000 adult deaths per year in the United States.

Around 5 million under 18 years will die prematurely from smoking-related diseases.

More than 4,000 chemicals have been identified in tobacco smoke of which at least 43 cause cancer in humans and animals

Exposure to passive smoking, 3,000 nonsmokers die of lung cancer every year.

150,000 to 300,000 infants and children less than 18 months experience lower respiratory tract infections. Asthma and other respiratory conditions often are triggered or worsened by tobacco smoke.

Smoking among 8th, 10th, and 12th graders varies between 18% to 40% (including 9% to 13% females)

Tobacco use is linked with numerous adverse health outcomes, disability, and death across a spectrum, including heart disease, cancer, and chronic lung disease.

Is it Worth Smoking?

10 Reasons for Picking the Habit Up

A sudden rise of energy level to combat stress, stretch and strain of our daily schedule

A concentration pill

To overcome frustration due to the indomitable desire of achieving the very best even beyond our limits

To bridge the gap between our desired aspirations and hard core reality

Already Addicted and finds no valid reason to quit

A style in the society

The additional energy level for repeated sexual interaction in a row

To avoid boredom

Its a tradition and doctor's advise is a foolish notion

Just to enjoy

Smoking Ain't Cool

The following factors induct the youth into tobacco usage in which nicotine is found which results in addiction. These are responsible for initiation of the adolescent amongst whom 76% of the daily smokers believe that in 5 years they would not be smoking. However the trend shows that 5 to 6 years later 73 percent of these persons continue to smoke having built up yet another make believe resolution to quit smoking in another 5 years when life would cool down a bit. 46 percent of the daily smokers however do succeed in having at least some periods during the first 5-year phase. Yet remarkable there is a less than 3 percent population though insignificant who stop smoking permanently. Tragically this habit that starts as a style spreads its roots from an age when most people just begin to give shape to their dreams, ambitions and careers. This 'style becomes killer' tip toeing on the sands of time snuffing out lives leaving behind in its trail more than 5 million years of potential life lost every year the world over.

Why People Start Smoking Tobacco Products

Socio demographic factors like coming from a family with low socioeconomic status.

Environmental factors include easy accessibility and availability of tobacco products, cigarette advertising and promotion by legends and stars and the widespread affordability of tobacco due to its low price.

Personal factors include borrowed perceptions from peers and siblings that 'tobacco use is normal' and lack of parental involvement.

Low self-esteem and the lack of ability to refuse offers to use tobacco further fuels the wrong notion that tobacco use benefits.

Facts About Tobacco in America

Men are more susceptible to smoking than women.

American Indians or Alaska Natives are more likely to smoke than other ethnic groups.

Hispanics and Asians or Pacific Islanders are more prone than the rest.

Highest smoking levels are found amongst the Vietnamese and Korean Asian Americans

Gay men and lesbians smoke more frequently than heterosexuals.

While individuals with 16 or more years of education or in middle or high income groups have the lowest smoking rates

Smoke and Pay the Consequences

Smoke from ALL CIGARETTES damage the human body, as any amount of it is injurious to health. Surprisingly cigarettes are perhaps the only advertised products whose consumption causes CANCER.

It is a completely wrong notion that smoking fewer filtered cigarettes has no negative impact whatsoever. Even a habit of 1 to 4 cigarettes a day has serious consequences making an individual more prone, with a high chance of dying at an earlier age.

It is hardly relevant whether one puffs a high-tar, low-tar or high-nicotine, low-nicotine brand, as the risks remain same. Moreover under the belief of the alternates being safer one ends up smoking more number of cigarettes than the usual. The harm caused remains the same as the individual often ends up taking deeper puffs more frequently to a shorter butt length. Hence the dose of the intoxicating nicotine that is the addictive drug remains unchanged. Studies confirm that chances of lung cancer are in no way lower in low-tar or low-nicotine smokers. Nicotine taken in small amounts attacks the brain and central nervous system giving rise to pleasant sensations affecting the mood of the smoker and enhancing his nature of wanting to smoke more. Thus an individual becomes absolutely dependent resulting in physical withdrawal symptoms when he tries to overcome his near fatal injurious to health habit.

How to Quit Smoking

If big billboards in Los Angeles that display to the passers by the casualty caused due to smoking, has not drawn your attention, then perhaps you have been influenced by a relationship with your physician or may be even some ghastly advertisement has triggered you to quit smoking. Experts find some sudden incidental outcome or emotional outburst to be the key-triggering event for quitting smoking. So with that in mind you should consider the following!

S = Set a quit date.

T = Tell family, friends, and co-workers that you plan to quit.

A = Anticipate and plan for the challenges you'll face while quitting.

R = Remove cigarettes and other tobacco products from your home, car, and work.

T = Talk to your doctor about getting help to quit.

Now let us define the steps in our own way.

First of all, you must be aware of the triggering events of your life, which have propelled you to make a decision to quit smoking. You must be sensitive to this as this will change your life in the long run like being reborn yet again. We suggest you only announce your plan to a specific near or dear person. Throw out your tobacco products. Please for God's sake, don't worry about wasting the rest of the product. The money you are losing by throwing out your tobacco really negligible to the amount you are going to save in the forthcoming days because of your revolutionary decision.

The coolest way of taking a decision and announcing it to the public involves the risk of postponing the date even for trifle incidents. Remember there are many people who will advise you NOT to leave smoking. This might be because of jealousy or even for fear of isolation due to losing a smoking partner. The only positive side of such an announcement is that it may build

pressure on you to keep up your commitment. In an ambience where the majority are smokers, you must remind yourself about your commitment.

An interesting note is that an online edition of BBC News reported that “Researchers at a University in London who interviewed more than 1,900 smokers and ex-smokers about their attempts to quit tobacco products found that two-thirds of smokers who stopped suddenly succeeded for at least six months.”

Another very important issue is the solace that the smoker derives from the people at large. They become more interested to justify, why they had started smoking, as if this is the key answer to the burning question of why they are continuing to smoke. Here we want to state very clearly that smoking habit and at times one smokes just for the sake of the habit even without enjoying it.

Take note that if you decide to throw away your unfinished cigarette or the half-filled packet of tobacco in a most romantic manner you need to be ready for what happens after that. Your companion for so long named nicotine will never leave you so easily, because Nicotine spreads its cast on the central nervous system upsetting the entire body system. You will undergo psychological effects

becoming restless at times wishing to get back at it again. If you go to a doctor or to a counselor immediately after you stop using tobacco products, he or she will not only help you, but also guide you in a future course of action as well as apply the right medicine, if required. If you can pass a couple of hours without being lured to the local tobacconist, we feel, you have won the game. Why don't you attempt to visit a recreation hall or a movie while your immediate resolution bears fruit? You may also like to go to a non-smoking restaurant with your dear one to pass some time. Once the evening comes, you go back home without buying a cigarette and try to take control over your restless mindset, do something different than usual. Try to avoid roaming around in an area where previously you had been with a cigarette.

Some people have gotten into the habit of keeping a good stock of tobacco products at home or the office, thinking of rainy days! If you fall into this group of such pragmatic people, please do NOT forget to throw away all the stock you have immediately. Convinced yourself that everything will be fine in taking such an action at least till tomorrow morning!

It has been noticed that smokers love to see the smoke better than the flame. "They will not smoke inside a completely dark room because they want to see the rings of smoke going up."

Adam and Eve had taken the risk of eating the forbidden fruit despite the caution from God. Today society has left no stone unturned in bringing the dark side of smoking to the notice of the public. But still people continue to smoke and some even find romanticism behind the skull and Red Cross symbol or the pictures depicting blackened lungs in doctor's chambers. So, the tradition continues.

Let us see, what a cigarette contains inside the white wrapper.

Tobacco, being the principle component contains Nicotine that hits the brain. It has got 43 carcinogenic substances and more than 4000 chemical substances, out of which some are toxic enough to generate side effects in the human body. It contains 400 other direct toxins, which are found in commonly used woods varnishes and rat poisons.

So, just imagine the combined effect!

The cigarette is the root cause of the most dreaded scourge of the century, Lung cancer. Research and study reveals that about 90% of lung cancers are triggered by smoking. As cigarettes affect the central nervous system, it can give rise to cancer in various organs of the body like the mouth and lips, pancreas, kidney, stomach, urinary bladder, larynx, nose, throat and the esophagus.

Leukemia has been found to be caused by smoking.

Coughing and sneezing take a turn for the worst due to smoking.

Smoking has been found to trigger emphysema and chronic bronchitis.

Asthma & shortness of breath are enhanced by smoking. Children are very susceptible to pneumonia when subjected to passive smoke.

Mothers smoking cigarettes during their pregnancy risk chances of miscarriage and even delivering premature babies. Smoking during pregnancy can result in lesser birth weight for the babies.

Smoking has been observed to affect fertility in humans.

Vision is affected by smoking

Smoking can lead to strokes and coronary heart diseases like heart attacks.

“Long-term tobacco use can dull a person's thinking ability and bring down IQ, according to a study conducted by a research team at the University of Michigan”

Smoking forms ulcers in several parts of the body, the most common one being peptic ulcer.

Smoking causes burning throats and acidity as it affects the entire metabolic cycle. People after having quit smoking have observed a renewed appetite.

Smoking may cause the development of large vessel peripheral vascular diseases and inflammation of veins.

When a woman smokes she becomes more susceptible to breast cancer.

Smoking can lead to tuberculosis.

Several skin diseases are generated due to smoking.

People smoking for longer periods, can gather diseases like heartburn, high blood pressure and insomnia.

CBN.com has previously reported, “Long before Christopher Columbus first set foot in the New World Indians were growing and smoking tobacco”. This confirms the habit of smoking has been around since before the dawn of some civilizations. People were not made aware of its pros and cons till much later in history. Science and research has opened the opposite side of the coin in the recent past. The public houses, media and mass communication have been fulfilling their obligations. We don’t expect some radical change in such a long tradition. Obviously the time has come, when we all need to rethink and moreover we need to handle smoking cessation with a much more emotional and professional touch.

No Ash, No Tar

For those that want an alternative way to smoke without the ash and tar...



into your lungs.

NoSmoke™ allows you to breathe again. It contains no tar or carbon monoxide. NoSmoke™ contains mainly water, nicotine and propylene glycol (a common additive in food coloring and cake mixes). The NoSmoke electric cigarette gives you your nicotine, without breathing in black tar and ash



of combustion by-products which impact not only the atmosphere, but everyone within breathing distance.

NoSmoke™ aspires to create a greener planet. We, therefore, offer an electric cigarette which has no ash and no risk of fire. Each NoSmoke cartridge is comparable to 30 cigarettes, yet produces much less waste. NoSmoke produces a smoke-like vapor (mostly steam) which is harmless to the ozone layer. Tobacco cigarette smoke contains a number



hundreds of dollars by switching to NoSmoke™. You can leave behind the tar while saving your greenbacks too.

The NoSmoke™ electric cigarette is dramatically cost effective for smokers. A cartridge costs \$3 and is comparable to a pack and a half of tobacco cigarettes. Tobacco cigarettes cost an average of \$5 per pack, and in some states, they are as high as \$10 - \$12. Over the course of a year you can save



The NoSmoke™ e-cigarette will not leave your home or car smelling like an ashtray... If you're a smoker, you owe it to yourself and all those around you to try No Smoking!

NoSmoke™ truly is a social cigarette. With no offensive odors, your friends don't have to ask you to step out to smoke. When you NoSmoke, you can almost smoke anywhere you want... In some cases you can even use it in no smoking zones like bars, restaurants, coffee shops, bus stations and airports.

[Try NoSmoke NOW!](#)

Benefits of Quitting Smoking

We are going to furnish you with some instant benefits for quitting smoking which have been found over the years. This information is based on research provided by people who have quit smoking and has been collected from the website of American Cancer Society

The Heart Rate drops just after 20 minutes of quitting smoking.

The level of carbon monoxide comes back to normal level after 12 hours of quitting smoking.

The Blood circulation improves and the lung function shows a significant improvement after 2 to 3 weeks of quitting smoking.

Mostly smoking gives birth to diseases like coughing which is fuelled by smoking. Severity of bronchitis enhances due to smoking. Asthma is another disease, which is highly affected by smoking. Even the breathing of a normal person has been observed to be shortened as a result of continuous smoking. It has been observed that it takes 1 to 9 months after quitting smoking to remove these physical disorders. But a significant improvement can be visible.

Withdrawal Symptoms

Smoking means nicotine, which is highly inductive to the body as well as the mind just like heroin or cocaine. Nicotine does not only pollute the physical parts of the body but it affects it psychologically as well. So, the mere thought of quitting smoking adversely affects your mind, so one will definitely feel desperate at times to return to the habit rather than to continue abating the activity. Attimes unwanted and unavoidable pressure from friends and colleagues can also not be denied. You make yourself aware of your future if and only if you are determined enough to control yourself from being lured into such a close association. So, we suggest, first of all you need to be convinced of the reasons for quitting smoking. We must say that the decision to quit as well as sticking to it demands devotion.

The Symptoms

You may feel dizziness for first few days. You will also feel awkward tiredness. This is due to the lack of the particular intake of tobacco at a very specific time of the day.

Mental Depression - as Nicotine has a charming effect in boosting you up.

Impatience and Anger - The effect of nicotine is NOT limited to the lungs only, it casts its spread over the blood vessels, brain, hormonal system and your metabolism. So the effect of withdrawal may cause a disharmony in your entire physical system, which puts an extra pressure on your mind in this competitive world where strain and stress have become your all time companions.

Sleeping & Focusing - This is the reaction to certain disorders of your hormonal system. As your mind needs to be in tune for a proper sleep as well as focusing in any job which demands your 100% worth, you feel tloss of harmony.

Appetite and Digestion – Some Physicians have noted paradoxical results in a person's appetite and digestion after quitting smoking. In some cases, the mental tension due to non-smoking of a cigarette has been found to cause indigestion. In some other cases, the withdrawal of nicotine has shown a direct impact on metabolism resulting in an additional appetite for the individual.

The Royal College of Physicians in their book, *Nicotine Addiction in Britain*, strictly denies the psychological effect of nicotine in human beings. They say, "Demonstration of nicotine addiction and evidence of putative underlying neurobiological mechanisms in animals do not establish conclusively that nicotine has psychological effects in man. Furthermore, much of the evidence on the psychological effects of nicotine in man is derived from studies of smokers, and the question therefore arises as to how much any psychological effect of smoking is in fact attributable to nicotine".

How to Stay Quit After Quitting

An indomitable passion has let you take the first steps towards quitting. You are one of the luckiest people in the world, who have been able to swim against the current. You have shown a strong determination in yourself among your family and friends circle, and have become different from the rest of the crowd. When you have been able to take this most important call in your life, is there any way by which you want to lose that position? Is anything ever comparable to your mental strength? Would you even try to make yourself a laughing stock in front of your near and dear ones? What impression do you carry on to your kids? You suffer from indecision and forgetfulness. Or you may even prove that smoking is so invaluable that nobody can quit. Remember your spouse and children always look up at you. Finally, if you want to undertake these risks of losing your position in your family as well as society, we have nothing at all to say. However if you want to stick to the most admirable decision of staying put we can help you to the best of our extent and this chapter will aid you immensely in getting to your cherished yet unorthodox goal.

As your body and mind have been under the spell of nicotine due to smoking you may be again lured by people and events. However one needs to control these unwanted desires of the mind with an iron hand because one more puff even after years can send you tumbling back to the stage from where you began.

The most important lacuna in today's world is awareness. People are NOT aware about the feelings of their partners during a sexual relationship. Adolescents are NOT aware of the recuperation of watching blue films on their minds. The tracking team is NOT aware about the risks and dangers of an unknown place in an unforeseen environment. The young generation is NOT aware of the scars drug addiction leaves on their mind and bodies. Perhaps you were NOT aware of the effect of smoking when you had taken the first puff. But now... you have realized by paying through nose just how harmful smoking is.

As you have already shown the first step towards maturity by quitting, now you must be aware of the probable events that trigger you towards a relapse. We may have come up with some generic prevailing concepts or triggering events. A smoking-prone mind becomes more active, when it watches the people around smoking. So, start avoiding the smoking zones. Thanks to the government for directing organizations to keep a separate smoking zone. Start visiting non-smoking restaurants. Drinking supplements – a common smoker's notion, hence you need to chuck off both from your routine agenda for some time till your body and mind begins to reap the rewards of non-smoking. The fun is... to light a cigarette, one needs to use both of his hands. Specially trained people require only one hand. Why don't you make your hands busy by holding a eraser and a pencil? Smoking is a highly catchy habit. So, stay away from smoking circles and request friends not to smoke in front of you. There are some prime times for smoking, like after tea or lunch when you are most vulnerable to provocation. Why don't you try out techniques to deviate yourself at these points of time in the best of your interest. You may also schedule your work so that you have your hands full after lunch. One can try out toffees or sweets in order to keep occupied.

You must know that provocations will come and go but stepping into the cravings may raise a fundamental question in you - whether you are a confident person or not.

Once you make a decision to quit your confidence level gets a jolt. Often some people succeed in convincing you by telling you their own stories, which prompts one to restart smoking after having quit once. The solace is perhaps that they have started taking puffs from cigarettes with larger filters as advised by some quack advisor as larger filtered cigarettes are wrongly considered less harmful. We feel consumption of cigarettes irrespective of their filter size or number means continuing with the smoking addiction.

There are several treatment procedures for quitting. One of the most natural healing systems is the acupuncture method. It affects your taste buds in such a way that it generates an anti-feeling to smoking. The taste worsens when you give it the first puff after having taken to acupuncture therapy. We hardly recommend you to a doctor for any kind of therapy to ease your life rather we insist you to tread the harder way, through your own determination. We guarantee an endless confidence level, if you can pass a few days after having quit without having undergone any medication or treatment. You can prove to yourself that you are in control of your surroundings and passion. As this is very generic advice this will vary from individual to individual depending upon your mental ability. We also tell you to study your self and decide whether you require any external therapy without ignoring what one's inner voice has to say.

The main challenge essentially is a mental one. Weak minded people may start thinking that they have become useless and everything around them has turned dull. Even their desperation may make them feel let down. So, it's rather a punishment to make the decision to quit smoking. 'So, why stick to it?' a question that can occur to one and all. 'Rather, let me not become the butt of laughter and start swimming with the flow again', another perception that takes you right back to where you were. You may also have a feeling like, "just one cigarette, what's the harm?" But please remember a decision is much more difficult than justifying at a later point. So, why go back when one has once crossed the most crucial step of abiding by a bold decision. The long term effect of nicotine may affect your energy level a wee bit, but one has been saved from a lot of near fatal diseases. Have you ever considered that dizziness is an after effect for a very short term? So why don't you tell yourself, that you have been able to win the battle against dreaded nicotine, which most other people lose? If you do this you will find yourself at a different psychological level! **Think positive and be positive.**

One way to think positive is to calculate the monetary gain. Start calculating, how much have you saved today? Then project out what the figure will look like after 5 days? Remind yourself that you are saving a lot of money for your family or kids

or at least for your life style. You are not burning dollars; rather you are using them for your amusement. So, tell yourself, keep it up! After one year we will have another pleasant tour!

Advertisement...

It's Electric!



No Tars
No Carcinogens
No Harmful Chemicals
No Smoke
No Odor
Smoke Anywhere

Check It Out Today!

[Get More Info](#)

Therapies after Quitting

We firmly believe that self confidence is the key treatment in your battle to quitting smoking. In this section we will look at what you can try if you have a lower confidence level and therefore need external therapy for quitting, both before and after. We believe that you must focus to increase your level of motivation and some of these options may help.

Hypnosis

It is one of the oldest treatment methods found in earlier civilizations. It was mostly in China, Tibet and India where people used to focus on healing based on internal energy levels. External energy in the form of cosmic rays used to be infused into individuals to overcome physical illness. Hypnosis has been a prevailing treatment for most addictions which people have inculcated for long. It not only removes the indispensability of the addiction but also helps out to lessen the mental agony. A Hypnosis therapy first evaluates your level of susceptibility and accordingly determines the level of treatment required. It has got ways like focusing on moving objects, listening to a deep voice, or even lightening effects. This therapy has become popular even in the western countries today.

Meditation

It is one of the most profound methodologies in alternative medicine today which have been used by ancient civilizations in China or India. Today the authenticity of meditation is revealed even in the US & UK where meditation has been found to be the most successful technique in stress related issues. Meditation has been used by ancient gurus as a tool to form a link with God. Today, it is used to relax you from external agony as well as to increase your focus and level of concentration. Smoking makes you more susceptible to emotion due to the lasting effects of nicotine which only triggers the central nervous system.

Medical research has proved that Meditation is one of the best methodologies to increase the level of motivation, self-confidence and will power – the three primary forces, which can fight in favor of one’s decision to quit Smoking.

Counseling

Massachusetts General Hospital study reveals the effect of counseling for smokers. They demand that “hospitalized smokers given stop-smoking counseling helps them stay off cigarettes after they return home” (<http://www.pslgroup.com/dg/>). The experiment was done on 650 adult smokers.

The American Cancer Society ensures the availability of help to people who want to quit smoking permanently. The counseling sessions are mainly based on the psychological part of the addiction.

Clinicaltrials.gov (<http://www.clinicaltrials.gov/>) publishes the authenticity of their “Motivational Counseling in Preventing Smoking Relapse After Pregnancy in Pregnant Women Who Quits Smoking During Pregnancy”

The American Journal of Medicine (<http://www.amjmed.org/>) publishes “Effectiveness at the Birmingham VA Medical Center, Birmingham, Alabama”, where the team had analyzed over 16,000 records of smokers. They found a tangible amount had shown positive effect on the people after discharge, who had been admitted to the hospital due to heart attack.

What you need to do, is to find the right counselor in your vicinity, so that you can arrange a few sittings with him or her.

Nicotine Replacement Therapy

If you look at the most harmful component in the cigarette, it is unhesitatingly nicotine. Nicotine actually creates a lot of physical dependence, which has been found to lead one to various unpleasant symptoms when a person has tried to quit or even after the quitting stage. “Nicotine replacement therapy (NRT) provides nicotine – in the form of gums, patches, sprays and inhalers – without the other harmful side effects of tobacco”. It should be noted that it is not a complete eradication, rather compromises a level of harmfulness. It actually helps in relieving some of these symptoms and gives breathing space to the person, so that he can leave the physical aspect to some extent and focus more on the psychological aspects of quitting.

Gradually many alternatives are coming up. Nicotine nasal spray, inhaler (Zyban) and nicotine-free tablet (Chantix) are also available today. How do they work? They try to formulate nicotine in the body at a slower rate. Like the nicotine patch arranges to release nicotine in the body at a very specific rate. The key difference is that nicotine in cigarettes intrudes the lungs and blood instantly while the patch takes a couple of hours. So, in reality the consumption becomes less and the body reacts to a slower effect, rather than sudden withdrawal.

Homeopathic Treatment

Homeopathic quit smoking products contain compounds that become highly useful at the stage after having quit. We will definitely advise you to visit a doctor before choosing any such product because the proportion may cause toxic effect to some people. Boiron Quit Smoking Care Kit and Nico-Free are two such homeopathic products available in the market. A very generic suggestion is to increase your water intake and regularize your meal habits at the time of using such products.

Advertisement

It's Electric!



No Tars
No Carcinogens
No Harmful Chemicals
No Smoke
No Odor
Smoke Anywhere

Check It Out Today!

[Get More Info](#)

Frequently Asked Questions

Is Quit Smoking a necessity?

If you love yourself and your associates then Quitting Smoking is not only a necessity, but also the need of the hour.

Can Quitting Smoking guarantee a longer life?

Perhaps only God can guarantee somebody's life. However having quit smoking will surely help you in reducing complications in a world where impurities and calamities have cast their spell in every sphere of life.

Does Smoking affect my family?

Obviously, it has. Your children and other family members become passive smokers owning the risk of contacting hundreds of diseases. Moreover the cost factor can never be ignored. Please remember your children will also follow you, thus risking inculcating the habit among your children.

Can I tackle stress or strain even without a smoke?

It is the foolish notion that any addiction such as smoking actually works as a stress reliever in mental agony. The nicotine just fills up your cravings. If you really want to release your stress, strain or stretch, then meditation is a much better alternative.

Can I focus equally even after Quitting Smoking?

The residual effect lasts for a short tenure, when you really crave for a cigarette. It is more for psychological reasons because of prolonged habit. But it is really a matter of few days. You may use candy or toothpick as an alternative.

Will I remain equally acceptable to the society?

This is an age, where the awareness against smoking has reached its zenith. So, there is no problem in acceptability. We feel it is just a psychological barrier for you to cross.

If I quit smoking won't I loose my elegance?

Gone are the days, when walking into an air-conditioned restaurant with a cigarette in grip was the in thing. Rather today you will find a lot of non-smoking restaurants all around. Smoking hardly brings forth elegance as most people have become aware of the effects of smoking.

Will I gain weight after Quitting?

Yes. The withdrawal of Nicotine will generate more appetite. Several options including free hand exercises or jogging for loosing weight can be considered. Quitting smoking can ensures lesser intake of poison in the day to day lifestyle.

'I had left once and had to get back to smoking'. 'Should I try again'?

Yes. Yes and Yes. Might be last time some major events had provoked you to lift your self ban but can you tell, how much did smoking help you out to combat that particular triggering event? Perhaps the answer is NO. So, we insist you try again.

Should I announce a quit smoking date?

Research & study reveals that sudden decision to quit smoking has proved to be much more effective. Still if one feels like announcing a date will help psychologically, one may take a chance.

Do I need treatment after having quit?

Its entirely depends upon you and your mental stamina. There are various medicines and therapies (some of them have been discussed

in the Staying Quit section) available today. Even telephonic counseling is available.

Quit Smoking – Doctor’s unnecessary caution !

Smoking is dangerous – this has been proved. There are people, who hardly visit doctors despite small illnesses. They fear of doctor’s restrictions in their daily lives. Why should you allow it to be fatal, rather prevention is better than cure.

I am a very weak minded person. Can I quit smoking?

Surely, it is. Even the decision of quitting is bold enough. The decision also reveals your pragmatic mindset, which hardly comes from a chicken-hearted person. We suggest you to consult a counselor immediately.

I smoke 2 to 3 per day. Is it harmful?

Snake bite is a snake bite and the first bite injects adequate poison to take your life away. Several bites only increase the number of external wounds.

I smoke cigarettes with larger filter portion – Isn’t it safe?

Tests and experiments in laboratory do not conform to the authenticity of the above statement.

Quitting Smoking is difficult but staying quit is tough !

We completely agree with you. Reaching the peak once may be difficult, but possible. The challenge lies in continuing despite provocations. Even handicapped people drive vehicles overcoming their acute shortcomings of impaired limbs. It is the level of devotion, determination and dedication, which matters.

Books & Software

Any interested individual may visit e-stores like ebay or Amazon for browsing their indexes. Plenty of books and software are available. One may search through any popular search engine also. Many books, articles, journals are available on the Internet itself.

Quit and Stay Quit - A Personal Program to Stop Smoking : Quit & Stay Quit
Nicotine Cessation Program by Terry A. Rustin

How To Quit Smoking Even If You Don't Want To by Barbara Miller

The Tao Of Quitting Smoking by Joseph P. Weaver and Gary Toushek

Stop Smoking with America's Foremost Hypnotist by Mesmer

American Lung Association 7 Steps to a Smoke-Free Life by Edwin B. Fisher

The Only Way to Stop Smoking Permanently - Allen Carr

The Tobacco Dependence Treatment Handbook: A Guide to Best Practices
by David B. Abrams and Michael G. Goldstein

American Cancer Society's Freshstart : 21 Days to Stop Smoking by Dee,
Ph.D. Burton

Recovery from Smoking: Quitting with the 12 Step Process by Elizabeth
Hanson Hoffman - L.S.W., A.C.S.W., Christopher Douglas Hoffman

The How to Quit Smoking and Not Gain Weight Cookbook by Mary
Donkersloot

Lynda Hyder Ferry

How to Quit Smoking without Gaining Weight by Martin Katahn

Allen Carr's Easy Way to Stop Smoking Allen Carr

Allen Carr's Easy Way for Women to Stop Smoking by Allen Carr

Dying to Quit : Why We Smoke and How We Stop by Janet Brigham

Quit: Read This Book and Stop Smoking by Charles F. Wetherall

A Meditation to Help You Stop Smoking (Recovery Health Journeys Series)
by Belleruth Naparstek

Self help hypnosis c/d to quit smoking

Give Up Stop Quit Smoking Self Hypnosis Hypnotherapy CD

How to Quit Smoking

Final Words

Continuous research and innovations have opened up various ways to facilitate you to quit smoking. We are aware that people from different walks of life have been seriously seeking out new and authentic ways for quitting smoking. The list includes psychiatrists and experts from alternate medicines also.

We know there are enough controversies in the methodology. Like whether to take medicine after having quit smoking or not? Do we need counseling sessions for quitting? Can we leave it permanently? Should we go to a homeopath or a traditional medical practitioner? Is it better to announce a date or should it be all of a sudden?

In such a stage of social and emotional imbalance, we don't recommend any "slow but steady" process. We don't know which factor will start dominating inside from tomorrow and moreover when we will have enough time to think and waste time on the same issues again and again. Why provide solace to the self? We do feel that confidence and determination are the keys to survival. Why shouldn't we try to increase our level of confidence? If we can increase our inner energy level, then only we can survive at this competitive age. Then why not take a path like meditation, which can really enhance our inner energy level to fight?

Desperation for emancipation from the cherished tradition fueled by personal experiences has resulted in this book. None of us can guarantee that he can witness the next dawn. But it is the obligation of every human being to prove that they are human!

It's Electric!



No Tars
No Carcinogens
No Harmful Chemicals
No Smoke
No Odor
Smoke Anywhere

Check It Out Today!

[Get More Info](#)