

Quit Smoking Today!

QUIT SMOKING TODAY!

SELECTED TIPS - 37 PAGES!

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37 Pages!

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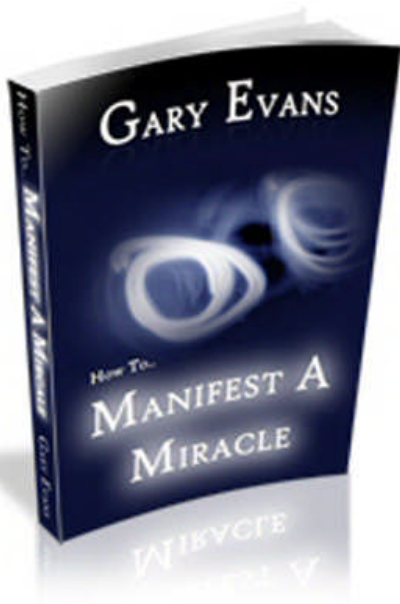
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Why You Have To Quit Smoking?

According to a motivational speaker I listen to sometimes, it's almost impossible to achieve anything worthy in this life without having enough reason for having such a dream. Same thing apply to smoke quitting. Before you can be able to gain enough courage and confidence needed to stop smoking you really need to have enough reason for doing so.

If you are asked today – why did you want to quit smoking? What will you say? Probably you've not really stop to think of it yourself. You are probably living other peoples dream or trying to satisfying somebody by stop smoking. Hey! It doesn't have to be that way. You may find it difficult to quit smoking completely without having enough genuine reasons to stop this habit you've been living with for long.

There is not way you will smoke without polluting air in your immediate environment. Lot's of people hate this smoke because it's irritating. This type of people will never want to stay close to you if they know you are a smoker. You may end up losing good friends, clients/customers if you are into your own business or find it difficult to get job. So if you will like to enjoy keeping good friend around you, get more dates, get better job or avoid offending your new clients, you have good reason to stop smoking today.

Having good health should be one of main reason why you should quit smoking. If you smoke you are really playing with your health. The damage that the smoke from each cigarette is doing to your immune system can never be compare to brief immediate satisfaction you get. So if you really want to feel and stay healthy you really have to stop smoking. You will end up spending fortune in buying medicine, and, paying hospital bills.

Why You Have To Quit Smoking (li)

Knowing what you are quitting for will make it much easier for you to resist next urge to smoke. You need lots of motivation and courage to be able to resist lighting next stick of cigarette when you are feeling like. One way to motivate yourself is to come up with enough reasons to quit.

If you are still looking for employment, your smoking habit may probably be one of the main reasons why you don't have one. Your boss may not like a smoker. Make getting a better job one of the reason why you have to quit, and you will have more courage to quit smoking.

It's very possible to lose your immunity some of dangerous infections like lung cancer, lung disease, cancer of the larynx, heart disease or stroke. These are most deadly infections ever know to humanity. Why should you risk losing your life to any of this deadly disease because of your smoking habit? Imagine what will happen to all you've labored all your life for. Your family and friends will not be glad to lose you so soon. Friend this is enough reason for you to stop smoking.

Another main reason why you have to stop is the financial burden you will be putting on yourself as a result of your daily smoking habit. In same way you if you are infected with any of above stated ailment you will be losing thousands of dollars to medical cost. Before you decide to quit why not take record of how much you've spent buying cigarettes all your life. Am very sure it will be in thousands at the end of the day. Every \$2 dollars add up. If you invest same in buying stock your next generation will not die poor.

If you truly wants to live longer and happy with good health and several thousands of dollars in your savings account decide to quit now.

Why Are There Many Smokers?

Lots of people start smoking because of various reasons, possibly known to them only. However there are few reasons that are common to most smokers. Some of these reasons are personal attitude, cooling of stress and pressure from peer group.

Most youth are often subjected to pressure from peer group either good or bad. As a young fellow you will not want your friends to take you for granted. You won't want to feel inferior. Because of this you will end up listen to their advice and it will even make it easy for them to compel you to do what they are doing.

If you happen to be in group of people that plays with cigarettes, because of its availability there is possibility you will start doing same thing. In the book "Unlocking the Secrets of Your Childhood Memories", Dr Kevin Leman said ... "One day when I was seven, as I walked to school I found a brand new, un-smoked Viceroy cigarette lying on the ground. I picked it up and slipped it into my pocket. After school I was walking home when an older kid from our neighborhood came by on his bike. He was twelve and sort of my hero-the Eddy Haskell type. I didn't know how to smoke, but I had that cigarette in my pocket and I wanted to learn. So I asked "Eddy" for a ride, and as I slipped up on the handlebars, I put the Viceroy in my mouth and said, "Hey, 'Eddy' ... got a light?" And it was on that ride home I smoked my first cigarette feeling very big and touch – just like "Eddy."

Apart from the pressure from peer group most teenagers often start smoking to protest against the existing rules of the society. They will want to feel different. This type of attitude often leads turn them to become addicted to smoking when they grow up.

Smoking: - What Tobacco Companies Will Not Tell You About Nicotine

Lots of people smoke because of various reasons known to them alone. It's possible that you derive something from smoking, but the hidden disadvantages are more than advantages and so-called benefits you derive from smoking. Smoking poses a lot of threat to your health. Most especially the nicotine which is the major component of cigarette you take is a poisonous substance. But tobacco companies will never tell you that.

Nicotine found in every cigarette is also a component of other substances like weed killers and insecticides because of its source from alkaloid plants. Alkaloid plants are poisonous plants. They are bitter to taste and extremely potent.

Nicotine in cigarettes has different effects on smokers. Some smokers prefer taking a cigarette to relax and cool off when they are stressed or upset. Some prefer to take it because nicotine in it stimulates their body and raises their energy level. Most often, smokers get addicted to nicotine to the extent that they will always find reason to smoke more cigarettes to feel the same effects always.

Since nicotine is more addictive compared to heroin, it will always give the same effect anytime. These effects vary according to each person and how much they inhaled daily. Every smoker often experiences a faster heart rate, rise in blood pressure and constriction of veins due to the high content of nicotine in the cigarette they smoke. It also affects "reward circuits" – a section of the brain that regulates pleasurable feelings.

Nicotine as a powerful substance affects the neurotransmitter dopamine, raises dopamine's level in the brain's reward circuits, thus causing the smoker to experience pleasure anytime it's taken. Apart from dopamine, nicotine also affects serotonin, norepinephrine and beta-endorphin which control mood, appetite and reduce anxiety respectively.

It's better you avoid these harmful substances because the side effects may be more dangerous to your health. Stop smoking now!

Planning To Quit Smoking

Millions of people smoke, and to many, particularly those that have been smoking for some time, the prospect of quitting seems daunting. An addiction to nicotine is a serious one, and is multifaceted: there is a physical component, in that your body craves the nicotine the cigarettes contain, and a psychological one, in that many habits and situations become associated with cigarettes for the smoker. For these reasons it is important that you come up with a plan of attack in order to quit smoking: although the cold-turkey technique works for some people, the vast majority of smokers will have success only with a more comprehensive plan.

When you first consider the prospect of quitting smoking, it's probably going to seem far fetched, but keep in mind that thousands of people - people that are no different from you - quit smoking every year. If they can do it, there's no reason that you can't. Many smokers also feel that after a certain age it is "too-late" to quit smoking. Simply put, this isn't true, and should not be used as an excuse to avoid an attempt to quit smoking: the health benefits of quitting smoking begin the very day you stop.

Before you actually have your last cigarette, begin to build up your willpower. Your willpower is going to be your most important tool in quitting, and it's very unlikely that you will be successful without it. Spend some time thinking of the reasons you want to quit smoking. Learn about the health benefits of quitting, for both yourself and the people around you. Do some math and come up with some figures for the amount of money you'll save by not buying cigarettes, and think of something you'll use that money for.

Once you've built up your willpower, it's time to have your last cigarette. To keep your spirits up, understand that the human body is incredibly resilient, and your health will improve as soon as you stop smoking - literally. 8 hours after your last cigarette, carbon monoxide levels and oxygen levels in your blood stream will return to normal. At 24 hours after your last cigarette, you statistically reduce your chance of a heart attack. Only 48 hours after your last cigarette, your sense of taste and smell will improve as your nerve endings start growing.

As you continue to stay smoke free, think of the longer-term benefits to quitting in order to keep your willpower up: even after 2 weeks your lung power will begin to increase, and continue to do so over time. Other aspects of your health will continue to improve in various ways. The ultimate motivator should be the knowledge that 15 years after quitting, your risk of death is almost the

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same as someone who has never smoked - a remarkable fact that illustrates our human body's surprising ability to restore itself.

By coming up with a concrete plan to quit smoking you will greatly increase your chances of success. Crucial is understanding the important role that your willpower will play in the process, and planning to build up this willpower weeks before you attempt to quit. Once you've stopped you have to keep the strength of this willpower up, and to do so, remind yourself of the health benefits you will be privy to immediately after butting out that last cigarette.

Possible Reasons For Lighting That Stick And How To Handle Each

Every cigarette you light contains high amount of a powerful drug, more powerful and more addictive than heroin or cocaine called nicotine. Nicotine is such a powerful drug to the extent that most cigarette manufacturers have to manipulate the amount of nicotine in their cigarettes in order to provide consistent flavor every smokers dying for. Though the presence of high composition of nicotine in cigarette is not hidden to most smokers, since, most are even making use of the nicotine in various ways.

Different people smoke for different reasons; however, in this article we will look at some of the reasons that are common among smokers. Depression is one of the main reasons why some light cigarette. Some depressed patient's uses nicotine in cigarette to combat depression. As a result of lack of adequate counseling and motivation from the right source, they end up smoking when they are depressed. Though many knows actually that this is probably not the best option to fight depression, but most usually they don't have visible alternatives.

Weight control is another reason for smoking. Though this is common among women, but it's affects male gender as well. They use nicotine to as a weight control measure. Also this is as a result of adequate counseling as there are lots of ways to control weight gain. That's even main reason why is always good to seek physician's opinion when you are planning to quit smoking.

Another main reason why some are so involve in the smoking habit is usually as a result of their group. If you are in group of friends that takes smoking as a hobby there is tendency that the urge and temptation to smoke will always be there. At the beginning it will be to show-off but gradually it will become habit once you continue being in this group of friends.

In second part of this article we will discuss more about reasons why most people smoke and how to handle them.

Smoke Quitting - Possible Or Not

Average smokers get addicted to this habit over a long period of time. Quitting will be a great achievement on the part of smoker, because giving up something, or even cutting back from something like cigarette is often difficult. And if somebody is so determine to give this habit such a person should be congratulated and celebrated.

Though it's difficult to give up this habit or any of such bad habit, but it's possible if you are serious about it. You have to believe in yourself that you can quit if any other addicted person can quit. Once you make up your mind to embark on this life changing task you have to establish a goal - a specific date. Make it realistic so that you don't quit too soon.

Write out plan you believe is suitable for your personality. You can take a look at various applicable methods online. Once you have a plan you need to establish a reason why you should quit smoking. Write down the reason why. It's very important. Just likes most kids will hardly agree to take up a task without knowing what it will benefit them at first. If you have enough reason why, you will surely give it time and dedication needed. Some of benefits you need to consider are long life, healthy body, feel better, save money among others.

To achieve your goal on specific date, you will have to seek support of your doctor. As a matter of fact you will certainly get support and guidance of your doctor. Doctors will advice you on what you can take to replace the effect of nicotine in most cigarettes. They will advice on type of exercise program that's suitable for you. This will help you recover from years of damage from nicotine in cigarettes. Support of your friends and family will be helpful too if you make your goal known to them.

Quit Smoking By Preparing Yourself

It is a well known fact that smoking is highly addictive, and many smokers have a very difficult time quitting. Besides the physical component of the addiction, there is also a psychological one: smoking is socially acceptable in many situations, and, of course, entirely legal. For these reasons it can be doubly difficult to quit smoking, especially if you have friends who smoke, or you regularly go to places that you associate with smoking. One of the first things you should do when attempting to quit smoking is to adequately prepare yourself. Quitting doesn't begin with merely stopping one day - you should prepare yourself in advance in order to ensure success.

The psychological element of your smoking addiction has a lot to do with daily habits. The reason that smoking can become so difficult to quit is because the act entrenches itself into your daily life and routines, to the point where you give it little thought. Before they start to seriously think about quitting, most smokers will likely agree that smoking is simply something they do - it's not something they are particularly aware of on a day to day level.

So the first thing you should do to prepare yourself to quit smoking is to change your smoking habits: switch the brand of cigarettes you smoke, smoke at times of the day you don't normally, and smoke with your other hand. All these things work towards making you more aware of what you are doing when you smoke, and making smoking integrate itself less seamlessly with your other activities.

Another good example of this is to make the following rule for yourself: when you smoke, you are not allowed to do anything else. So for example: no smoking while reading, no smoking while using the computer, etc. Force yourself to do nothing but sit and think about cigarettes when you smoke. This exercise will serve two functions: first of all, it will make you think about smoking much more, and ideally about how you're going to quit smoking; and second, depending on how much you smoke, it will make you aware of the time you waste doing it. For most people, the habit will seem much more severe - and thus there will be much more motivation to stop - when you add up all the minutes spent doing it.

To quit smoking is a serious undertaking, and you want to do everything in your power to ensure a high chance of success. Too many smokers simply try and quit cold turkey, and while this can be effective for some people, for most it doesn't work, and when you fail it will become harder to work up the morale to try again. By thinking of your plan to quit smoking as a long term one, you

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do yourself a lot of favors. So remember that the act of quitting smoking begins long before you stub out the final cigarette: you should adequately prepare yourself for weeks beforehand by making abrupt changes in your smoking habits

Think Of Yourself As A Non-Smoker

A good mental trick to try when you finally quit is to immediately think of yourself as a non-smoker. Even if it's only been a few hours or days since your final cigarette, think of yourself as a non-smoker - as if you've never had a cigarette. Then, whenever you find yourself craving a cigarette say to yourself "why would I want a cigarette? I don't smoke."

It's important that you take mental steps like this when you quit smoking. Although the physical component of a cigarette addiction can be hard to overcome, especially if you have been smoking for a long time, the physical element of your addiction is also the part most easily treated with medication. It is with the mental or psychological component of your addiction that the fiercest battle will be fought.

By thinking of yourself as a non-smoker instantly, you are taking an important, active step. Although it may seem silly to think of yourself this way if you've only stopped smoking for a day or two, try it: you'll find that if you define yourself as a non-smoker, the idea of having a cigarette will require a long justification. It will make you truly think about having a cigarette - after all: it's not normal for a non-smoker to smoke, is it?

If you fail to do this, it will simply be too easy to lapse back into occasional smoking. It is, of course, fairly common for a very recent ex-smoker to take a drag now and then, isn't it? If you don't think of yourself as an ex-smoker you'll allow yourself these indulgences - an occasional drag, or even a full cigarette now and then - that will almost certainly ensure that your attempt to quit smoking ends in failure.

Let Other People Know That You've Quit

Many smokers, when they try to quit smoking, have a tendency not to talk about it too much, because they fear discussion of cigarettes and quitting will only increase the desire to have one. In most cases, however, the opposite is the case. If you tell everyone you interact with that you've quit smoking, you'll likely receive lots of support, which is crucial to the overall process.

Someone who doesn't support your attempt to quit smoking isn't a true friend, and most people will find that almost everyone they know will be very supportive of the idea. By letting the people around you know that you've quit smoking, you will be creating an instant support group that will be there if you find yourself having trouble. Most good friends aren't going to let you have a cigarette in their presence, and if you don't want to tell people that you've quit smoking, you should think carefully about the reasons: it's probably because on some level you'd like to be able to smoke - to lapse occasionally - without being hassled or feeling like a failure.

Another great reason to let people know that you've quit smoking is that other smokers that you know are likely going to be very interested and want to know how you quit and how it's going. Regularly discussing your quitting process with other envious smokers will reinforce to you the reasons why you decided to quit in the first place, and greatly increase your chances of success. Most smokers will pepper you with questions when they find out you've quit, and it gives you a chance to tell them how much better you're feeling, how much money you're saving, etc.

Don't Scrap the Whole Plan if You Slip-Up

When you try to quit smoking, you have to understand that statistically, most ex-smokers had to try multiple times before they eventually quit. It is completely normal and in no way a failure if you slip-up and start smoking again. The key, though, is to not give up: you simply can't say yourself "okay, it didn't work, it's impossible" etc.

If you do slip-up up - let's say you were doing fine and then went out with friends and drank heavily and smoked all night - try to quit again immediately. Don't wake up hung-over after a night of smoking, get up and go to a store to buy cigarettes. Instead, acknowledge the lapse and understand that it is a common part of the process. You are in no way a failure, and you can still get your quitting attempt back on track.

This doesn't mean, of course, that you should think of lapses as something that is completely okay - you can't say you've quit smoking and then go out and smoke every Friday night. On the contrary, you should very much try and avoid even the most innocent of lapses: don't get stuck in the line of thinking where "one drag" is okay.

If, however, you do have a lapse, you have to make sure it's not thought of as a failure. You should still think of yourself as a non-smoker. To give up and decide that you're going to smoke again after you slip-up is to deny one of the most fundamental realities about quitting smoking: it is a very difficult thing to do, and for most people takes multiple steps.

Change Your Lifestyle

While you by no means have to avoid your friends and start an entirely new life when you quit smoking, you should - at least in the beginning - try to be realistic about your socializing. Don't spend a lot of time with smokers in places you can smoke if you've just quit. The hardest period when trying to quit smoking will always occur at the beginning, and will end up torturing yourself if you spend that period in bars or other places that you associate with smoking.

One of the reasons people sometimes hesitate to quit smoking is they feel that they will no longer be able to socialize with their friends, or that they will be ostracized in some way. This really isn't the case, but you do have to understand that in the early stages of quitting, some lifestyle changes are going to be in order.

Avoid situations you associated with smoking in the past. You should also make an effort to make your lifestyle more active - once you quit smoking you'll likely be dealing with a lot more pent up energy and anxiety, especially during the early stages, and the best thing you can do to deal with it is to incorporate more activities into your lifestyle.

When you change your lifestyle, you also benefit from creating new associations that have nothing to do with smoking: you will be starting to partake in new activities that are in a "post-quit" phase of your life. By slowly accumulating the amount of things you do that you don't associate with smoking, you'll be gradually creating an entire life of which smoking is not a part.

Smoke Quitting – Basics Tips For Every Smoker

When you are truly ready to quit smoking there are several things you need to know about yourself, why you smoke, and how you can stop smoking habit. It's very important to know what trigger your desire for a cigarette and how to avoid them. Triggers like stress, arrival at work, entering a bar, meeting peer group, end of meal and several others.

Then you need to create alternative plan for this triggers. You will have to first believe in yourself. Believe that you have courage to quit. Believing you can quit is very important because your belief will be your guide through out the process. Without strong believe that you can survive without smoking, you will not be able to gain enough confidence needed to start the quitting process at all.

Your belief shapes everything you do. It's only when you believe that your mind will give you the correct thoughts to help your body take necessary action to achieve your goal. Write down why you want to quit. Consult your physician when you are ready to come up with a customized plan for your personality. They will advice and guide you through the process.

Also seek support of your friends and family immediately you make up your mind to quit, and till you finally quit smoking. Set a quit date and state number of cigarette that you smoke a day presently, and how many you will smoke each day until your quit date.

In you plan make arrangement for daily exercise. Though it may seem incompatible with smoking, but it will relieves stress and help your body recover from years of damage from

5 Tips To Quit Smoking

As anyone who smokes or has ever smoked knows, smoking is extremely addictive. Besides having to deal with the physical addiction to nicotine, smokers also have to deal with a social component: unlike most other addictive drugs, smoking is entirely legal and in many cases socially acceptable. Quitting smoking is difficult, and requires persistence and willpower. Here are 5 tips to quit smoking.

Prepare Yourself

Many attempts to quit smoking fail because people don't adequately prepare themselves for the task at hand. You will be undertaking a major change in your lifestyle and habits, and you have to be ready for it. To ensure a better chance at success, you have to be ready to quit smoking. You have to reach a point where you truly and deeply want to quit - if you are at hesitant about the idea there's a good chance your attempt to quit will fail.

Before you actually attempt to stop smoking, try and make as many changes to your smoking habits as possible. Much of the addiction to smoking has to do with routines and habits, so even small changes can make a big difference when trying to break the habit.

Try things like switching to a brand of cigarettes you don't particularly like. Also try and change the times of day that you smoke, or smoke with your other hand. Make a rule for yourself that you can't do anything else - read, use the computer - while you are smoking. This will make you much more aware of what exactly you are doing when you smoke, which is easy to avoid if you incorporate smoking into other activities you enjoy.

Basically, you should be trying to truly mess up your smoking habits as preparation before you quit smoking. By taking steps to try and make the experience stranger, you replicate how a non-smoker feels. Remember, after all, that there was a time in your life when you didn't smoke, and the act of smoking seemed strange and uncomfortable.

Using Nicotine Gum To Quit Smoking

An addiction to nicotine is a serious one indeed. Many studies have shown that it is one of the most addictive substances known, and most people will gain a dependency to it soon after they start smoking regularly. When you smoke a cigarette, your body receives an instant rush of nicotine - there is a spike in your nicotine levels which slowly dissipates, and when your nicotine levels drop below a certain point you will crave another spike, in the form of another cigarette.

As a smoker, part of your body's physical addiction to nicotine has to do with relieving it in these "hits," and it is for this reason that an attempt to quit smoking can be so difficult. The most important thing in any attempt to quit smoking is willpower, and the chances that you will succeed in staying smoke free without the use of willpower are extremely slim. In some cases, however, you can benefit from using a medical aid in addition to your willpower. The most common and well known aids to quitting smoking are those that supply and regulate nicotine in the bloodstream.

A popular choice is nicotine gum. This is gum that resembles ordinary chewing gum, but of course it contains nicotine. The reason nicotine gum can be effective is because it can replicate nicotine spikes in your bloodstream without the need for cigarettes. The problem that some people run into with the nicotine patch - the other popular nicotine supplier - is that a nicotine patch supplies a steady amount of nicotine into your bloodstream. There is no spike, or "hit", with a patch, and for this reason some people still find themselves craving cigarettes when they use the patch: even though the body is receiving nicotine, it desires the hit that the cigarette provides.

With nicotine gum, you can attempt to replicate this hit without a cigarette. The gum is not chewed like normal gum -- rather you hold it in your mouth without chewing it for long periods of time, and then give it a few chews when you want a release of nicotine, much as you would take a drag on a cigarette for a quick nicotine hit. A typical guideline for nicotine gum would be to chew it 3-4 times, until you feel a tingling sensation, at which point you should flatten it and place it between your cheek and gum. Repeat the brief chewing process at occasional intervals as necessary. Under no circumstances should nicotine gum be chewed like ordinary gum, as too much nicotine will be released into your bloodstream.

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Nicotine Gum comes in 2mg and 4mg strengths (the 4mg is recommended if you smoke more than 20 cigarettes a day.) It is recommended that you use the gum every 1-2 hours throughout the day, for a period of up to 3 months. The only drawback of nicotine gum is that you cannot drink anything except water for 15 minutes before and during chewing. For this reason nicotine gum isn't helpful at a bar, which is where many ex-smokers need the most help. Despite this, nicotine gum can be an effective tool -- when combined with your willpower -- in an attempt to quit smoking.

How To Quit Smoking - Using Zyban

In general, an addiction to smoking can be a very difficult one to overcome. Depending on how long you've smoked, how much you smoke, and genetic factors, you may find it extremely difficult to quit smoking. It is a well known fact the genetic factors are at play and determine how susceptible someone is to a nicotine addiction, and for this reason some people need more than their will power to quit smoking. There are medical aids to quit smoking that help address the body's dependence on nicotine, leaving you to concentrate your will power on other aspects of the addiction: namely, the social associations you likely have with smoking.

For many years the standard medical stop-smoking aid was the nicotine patch, which is attached to the skin and releases a steady supply of nicotine to the bloodstream. Fairly recently, though, another approach has become popular: the use of the drug Zyban (bupropion hydrochloride.)

Zyban's development as an anti-smoking aid is a curious one: it was originally designed as an anti-depressant, and during clinical trials of the drug it was discovered that as a side effect, many smokers participating in the trials lost interest in cigarettes and found it very easy to quit. Further research revealed that the drug was an effective stop-smoking aid, and it was approved for use as such in 1997 by the FDA.

Zyban works in a completely different way from the nicotine patch. Instead of supplying nicotine to the bloodstream, Zyban alters brain chemistry in such a way that the desire for smoking is greatly reduced - many people find that cigarettes simply become unappealing after taking the drug. At no point does Zyban supply or regulate nicotine in the bloodstream.

To work effectively, Zyban is usually taken a few weeks before you actually stop smoking. Like all anti-depressants, it takes time for its effects to manifest. Once you've been taking the drug for some time, you stop smoking, and if all goes well you'll find the process much easier than an unaided attempt.

It is important to keep in mind, however, that Zyban is a prescription drug that alters brain chemistry - in fact researchers are not even exactly sure how it works, only that it does for many people. Naturally, your doctor will be consulted in your decision to take Zyban, and it is crucial

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that Zyban is not taken in combination with other drugs. Make sure you talk to your doctor about the possible side effects of using Zyban to quit smoking: some common side effects include insomnia, dizziness, and dry mouth. In rarer cases, more serious side effects like seizures can occur. You must also discuss with your doctor the situations in which Zyban should not be taken, like if you are abruptly stopping the use of alcohol, or have a history of seizures.

While Zyban should be approached with some caution, as long as it is properly discussed with your doctor, it can be a very effective aid in your battle to quit smoking.

How To Quit Smoking - The Nicotine Patch

Nicotine is one of the most addictive substances known. Study after study shows that one can get addicted to nicotine as quickly as cocaine and other illegal drugs that we generally associate with crippling addictions. It is for this reason, of course, that it can be so difficult to quit smoking. One top of this physical addiction - that is, the body's craving of nicotine - there is a psychological component: because smoking is both legal and socially acceptable in many situations, it can be difficult to avoid it completely. Any attempt to quit smoking, therefore, should involve a comprehensive plan that deals with both the physical and psychological side of the addiction. One way to address the physical addition to nicotine, to leave yourself free to concentrate on the psychological aspects of your addiction, is to use a nicotine patch.

The nicotine patch is one of the oldest, and certainly best-known, medical aids to quitting smoking. Patches are placed on the skin, and work by releasing a slow and steady supply of nicotine into the bloodstream. The idea is that the patch helps wean your body off nicotine - instead of nicotine being immediately absent from your system when you quit smoking, it is gradually reduced.

The way the patch works is to break your body's desire for nicotine "spikes." When you smoke a cigarette, your body receives an immediate spike in its nicotine levels. As the level of nicotine slowly dissipates after the spike, it will eventually drop to a point where you desire to have it "topped up" again - the need for another cigarette. If you picture a graph of your body's nicotine levels when you smoke, you would see a steady series of peaks and valleys - the peaks corresponding to the spike in nicotine levels when you smoke a cigarette. A graph of your nicotine levels when wearing the patch, on the other hand, would show a steady line: the line wouldn't be as high as your peaks, but it wouldn't be as low as your valleys either. The idea is that the patch goes for the middle ground, and your body slowly adjusts to not having spikes in its nicotine levels.

As you become more and more used to lower levels of nicotine in your system, you can reduce the dosage of the patches you wear, until eventually your body is nicotine free. Another good thing about the patch is that it is an extremely strong deterrent against smoking: if you smoke

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while you're on the patch, your levels of nicotine will become too high and you could suffer from a nicotine overdose, which can result in sickness and even death.

The patch is a very effective stop smoking aid. It does, however, have some disadvantages: it is fairly expensive, and at the early stages of quitting it can often cost more than cigarettes did. The patch can also cause problems with sleeping if you wear it to bed - and at the same time if you don't you will wake up with no nicotine in your system, and feel pretty bad until you put on a morning patch and it starts working. Despite these drawbacks, the patch remains the medical aid of choice for people dealing with serious nicotine addictions.

Stick With It When Trying to Quit Smoking

Nicotine, as most people know, is a drug with highly addictive properties. It takes very little time for the body to get addicted to it, and the addiction is very difficult break, as any smoker will tell you. For this reason alone it can be very difficult to quit smoking, but to complicate matters, smoking also has a social element that other addictions lack. Because smoking is both legal and in many situations socially acceptable, it is an extremely hard thing to get away from completely, and many smokers have a very difficult time trying to quit smoking.

One of the reasons that quitting smoking is such a difficult task is that many studies show that the average smoker requires multiple attempts before they quit for good. Almost any smoker will tell you of times where they've quit for a period before taking the habit up again. Usually there is an excuse associated with beginning again: "I quit for 3 months" the smoker will say "but then I broke up with my girlfriend and started again."

The problem is that when you try and quit smoking, you are playing with your own sense of self-esteem. When you honestly say to yourself that you want to quit, and then you fail, it's hard not to think of yourself as a failure, and that much harder to try quitting again. This is why it's extremely important that you don't give up if you have a lapse while trying to quit smoking. Remind yourself that this is normal - that this is nothing to be ashamed of - and immediately try to quit again.

You do, however, have to be somewhat careful with this concept: taken to its extreme, it becomes easy to justify a lapse in your non-smoking whenever you choose. Be careful, therefore, to avoid this line of thinking: "all smokers need a few tries to quit, so I should start again now because I really want to."

Instead, you have to strike the right balance between understanding that a lapse in your attempt to quit smoking is all too common, while at the same time doing everything in your power to avoid this. You should never, ever, think of a lapse as part of the overall plan: don't think when you quit smoking that you're just going to quit "for a little while."

If and when you do break down and have a drag or a cigarette after you've quit, don't give up, and make sure that you immediately quit again. Far too many smokers quit for some time, have

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a bad night where they smoke some cigarettes, and then give up completely and start smoking again in earnest. Instead, if you lapse, remind yourself that it is normal, and is not an indication of overall failure. Stick with your plan to quit smoking, and most importantly: you should still think of yourself as non-smoker.

By understanding that an attempt to quit smoking is a long term process that requires a healthy dose of stick-to-itiveness, your chances for success are raised considerably.

Nicotine Withdrawal: - Simple Solution For Smokers

Most smokers will find it difficult to quit smoking because they are addicted to nicotine which is the major component of cigarette. And when they are ready to quit they must prepared themselves for adverse effects of nicotine withdrawal which gives unpleasant symptoms.

The symptoms includes craving for tobacco, anxiety, poor concentration, irritability, restlessness, stomach upset, drowsiness, and occasional headache. Also there is possible of weight gain and depression for those that use tobacco to control weight. There are lots of ways by which you can prevent such unpleasant symptoms by finding replacement for nicotine. These can be done using medical, physical and psychological methods.

Medically, you can use drug to deal with the nicotine withdrawal symptoms and you have to start on exact date you picked to quit. If you smoke when you are depressed before, you can replace that with antidepressant when you decide to stop smoking. You can also use anxiolytics and nicotine gums.

As a matter of fact many prefer nicotine gum because nicotine allows them to titrate their own rate of nicotine absorption through the buccal mucosa. Make sure you don't chew it immediately after eating food or drinking soda because for nicotine absorption there is a need for neutral pH and you can have that when you just eat or drink.

Apart from nicotine gum you can use transdermal patch, which is more convenient for delivering nicotine. There are different dosing strategies for transdermal patch. Though, none of the strategies are superior to the other. They are either a single stable dose or a decreased dose which may be used every 2 weeks. The patch is often used for 6 weeks.

Alternatively you can use nasal spray instead of gum or patch. It's a nicotine inhaler and it looks very much like a cigarette holder. It has nicotine impregnated with menthol. It will give you immediate relief from nicotine withdrawal symptoms.

Apart from using nicotine replacement drugs, physical exercise can help you as well. You can control weight gain and reduce crave for tobacco through daily physical exercise. Just like you need to consult your physician when thinking of nicotine replacement drugs, you need to contact your physician too to know more about the best physical exercise for you.

Smoking Habit: A Final Solution

Almost every smoker knows fully well that there are lots of disadvantages in smoking cigarettes. They know that their health is always at risk, their integrity on the face of the children and cost them lots of money over period of time. Because of this fact is not easy to force any smoker to quit most especially addicted smoker. However, it's possible for any average smoker that is sincere enough to stop this bad habit.

Though you can learn a lot today online on how to quit smoking, you still have to identify smoking behavior that's peculiar to you. Some people smoke to cool-off stress, some as a stimulant while some use it for weight measure. You have to identify what you use smoking for. What exactly is a stick of cigarette means to you? If you don't uncover this starting from beginning you will continue going back to same smoking habit, even if you are able to quit for some period. So ask yourself – why did I smoke cigarette?

You may want to know why you have to do this. If you are able to understand your smoking behavior, you've already taken a step to solve the problem. It will be easy for you to cope successfully, and select best quitting method that will be suitable for your condition.

It's very important that I make something clear to you at this point. Smoking is a form of addiction and most smokers who quit smoking usually experience some withdrawal symptoms like headache, light-headedness, diarrhea, chest pains, nausea, anxiety, short-term depression and inability to concentrate. So you need to prepare for these challenges and consult your physician often. However, you should not be afraid or let that scare you from embarking on quitting program. If you quit smoking you will gain more energy, become healthier and save more money.

Tobacco Companies Want You To Die A Smoker- Wake Up To Your Senses!

After reading a magazine that informs you of the danger ahead for smokers, the benefits for not smoking, and assurance that it's possible and easy to quit smoking, you finally decide to give it a shot. You are able to quit for few weeks. At the end of the day you are back smoking. Is it that it's not easy to quit smoking or what? Why are you finding it difficult to quit.

The above scenario may be your case too. It's not all your fault. The tobacco companies' top executives are busy every year doing meetings on how they will get more customers and how they will retain you as a smoker for life.

They spend several billions of dollars on advertisements that makes smoking looks great to every smoker. Their advertising agents are good in coming up with captivating advertisement that will always arrest the body and mind of every smoker – after all they know that smoking is just an addition of body and mind. There is this local advertisement from a tobacco company that always says ‘tobacco smokers are liable to die you’ as a message from ministry of health. The main content of the advert is so captivating to the extents that most smokers will not care to listen to the message at the end of the advert.

Wake up to your senses friend! If you are truly ready to quit smoking which is better, you have to stay committed. You have to understand that it all start from your mind. Your mind convinces your body to pick a cigarette. You have to be able to control your mind.

You are the owner of both your mind and body. You can control your mind. Start today. You can quit smoking. Remember, smokers are liable to die young.

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