

Direct Hit Series

ProHealth Nutrition, Inc



*How To Quit
Smoking Forever*

“You Can Quit Smoking Now”

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ANTI-SMOKING GUIDE

Table of Contents

Introduction

Why Do People Smoke Cigarettes?

Why Is It So Hard to Quit Smoking?

The High Cost of Smoking!

The Health Risks of Smoking - Part One

The Health Risks of Smoking Part Two

The Health Risks of Smoking Part Three

The Dangers of Smoking While Pregnant!

Smoking and Your Teeth!

Why Smoking Leads to Other Drugs and Addictions!

Smoking and The Opposite Sex (Why It's a TURN OFF)!

How to Break the Habit of Smoking Method 1

How to Break the Habit of Smoking Method 2

How to Break the Habit of Smoking Method 3

How to Break the Habit of Smoking Method 4

How to Break the Habit of Smoking Method 5

Smoking Support Groups

How to Help Your LOVED ONES Stop Smoking!

Introduction

Have you ever heard the phrase, "It's easy to stop smoking, I've done it a hundred times?" We all chuckle when we hear that, but the truth is behind those words is a

person suffering from a serious addiction. We sincerely hope this book will help lead you or your loved one on the road to recovery.

Since you are reading this, chances are you are a smoker, or someone you love is a smoker. In either case you surely are not looking for a publication that will tell you how to smoke. Rather, you are looking for a "magic button" to quit smoking.

I am sorry to disappoint you, but there is no "magic button." In fact, it is going to require discipline on the part of the smoker to kick the addiction.

You will read the word "addiction" over and over again throughout this document. The reason is simple. Smoking IS an addiction regardless of how you look at it.

We offer you history, statistics and methodologies to eliminate the addiction, but the final ingredient is you and your desire to quit smoking once and for all!

We wish you the best of luck and happy reading!

Why Do People Smoke Cigarettes

Cigarette advertisements have said time and again that cigarette smoking is dangerous to one's health. According to United States studies, cigarette smoking is responsible for one out of every five deaths in the U.S. Smoking robs more than five million years of lifespan because of premature death. Cigarettes are the most addictive and destructive over-the-counter drug known to man. Cigarette smoking is equivocal to lung cancer. With this said, one may wonder why do people still smoke cigarettes?

Before World War I, tobacco was smoked in the form of cigars. They were primarily smoked by the wealthy. Cigarettes, which are basically leftovers of the cigar making process were smoked by the less fortunate. The number of people who smoked cigarettes boomed when tobacco companies started to mass-produce cigarettes. Their clientele: soldiers of World War I.

It took some time before a deadly by-product of smoking became evident. Doctors only noticed the increase in lung cancer incidents 20 to 30 years after WWI. With this increase, Reader's Digest published an article "Cancer by the Carton," which prompted the public to be aware of the effects of cigarette smoking. Similar articles have been published to condemn cigarette smoking. Medical advancements have proven the correlation between cigarette smoking and lung cancer. But despite all of these, lung cancer has remained to be one of the most common diseases in the modern world.

Cigarettes' most common ingredient is nicotine. Nicotine is more addictive than heroine, which is in fact, a prohibited drug in most parts of the world. Aside from heroine, doctors ranked nicotine ahead of alcohol and cocaine in terms of dependence. Indeed, research has shown that smoking four cigarettes a day can induce life-long addiction to nicotine. People who smoke tend to see smoking as a part of their personality, as something that they cannot live without. That is a clear sign of addiction. And the addiction to chemicals, which in the case of nicotine, is considered a sickness.

What adds to the addiction to smoke cigarettes is the psychological pleasure or satisfaction a smoker gains when puffing a cigarette. Smokers describe smoking as a "pat-on-the-back" after a hard day's work. One smoker confesses that it is not the taste of the cigarette; it is actually the sense of satisfaction that you get from it that

keeps you smoking. Studies have also shown that depression is twice as common to people who smoke against those who do not smoke. Some also use cigarettes as an ersatz activity to pass time and be patient. Just like in war movies, when a soldier is waiting for the signal to attack, he is seen as holding a gun on one hand and a cigarette on the other.

Nicotine triggers the smoker's brain to be more efficient in processing information. It also reduces anxiety and induces euphoria. Researches have also shown that nicotine induces alertness and arousal, and sedation and relaxation based on the dose of nicotine intake. These effects, though, do not outweigh the harmful effect of nicotine addiction, which is lung cancer, and possibly other ailments, which will all eventually lead to death.

People who cannot stop from smoking may see it the other way around. They may be blinded by the short-term effects of nicotine. Aside from nicotine, smokers rarely know that a cigarette contains acetylene (fuel used in welding), cyanide, nitrogen oxide, and carbon monoxide, all of which are harmful chemicals. These chemicals are also used as poison.

Psychosocial factors also contribute on why people continue to smoke. Persons surrounded by people who smoke, like family and friends, can soon develop the habit of smoking. And as its addictive nature, the smoker will have a hard time quitting the habit. An environment permissive and indifferent towards cigarette smoking will produce significant numbers of smokers.

Recently, researchers have reported that genetic variables also play a role on why people keep on smoking. These genetic variables affect the tendency of a person to smoke to the chances of quitting.

Given the many facts and figures related to the hazards of smoking cigarettes, the percentage of smokers has not experienced any considerable decrease. In fact, it continues to increase. The World Health Organization has estimated that by year 2020, tobacco will kill more people than any single disease in the world.

Educating the people about the dangers of smoking doesn't seem to strike sense out of smokers. For some smokers, thinking that smoking is directly related to lung cancer and eventually death is a myth yet to be proven.

But whatever the reason why smokers have why they still make smoking a habit will never justify that smoking is indeed an addiction, and sooner or later, this will eventually cause death.

Why is it Hard to Quit Smoking

Smoking is emerging to be one of the major causes of death in the modern world. This is attributed to the growing consumers of tobacco. Tobacco is responsible for the death of 1 in 10 adults all over the world, which translates to around 5 million deaths every year. It is because of this fact that cigarette smoking is now a public health priority.

As we mentioned previously, the boom in cigarette smoking occurred sometime during the First World War. Tobacco companies were successful in including their products as part of the military ration. At the time, soldiers under the stress of warfare took up smoking. And since then, the tobacco industry has grown through an increased consumer patronage all over the world.

With the prevalence of cigarette smoking came its adverse health effects on its consumers. Smoking poses dangers directly and indirectly to the public. An indirect public health concern that cigarettes may pose is accidental fire. As for the health risks in smoking tobacco, the disease mainly strikes the cardiovascular system, resulting to heart attack, respiratory tract diseases, and even cancer.

In spite of these risks, the number of cigarette smokers all over the world has not dropped considerably. Though several smokers claim to have been meaning to quit this habit, they just find it so difficult. The fact is that after smoking for quite sometime, quitting smoking will prove to be very hard, but not impossible.

Why is it hard to quit smoking?

Foremost, this is because most smokers become addicted to the nicotine contained in tobacco products. Nicotine has a deadly addictive power. How? When a person puffs a cigarette, nicotine particles find their way to the lungs through inhalation. From there, nicotine is absorbed into the bloodstream just like the oxygen people breathe. It travels with the blood to the brain where it locks onto certain receptor areas. Dopamine is then released into the brain. This is the chemical that makes the smoker feel a euphoric sensation. Smokers find it difficult to quit because they come to be dependent on this good feeling. And in wanting to experience this repeatedly, this leads to dependence – a sign of addiction.

A person who attempts to quit may experience withdrawal symptoms. Topping the bill of withdrawal symptoms is depression. With the absence of the chemical that produces the relaxing feeling, the brain becomes distressed without it. Other withdrawal symptoms from smoking include:

- Headaches, dizziness, and nausea
- Shakes, chills
- Cough, dry throat nasal drip
- Hunger, fatigue
- Constipation, gas or stomach pain
- Insomnia, troubled sleep

Not knowing what to do with their hands is another common complaint among ex-smokers while quitting. Once people get hooked, smoking becomes a big part of their lives. They seem to enjoy holding on a stick of cigarette and puffing on them. And after a long period of lighting up, it becomes a routine. As a fact, humans are creatures of habit. By some force of habit, smokers find themselves reaching for a cigarette and lighting it up automatically without thinking about it.

Certain "triggers" in the environment may also hamper a smoker's desire to quit. Things may turn on a smoker's need for a cigarette. These may be feelings, places, and moods. Even the things done routinely may trigger this craving for a smoke.

For those who have been smoking for quite a while already, they may not realize it but they form some emotional attachment to cigarettes. They find the cigarette calming and comforting during those stressful times. Cigarette smoking somehow becomes an extension of their social life, particularly when they are emotionally at the highest or lowest. Giving the smoker a feeling that giving up smoking would seem like giving up a trusted friend.

These are only some of the major reasons why it is hard to quit smoking. But there are also several strategies and quitting techniques that may aid smokers to finally give up on this tenacious habit. Quitting smoking all begins with one's intention to

stop. They must have the will power to overcome the craving for smoke. There are also a lot of quit smoking products in the market. These may also be worth trying. Support groups are proved to be very helpful, too.

Smokers must understand that to quit smoking may take more than one attempt. They must also try several methods before they can finally succeed. Smoking is a stubborn habit because it is closely tied to the acts in the course of people's everyday lives. Even so, with determination, will power, and a strategy, to quit smoking is not out of the question and we will discuss some of the methods in further chapters.

The High Cost of Smoking!

Smoking is an expensive vice. An ordinary smoker incurs enormous cost to sustain this unhealthy lifestyle and the costs do not pertain solely to him. There are adverse effects to the body, to the immediate family, to the society, to the environment and to the economy.

The most obvious cost of smoking is the daily, weekly and monthly expenditure of an ordinary smoker. Cigarettes now cost an average of \$4.00 per pack. How much more would this cost for a chain smoker?

Imagine a smoker burning a pack per day, \$4.00 per day. The money burned could amount to almost \$1500 in a year! That could already have sent the smoker and his love ones to a decent out-of-town vacation.

Statistics attribute the majority of the cause of death every year as a result of or as aggravated by smoking. The number of smoke related diseases such as cancer, respiratory problems and heart ailments increase yearly. Certain disabilities also result from these tobacco related diseases. It could also result in a decreased ability to enjoy physical abilities because of the ailment or side effects like breathing problems.

Reduced life expectancy, the smoker may lose 10-15 years of his or her life as a consequence.

Medical expenditures will also have to be addressed as most, if not all, smoke related illnesses require treatment, services and medication. Health care services do not always come free.

At the same time, there will be lost productivity when the ailing smoker is forced to retire to the hospital bed and refrain from working. Thus the earning capacity declines. Instead of bringing in more money to the household, the money had to be taken out.

The environment of the smoker will also deteriorate because of the fumes. The car is one place where the smoker could comfortably light up a cigarette. Definitely, the interior will smell, ashes will accumulate and upholstery may get burn holes. Same thing goes if the smoker freely lights up anywhere inside his or her house.

Smoking gives a higher risk of starting a fire. Several fires had been discovered to have originated from a cigarette left lit.

Air pollution is also further aggravated. This is due to the constant release of carbon monoxide in the proximate vicinity. This contributes to the high temperature of the environment.

Smokers also harm their neighbors through secondhand smoke. Non-smokers exposed to the carbons emitted are susceptible to smoking related diseases. If these exposed non-smokers have illnesses, secondhand smoking could further aggravate the situation.

In acquiring insurance policies, there is the trend now to charge higher premiums to smokers. The vice is considered a high-risk.

Smokers who die early do not get to enjoy the fruits of their pensions. This means less social security benefits.

Cigarette smoking also affects the overall aesthetics of the person. These are offshoots of smoking that cannot be disregarded as they affect the self regard of the person and also his or her relationship with others. Rectifying these could actually cost money.

Bad breath brought about by smoking would require gum or mints to overcome the odor. The smoker may also opt for breath fresheners, which are even more expensive. Cigarette components stain the teeth.

Having yellow teeth means extra charge from the dentist aside from the usual cleaning. Smokers were also found to have darkened gums. Smoking could also effect the wrinkling of the skin earlier than the usual.

Smoke makes clothes dirty and the results often require the services of a dry cleaner to be remedied. The smoke can also result in bad smell in the skin and hair.

Smoking also has emotional costs. The dependence to smoking when one gets addicted can be very restricting. There is also the pressure to quit smoking as the smoker realizes the harmful effects to himself and to his or her family.

A person with a smoking-related disease will not be the only one who will suffer. Immediate family members and friends will definitely feel the burden of the illness. There is the constant sense of helplessness in addressing the vice and its side effects.

A lot of money has actually been reduced to ashes because of the vice. That money could in fact be saved from the actual and derivative costs only if the person stops smoking!

The Health Risks of Smoking – Part One

They say that in a lifetime, a person takes a risk or two. In making life-changing decisions, the person takes a big step closer to fulfilling his or her own destiny.

On the other hand, there are those people who did make life-changing decisions in a slightly different way. They altered the design of their lives and opened up to possibilities of diseases, disabilities and addiction among others. All these created through smoking.

Smoking entails the act of taking in the fumes of a burning matter, usually a cigarette. This vice poses one of the most serious threats to the health of people. It is considered to be the major cause of most illnesses and diseases.

Doing the very act of smoking is considered as active smoking and the active smoker is the one whose health is directly exposed to the effects of smoking.

What are the effects of smoking to one's health?

In considering the health risks of smoking, it is incumbent to look upon the four components, rather undesirable components of an ordinary cigarette.

We discussed some of these earlier, but let us now break down the components of a cigarette.

A single cigarette stick is loaded with harmful toxic substances. The tobacco or cigarette has 4 main components - irritants, nicotine, carbon monoxide and carcinogen - that affect the different body systems of the human person.

Component No. 1 IRRITANTS

An average stick contains irritants like ammonia, formaldehyde and oxides. Such irritants usually cause the respiratory tract to swell.

Component No. 2. CARCINOGEN

There are about 40 kinds of chemicals, more or less, found in a cigarette. They are considered carcinogenic, meaning cancer promoting.

Lung cancer is usually related to smoking. The respiratory system of a smoker is open to higher development of this cancer. Mortality rate of lung cancer cases is very high and found to be dependent of the number of cigarette packs consumed.

Component No. 3. CARBON MONOXIDE

The carbon monoxide component harms the circulatory system. This disables the capacity of the blood to carry oxygen to the heart.

Component No. 4. NICOTINE

It is the major component of the cigarette and it also poses a notorious threat to the body. Nicotine causes the act of smoking to be highly addicting. Nicotine in the body system could also result in an increased heart rate and high blood pressure.

The four harmful components mentioned above, all contribute to the harmful effects of smoking to the human body. The immediate effects may be manifested by coughing, burning of the nose and throat or dizziness. There is also the tendency of increasing the health risks of a person already suffering from illnesses like high blood pressure and diabetes.

Smoking results in the body being susceptible to cardiovascular or heart diseases. It was found that heart attack is the primary cause of death which the major risk factor is smoking. There are claims that smoking may not directly cause the increase in high blood pressure, but it increases the risk of suffering a stroke or heart attack.

Peripheral vascular disease is also widespread among smokers. This pertains to the disease affecting the lower limbs of the person. This is due to the atherosclerosis or the narrowing of the arteries in the blood vessels of the limb. The narrowing is caused by the building up of plaque.

Studies also showed that the vice is particularly risky to the female body. A woman smoker may have a more difficult time in getting pregnant as a consequence. A pregnant woman who smokes will definitely harm the baby inside her womb. Studies reveal that cigarette smoking actually increases the probability for the incidence of having a low birth weight, stillbirths and sudden infant death syndrome. The mother also is in danger as smoking will increase the risk of having a high blood pressure or suffering a stroke. We will discuss this further in the next chapter.

Passive Smoking

Passive smoking is the involuntary exposure to smoking. In this case, even a non-smoker's health is put at risk. Breathing in fumes from other people's cigarette or tobacco may cause the same adverse effects there is to an ordinary smoker depending on the regularity of exposure and endurance of the non-smoker.

Recent studies show that passive smokers, children and adults alike, even have the higher risk of developing lung and other respiratory problems. Children who are constantly exposed to the fumes are susceptible to colds, ear infections and breathing problems.

There are risks in life that are worth taking. However, one must properly discern to tell the differentiate from those that may cost one

his or her life. Totally not worth it.

The Health Risks of Smoking Part Two

Scientific evidence of the health risks posed by smoking go back to the 1950s.

Figures from the US government show that 28% of males 18 years old and above and 23% of females in the same age bracket were into the habit in the mid-1990s.

The percentages were even higher in 1964, when the US surgeon general first issued an official warning that smoking was hazardous to one's health.

Following that formal warning, many reports were released on the link between cigarettes and tobacco to heart diseases, lung diseases, and cancers of the mouth and other tissues. However, the habit persisted, with young smokers doing so as an expression of rebellion and strong drive to be independent.

For adults, smoking marked an addiction to nicotine - the key factor that made smoking a pleasurable and addictive experience. This led to another warning from the surgeon general in 1988, which put addiction to nicotine on the same level as cocaine and heroin.

The danger in smoking comes from the chemical substances released either as a gas or as a particulate. Nitrogen oxides, hydrogen cyanide and most especially carbon monoxide are gaseous emissions from cigarette smoke that threaten to poison the body.

Nicotine is one of several hazardous particulates emitted from smoking. These particulates damage the cilia - the little hairs lining the lungs that help transport mucus out of the lungs, and all pollutants accumulated. When the cilia malfunction, pollutants remain in the lungs and the likelihood of influenza and bronchitis, emphysema and other diseases increases.

The possibility that smokers die from cancer and heart disease is twice that of their non-smoking counterparts. Individuals who smoke also have lungs that become less efficient with age much faster than those who don't. Smoking has been cited as the cause of over 400,000 deaths in the US every year.

Government agencies, scientists and health officials have also established that passive smoking, or second-hand smoke, also has ill effects. The National Center for Chronic Disease Prevention and Health Promotion has reported that over 4,000 chemicals are generated by second-hand smoke, with more than 50 of those believed to be cancer-causing agents.

In 1975, the Centers for Disease Control released a report citing such a danger, noting that toxic chemicals stay in the air and are inhaled by unsuspecting victims. Thus, the concern over smoking as a private choice by individuals expanded into a public-health issue.

Passive smoking was cited as a cancer-causing agent by the US Environmental Protection agency in 1993. For pregnant women, smoking raises the chances that their baby will be underweight or that they end up with a miscarriage. Children less than a year old are twice as likely to have lung infections if their mothers smoke compared to counterparts whose mothers do not practice the habit. Individuals with

asthma, allergies or other respiratory ailments were also warned, as exposure can worsen their conditions.

Some smokers gradually quit or smoked less, while nonsmokers became the focus of more protection, as government worked on policies and legislation to curb the habit. As early as 1964, the US signed into law a requirement that health warnings must be integrated into all cigarette advertising and packaging. Policies were also implemented to designate schools, offices and other public places as smoke-free buildings.

The US Food and Drug Administration established that cigarettes served as a channel for the highly-addictive nicotine, and came out with guidelines to deter smoking by individuals below 18 years old in 1996.

In the 1990s, class action suits started to bombard state and federal courts, claiming that cigarette makers employed deceptive marketing tactics to keep consumers from knowing that nicotine was addictive and worked on levels of the particulate in cigarettes to keep smokers hooked on their product.

More recent suits against the industry charge manufacturers of also misleading consumers into thinking that "lights" and similar products were healthier alternatives to regular cigarettes. These more recent cases later led to the multi-billion dollar settlement between the US government and industry in the late 1990s.

These lawsuits and the consistency of health lobbyists and persuasive government programs have helped pull down US smoking rates on a consistent basis over the last four decades, with government figures showing per capita rates at 22.5% and experts forecasting the rates to continue declining in the future.

The Health Risks of Smoking Part Three

Nowadays, more and more people are becoming aware of the need to be healthy, or so to speak, eating healthier. They increase their intake of healthy foods and take vitamins just to supplement to their daily requirements. Then, they go to the gym to exercise. They indulge into countless health regimen that when scrutinized individually, a lot of them are not that healthy at all.

Why? Most people tend to neglect the adverse effect of smoking on their health. So, this goes to show that all of those thousand crunches, those hundreds of laps, and mountain load of vegetables and fruits would mean nothing if people continue to smoke.

So, the question now lies on where does the problem begins.

Before, people would normally tell their friend or family who smokes that "smoking is bad for them." The message is clear, right? But the fact that only small percentage of people who smoke responds to this message is quite peculiar.

However, there had been surveys that showed why people tend to neglect the government warnings and messages about smoking. The result: people are not aware what harm does smoking can really do on their health. They just know that it is bad and that's all.

The Full Scrutiny

Why should people quit smoking? Why should they pay more attention now whenever somebody tells them that smoking is bad for them?

Here are some of the facts that will explain why quit smoking...now:

1. Smoking continuously kills 114,000 people each year in the United Kingdom alone.

This means that if you don't quit smoking now, you could be the 115,000th. It's really not a joke why experts show these kinds of results because it is really what's happening in the society today. Smoking really does kill and people should be aware of that.

2. Smoking is the number one factor of lung cancer.

There's no greater factor that can trigger lung cancer in a person than what smoking can do. It's a detrimental element that instigates the formation of cancer cells in the body. This is because smoking primarily destroys the immune system of the body. This will result to the body's inability to fight back infection and to ward off harmful bacteria that enters the system.

3. Smoking really does cause cancer.

Aside from the fact that it causes lung cancer, it can also initiate the formation of other cancer cells in the body. This is because cigarette smoke contains so many

chemicals including carcinogens, which is present in tar, an ingredient in a cigarette. Carcinogens are the elements that cause cancer cells in the body. Once developed it could lead to acute condition of cancer which eventually leads to death.

4. Smoking is addictive and can cause hypertension and other cardiovascular diseases.

The primary component of a cigarette is nicotine. There had been studies that nicotine is an addictive element, which means to say that when you start smoking it would be really difficult to stop. So, that means not to try smoking at all.

On the other hand, nicotine also increases your cholesterol levels. This would eventually lead to hypertension and other cardiovascular diseases that lead to heart attacks.

5. Smoking has great effects on your whole body.

People are not just aware of it but smoking is, in fact, detrimental to your whole body, from the tip of your hair down to the tip of your toenails.

First, smoking makes your hair smelling awfully bad. Also, the elements found in smoking can curb the growth of your hair and it can even dry it out, losing its shine and luster.

Second, smoking leads to brain and mental illnesses. It can cause brain stroke or cerebral thrombosis, altered brain chemistry, stress, and nervous tensions.

Third, smoke gets in your eyes. It can even cause blindness, cataracts, and makes your eyes sting; therefore, your eyes will lose more water due to excessive blinking.

Not only that, smoking also affects the teeth, lungs, heart, bones, and even your skin. Smoking reduces the elasticity of your skin, thus, it will be more vulnerable to skin diseases and allergies.

The bottom line is that people should really stop smoking now because it will not only affect their lives but others as well. This is because the primary concluding effect of smoking is always death and nothing else.

In reality, that's the saddening part, when you lose somebody you love. So, now, would you rather continue smoking than live a healthy life with your family? It's not a matter of choice. It's a matter of how you value your life and your family.

The Dangers of Smoking While Pregnant

For so many years now, smoking has been a part of our lives, regardless of whether we smoke or not. And for that it has been a detrimental factor in everybody's lives; sad to say, that includes the unborn babies.

Surveys show that many mothers smoke during their pregnancy. They contend that it does not affect their baby at all. In most instances, these are the mothers that do not care for their unborn child, because if they do they would know that smoking poses great danger during pregnancy. They would know that it is currently one of the major causes of infant deaths in the society today.

Basically, cigarette smoke alone is full of chemicals, some studies even state it has more than 2,500 chemicals. We discussed some of these chemicals previously. Some chemicals like tar, carbon monoxide, and nicotine were considered as the most dangerous substance for the fetus. It has long been proven how these chemicals can greatly affect the development of the fetus inside the mother's womb.

The Smoking Snag

Mothers who smoke while pregnant run a risk of ectopic pregnancy. This is especially viable when the mother is a heavy smoker during the first trimester of her pregnancy.

Ectopic pregnancy refers to the state wherein the embryo is embedded outside the uterus, which is contrary to what normal pregnancy should be. Usually, it is embedded in the fallopian tube. In this manner, the fetus has to be removed because this kind of pregnancy will never survive. This fetus will never survive outside of the uterus where a fetus gets all the nourishment and protection that it needs. Prolonging this condition will only risk the mother's life.

Smoking also increases the probability that the mother will develop complications in the placenta. Reports show that placental problems are actually happening in about 1% of pregnancies. The most common problem is "placenta previa" where the placenta is connected very low in the uterus and is almost the cervix.

Another problem is the deterioration of fetal growth. Smoking during pregnancy results in low infant birth weight. For so many years now, reports show that there had been significant difference between babies with smoking mothers than those who have non-smoking mothers.

Greater risks are imposed on babies who relatively weigh less than the normal babies. They may acquire certain diseases like cerebral palsy, mental retardation, and the worst – death.

There are also reports on how smoking increases the probabilities of birth defects such as cleft lip and cleft palate.

Moreover, babies born with mothers who are smokers have higher incidences of sudden infant death syndrome. If ever these infants survive, they may still incur diseases like asthma, behavioral problems, or learning disabilities.

The Post-pregnancy Woes

For babies with mothers who smoke regularly, problems still lurk within their environment. This is especially true to mothers who smoke even when they are breastfeeding their babies.

Studies have revealed that nicotine can be passed on to the baby through breastfeeding. There had been experiments that proved the presence of nicotine in the babies system through urine testing. It later showed that higher percentage of nicotine was found on babies who breastfeed to smoking mothers.

Most experts contend that the problem lies within the mother's urge to get back to smoking right after they gave birth. They contend that it is safe now because the baby was born already. They still insist that they, in fact, stopped smoking during their pregnancy.

The concluding scenario here is that when the mother continues to smoke during the formative years of her child, chances are she is already shaping a child that will most likely be a smoker as well. That is, if the child can endure the dangers smoking can do with his or her health.

So, what's the point here? The fact that the mother does not care for her own health is one thing. But the fact that she puts greater risk on her baby because of her vice is another thing, and that it is the most saddening part.

Babies should be given the right to live a decent, normal, and healthy life. So, for mother's out there, please bear in mind that aside from the long range dangers associated with smoking your babies should not suffer. Let's take care of them simply by not smoking.

Smoking and Your Teeth

As they say, smile and the world will smile with you.

Do you think that the same old adage will apply to people who heavily smoke? Guess again.

This is because people who are addicted to smoking have higher probabilities to encounter dental and gum problems, or worst, loss of teeth.

Research shows that smoking affects the body's immune system, thereby deteriorating the body's ability to fight infection. This goes to show that people who smoke a lot will definitely lose a lot of teeth, if not all.

Moreover, smoking initiates gums diseases. These gum diseases manifest inflammation on the gum areas that eventually lessen the formation of strong teeth. It is in this stage that tooth loss occurs.

On the other hand, there are still people who contend that there is no relationship between smoking and loss of teeth or gum problems. They further insist that these kind of dental problems are actually inborn or innate in their genetic structure.

The truth is that their assumptions are totally wrong. Studies already prove that smoking can cause dental problems. In fact, there was a certain study on some smokers who already have gum diseases. They were all advised to quit smoking and consequently, their activities were studied for a year. All of them were given treatment for their gum disease.

Thereafter, one-fifth of the respondents had decided to quit smoking during the experimental period. This group, in turn, reaped positive results. Their health continued to be on its peak while their gums had improved significantly

On the other hand, those who continued smoking had increased gum problems in spite of continuous gum treatment. Plus, their health showed a notable deterioration.

The Reason

Smoking had considerably caused a lot of dental problems, especially gum problems. This is because smoking triggers the accumulation of bacteria in plaque.

In reality, plaque, that gluey white material that builds up on our teeth whenever we don't brush our teeth, is already a major factor in dental problems. And the fact that smoking helps in bacteria formation in plaque is, indeed, a double jeopardy.

Hence, when bacteria already thrive within the gum area, the result will be an inflamed gum.

Moreover, the bone that we have on our jaw will also be affected, thereby, hastening the slackening of the teeth. If not, it will soon be extracted because it at this stage that the teeth will gradually worsen.

The worst part here is that gum diseases are silent killers of your teeth. You won't be able to notice it unless you visit your dentist on a regular basis or whenever you see yourself in the mirror. That is if you are conscious enough to examine whether you have a set of good teeth whenever you go out.

But don't despair. There are still solutions to the problem.

People who experience these things should first stop smoking. If they don't, chances are any kind of treatment will just be useless.

Next, is to visit your dentist for treatment. This may include some teeth cleaning, medications to cure any gum infection, and proper maintenance on your teeth. You should also know how to observe and practice proper dental hygiene so as to prevent recurrence of dental problems.

Then, have a personal assessment with yourself. Psychologists say that losing one's teeth can make a vast effect in one's life. It's not only your confidence that will be affected but your appearance, and lifestyle.

Besides, losing one's teeth can deter you to eat healthy. You cannot even eat the foods that you like. Or for the worst scenario, you might not be able to eat anything at all.

So, where do these things point out to? It just goes to show that smoking is not only detrimental to one's health but to one's physical appearance, outlook in life, lifestyle, and confidence as well.

The bottom line is that smoking is such a pervasive problem that people must start to put a stop on it. That is why dentists work hand in hand with other health experts to curb the probable effects of smoking in one's total well being.

So, the next time you want the world to smile back on you, better be sure that you don't smoke.

Why Smoking Leads to Other Drugs and Addiction

More people are now aware of the detrimental effects smoking does in their body. What they don't know yet is the high probability of smoking leading to other drugs and eventually addiction.

In fact, studies show that people who heavily smoke have the tendency to get addicted and sooner or later try other drugs as well.

But the question is why do smokers get addicted? What is it in cigarettes that initiate people to get addicted to it?

Addiction

First let's first identify an "addiction."

Psychologists define addiction as something that refers to the state of being dependent on something. It could either be psychological or physical, but whatever it is, addiction insinuates a neurotic or persistent urge to repeat everything that caused the person's dependency on something.

Normally, the onset of addiction is triggered by the formation of cravings or desire. When these cravings are answered, another craving would rise with more intensity than the first one. This cycle will go on and on and, without knowing it, you are already an addict.

Smoking and Addiction

This is now the question of the decade: "Why do people get addicted to smoking?"
How come experts relate smoking to addiction?

A lot of people are also asking whether cigarette manufacturers include a certain amount of marijuana on it just to trigger addiction to people. Of course, if people get addicted to it, the more their productivity will grow.

Partly, yes, it could be true, but it's hard to presume anything because there are no reports yet as to whether manufacturers really include marijuana as an additive.

However, there are elements in smoking that really initiates addiction, and that is nicotine. In fact, nicotine is acclaimed as one of the toughest stimulants ever recognized. So, that makes smoking as one of the most common factor that leads to addiction.

Basically, when a person smokes, the nicotine level is directly infused into the brain. This will, in turn, have more direct effects as compared to "intravenous injections." This goes to show why people who smoke contend that they just want to release some tension.

The problem is they don't know that after several tension-free minutes, the anxiety sets back in with greater intensity and demands for more doses of stress-relievers. This is where addiction starts. People who use smoking as an outlet of their anxiety or as a way to release tension are already addicted to it. Little by little, they will continue to use 5 sticks a day, then 10 sticks, and increases by packs each hour. This manifests the person's dependency on the cigarette already. This can be traced to where the addiction starts.

Smoking and the Brain cells

On average, people these days are stressed out. This could be a result of numerous problems that are being encountered in the society today. And so, people who usually find an outlet where they can release their tension will normally depend on it.

A person gets dependent on something whenever that something normalizes all the nerves in his or her body bringing about instant relief.

This is where the brain chemicals are directly affected by the elements in smoking. Once smoking provides a “calming effect” upon a person, it will give them more reason to repeat the process. In the long run, the process becomes a habit, and the habit leads to addiction.

Moreover, some experts contend that a person who lights up a cigarette from the end of his or her previous one is already an addict. This is because they cannot compel themselves to stop smoking. They have this intense feeling to continue lighting one cigarette after another.

The Hard Truth

What’s even more alarming with the situation is that there had been some reports that experts insist that nicotine, along side with marijuana, are the hardest type of drugs to treat and eliminate out of the system.

Health experts say that nicotine is the hardest chemical to beat. The satisfaction a person gets whenever they inhale nicotine is totally rewarding for them. This is because the discharge of the “pleasure hormone” known as dopamine is very brusque and immediate. That’s why people who are tensed get immediate relief whenever they smoke.

Studies even revealed how nicotine is even more powerful than the other drugs. They said that when a person injects heroin into his or her body, they may only burst up four times a day and may experience unstable conditions. On the other hand, when a person smokes at least one pack a day, that’s about 200 doses of nicotine a day, meaning the effect is even more intense when smoking.

So, the bottom line here is that smoking from the very beginning should be stopped. People should be aware that once they get hooked up with smoking, chances are it would be very hard for them to stop.

And so, what does it makes out of smoking? Smoking is, indeed, a faster way to kill yourself.

Smoking and the Opposite Sex (Why It's a TURN OFF)

Select a dinner table or any other gathering and you will discover that the person who lights up a cigarette is regarded like he is a leper. One after the other, his seatmates will look for another seat or table.

It is even more embarrassing when one will be frank enough to say, "Excuse me. I have to move because I am allergic to smoke." At the least, they would regard you as uncouth, ill mannered and ugly looking.

Moreover, there are people who used to tell their loved ones that if they smoke cigarettes, they taste like one.

In this context, it is clearly seen that smoking is not only a factor on health problem but is also a socially relevant issue. This is because people continue to type cast people who smoke.

For example take how men view women who smoke. There are men who instantly get turned off whenever they see beautiful women smoking. Contrary to some popular belief, men do not really find women smokers sexy. They think about what their kisses will taste like.

In fact, studies show that smoking can really cause bad breath among women. It can even trigger gum problems like gum discoloration and tooth loss.

Moreover, smoking also lessens the skin's elasticity, thereby, resulting in the accumulation of cellulite. This, in turn, is such an unsightly appearance in a woman's skin.

Thus, men don't just get turned off because of women smoking per se but due to the fact that a woman's appearance does change because of smoking.

On the other hand, men get the same dose of rejection whenever somebody sees them smoking.

Before, people tend to think that smoking brings out the machismo in a man. But with all the bad effects smoking can give, that assumption has gone the way of buggy whips!

It's no longer the battle between who looks brawny or not. It's now the battle between who smells good, looks good, and tastes good. After all, who would dare kiss a man whose mouth tastes like burnt papers, right?

After all, smoking does not even contribute anything for their "machismo." In reality, it even loses them some of it, if not all.

Studies were conducted about the direct effect of smoking on men's erectile dysfunction. The results of the study revealed that smoking certainly heightens the

perils of erectile dysfunction by approximately 50%. This is applicable to men in their 30s and 40s and represents a huge percentage of men in the U.S.

On the other hand, there had been continuous studies on teenagers about their social behavior and how smoking affects a greater part of it.

In the 2001-2002 study, the group researchers had found out that teenage smoking had considerably dropped by 5% compared to the last survey results in 1996 and 1997. The group tried to find out what triggered these teenagers to cut down their cigarette consumption.

At the later part of the study, they found out that due to increased price in tobacco and less exposure to smoking advertisements had considerably sparked off the said result.

Moreover, the researchers tried to disseminate campaigns with slogans like "Is this what your kiss tastes like?" which was used before by the World No-Tobacco Day celebration in the 90s. It simply emphasized the effects of smoking to the view of the opposite sex to those who smoke.

After which, a series of interview had proved that teenagers had now been aware how smoking can actually deglamorize their appearance, their whole being and personality to the opposite sex.

Conversely, the main reason why teenagers decided to quit smoking is based on their fear of not being accepted by their opposite sex. This goes to show that they value physical attraction and fear of rejection more than health. These are greatly reflected on the answers of some teenagers who asserted that they would rather

date someone who does not smoke than somebody who smokes and smells really bad.

All of these things boil down to the fact that when teenagers become aware about the effects of smoking on their health as well as on their physical appearance, they tend to quit smoking or do not try at all. It's just a matter of awareness.

Then again, it could be well noted that advertisements really do have an impact on smoking habits. That is, if people will only be less exposed to cigarette advertisements; there would be a more considerable decline in the number of smokers.

Indeed, smoking can really deglamorize one's personality, and so, it's just about time to stop smoking and think about how it really makes you stink to the opposite sex. Just think about it.

HOW TO QUIT SMOKING – METHOD 1

Smoking can be one tough habit to break. Many people, citing health concerns, have considered quitting smoking only to fall back into the habit after some time. Nicotine addiction can be truly hooking. And the withdrawal syndrome for such can be quite a pain to deal with.

Smoking presents a great hazard to the collective health of most Americans. It has been linked to various ailments such as lung cancer, oral and throat cancer, emphysema, bronchitis and a variety of heart ailments. Aside from these major diseases, smokers generally experience shortness of breath, discoloration of teeth,

discoloration of lips and other effects. Because of these reason it comes as no surprise that many people have decided to quit smoking altogether.

The problem is HOW. It is easy to say you would want to smoke. But the urge to light up another stick somehow always wins over the desire to quit. Many people who have decided to quit find themselves crawling back into the habit after sometime. Why? Cigarettes contain nicotine which is a very addictive drug, and once it gets a hold of a person, it never lets go.

The first thing to know when considering quitting smoking is that quitting is not an event, it is a process. Unfortunately, quitting is harder than acquiring the habit in the first place. It will take a lot of determination and willpower. You will have to treat quitting as a major life activity.

Habits

Smoking is a habit that you will have to unlearn. You will have to make a checklist of places and situations where you feel the greatest urge to smoke. After that, you will have to avoid these situations and create new reactions to these situations.

For example, if usually go to a certain place to smoke, you may want to avoid going to this area for a while. Or, you could spend less time there. You won't be able to avoid all these places, but altering the situations that you are accustomed to smoking in would help a lot.

While you are at that, you should also learn new habits in those situations. For example, if you love smoking after meals, try going to a different area after eating

and instead of lighting a cigarette, get some candy. Candy and other munchies have proven to be a good substitute to while away your desire for a smoke.

Keep Healthy

Drink lots of water and eat lots of vegetables. A healthy body is precursor to a healthy mind, which you will need to cope with the rigors of withdrawal. Starting healthy habits also gets the ball rolling towards not wanting to smoke anymore. You may also want to try exercise. Exercise and sports require much physical discipline and focus. Those who enjoy these activities are the least likely to smoke.

Get With a Program

There are many smoking cessation programs that could help, some are psychological in nature, some scientific, and some practical. Find one that suits you. There are nicotine patches that help ease the withdrawal from nicotine. There are also counseling groups that could give you support in your cessation endeavors.

Go Slow

Your craving for cigarette will not go away all of a sudden. In fact, you could end up wanting a smoke even after years of abstinence. That is why it is not advisable to go through the 'quit cold turkey' routine. Some people try steadily lessening the number of cigarettes they smoke per day. They then limit their intake per week, then per month, until they have kicked the smoking habit altogether.

If you quit cold turkey, you run the risk of being able to abstain for days or even weeks, but when you crack; you're going to go on a smoking tear. As said earlier, smoking cessation is a process. Take it easy, but take it seriously. It took you a long time to learn this habit, it may take you a long time to unlearn it, but the health benefits and the freedom from the strangling wisps of cigarette smoke is well worth it.

Quitting your smoking problem is not easy. It is not impossible either. Get support from your friends and put your heart and mind into getting healthier today!

HOW TO QUIT SMOKING – METHOD 2

Making smokers quit the habit is not an easy task. Of the four out of 10 who attempt to do so a high percentage goes back to smoking after their initial attempts fail.

However, those who succeed are characterized by persistence in trying to quit - these are the individuals who mount attempt after attempt before they are finally able to drop smoking permanently. And for good reason: heart disease and lung-cancer deaths claim the lives of over 100,000 smokers each in the US every year. Smokers are twice as likely to have a heart attack compared to nonsmokers, and are more likely to die from it than their counterparts.

Following the US surgeon general's initial warning in 1964 about the health impact of smoking, over 45 million smokers have already dropped the habit. A decline in social acceptance, higher tobacco product prices and greater knowledge of the ill effects are continuing to make cigarettes less popular over the last few years.

Since nicotine is the one addictive element in cigarettes that makes it hard to quit, recognition of this psychoactive drug's effect will help a smoker overcome physiological barriers to quitting. Irritability, depression and other withdrawal symptoms will emerge, although they usually are strong only over the first few days an individual stops smoking, and eventually diminish as more days pass without the smoker lighting up.

The craving for nicotine can be addressed by using nicotine patches, nicotine gum, nasal sprays and other similar smoking cessation products. These aids help a quitter increase the likelihood of success in completely turning away from the habit.

Smoking is usually built into the daily routine of an individual. Changing one's routine then can also help the quitting process. As an example: someone who smokes during a mid-afternoon break can choose to change the time the break is taken. For those who smoke after a cup of coffee, changing to tea or any other beverage could help eliminate smoking. This change of habit could be long-term, but consciously doing so may help a smoker advance attempts to quit.

Many successful quitters say they could not have done so without outside help. Family, friends and even co-employees are often strong sources of moral support, particularly those who have also gone through the process. For more long-term or heavy smokers, they may need to consult psychotherapists and other health services providers or attend non-smoking clinics to help them manage the transition.

Smoking-cessation facilitator Sandra Mucker of the Park DuValle Community Health Center in Louisville, KY notes that such help should not be preachy or imposing, as this could instead make a potential quitter decide to give up the program and

continue smoking. Once an individual has decided on quitting, Mucker adds that "total, unconditional support" is needed.

University of Louisville Pharmacology and Toxicology Associate Professor Steven Myers shares that view, and adds that education on both regular and second-hand smoking remains the main approach to encourage an individual to quit.

The government also cites other reasons for quitting on its Smokefree.gov site, including an improved sense of taste and smell, personal savings, fresher breath and easier breathing. Other providers of both telephone and internet-based assistance include the American Lung Association, the National Network of Tobacco Cessation, the American Cancer Society, the American Heart Association and the National Center for Chronic Disease Prevention and Health Promotion.

Ex-smokers now surpass the number of current smokers in the US, as bans on public smoking offer individuals more incentive to quit. In addition, smokers have also been influenced to quit permanently or cut down amid greater focus among legislators and policymakers to implement more measures to shield nonsmokers from the risks of smoking.

The Journal of the American Medical Association has included in its September 28 edition findings of a Denmark-based study that simply cutting down on cigarette use also helps lower the risk of lung cancer even for heavy smokers. Copenhagen University Hospital's Dr. Nina S. Godtfredsen and her team's 31-year research into the link between lung cancer and reduced smoking found that bringing down daily cigarette consumption from about 20 sticks to below ten helped effect a 27% drop in cancer risk compared to a group that maintained the habit.

For long-term and consistent ex-smokers, risk of the disease was 83% below that of their heavy smoking counterparts, while non-smokers exhibited even less risk of contracting lung cancer. Light smokers, or those consuming 9 sticks a day on average, reduced their risk by 56%. However, those who permanently quit saw their risk fall 50% compared to heavy smokers.

HOW TO QUIT SMOKING – METHOD 3

People who smoke at a rate of at least one (1) and a half pack per day are already considered as addicted to smoking.

Addiction to cigarettes poses great risks not only for the smoker, but also to the people surrounding him or her who inhales the smoke he puffs out. This is most commonly known as "second hand" smoke (also believed to be more fatal than the actual process of smoking).

Health risks involved in smoking are the following:

1. Bad breath
2. Development of lung cancer over long periods of addiction
3. Pigmentation of the lips
4. Body smell (the smell of smoke from cigarettes tend to linger on the body, if not ones clothes)

There are a number of ways (even hundreds) on how to quit smoking. It all boils down to the point that in every smoker, there is a unique method that would apply

solely to him to enable him to stop puffing. Listed below are some of the most common, if not widely used, methods of quitting smoking.

1. Chewing Gum

Perhaps the best known method is that of the "Chewing Gum", wherein the smoker is intended to chew a gum whenever there is an urge to smoke. This would keep the smoker busy for the duration of the time that he would want to puff a cigarette.

2. Acupuncture

Acupuncture may be the least known method in aiding smokers to quit. This usually costs around \$50-\$100 depending on the frequency of the assigned visitation or consultations. Most people declare that they feel little or no pain at all during the process. The idea or goal of acupuncture is to reduce the craving for nicotine in cigarettes through proper blood circulation.

3. Nicotine Patches

Nicotine from cigarettes is the addicting agent that brings out the cravings to smoke. For some people, nicotine patches are perhaps the easiest method to use since the smoker would only be required to wear the patch for a period of time to reduce the cravings to smoke, until such time that he can do without said patch. The patch would release nicotine into the bloodstream of the person that would replace his or her craving to smoke.

4. Fake cigarette

Most often than not, people tend to smoke out of habit, not need. To quit smoking, some people use a real cigarette, go through all the regular motion of taking one out of the pack, getting the lighter, but, the clinch here is NOT to light the cigarette. One may pretend to inhale or blow smoke, but the idea is to not loose the regular

movements associated with smoking (which makes it harder to quit), but reducing nicotine intake.

5. Gradual smoking reduction

A chain smoker usually has a regular time when he or she smokes, say after every meal or office breaks, while walking the dog or simply during watching TV. Delaying the next cigarette intake, even for a few minutes, may greatly reduce one's intake in a day.

6. Herbal cigarette

Some stores offer herbal cigarettes that are tobacco and nicotine free. This would give the smoker an illusion that he or she has not lost his or her regular habit, a plus in the reduction in probable health problems.

7. Hypnosis

This method perhaps is one of the most powerful modes to quit smoking. People reported to quit the habit even after only one session. During hypnosis, the therapist or hypnotist would ask the subject (the smoker) to trace the event when he or she first started to smoke. From there, the disadvantages would be instilled in the unconscious mind and would allow the smoker to dwell on the other parts or benefits of not smoking.

8. Quit the bad habit for someone special

What most people do is to place a picture of the person they intend to stop smoking for, like their very own kids or ones wife or girlfriend, on the pack of cigarette. Every time they have the urge to pick one from the pack, they would be reminded of why they have to stop smoking.

9. Snacking

Whenever there is an urge to smoke, grab a bag of healthy snack bits (vegetable sticks, breads or fruits) and chew ones cravings away. Lollipops and pretzels are also known to do the trick.

HOW TO QUIT SMOKING – METHOD 4

Statistics show that 47 million adults in the United States and 1.3 billion people around the world are smoking and the world smoking population is expected to rise to 1.7 billion people in a few years time. Unfortunately, 1 out of the 2 will die from a smoking-related disease. This should be good reason enough to stop people from smoking.

The battle in breaking the smoking habit must involved many fronts. One should know the reasons for quitting, the benefits from quitting, the techniques in quitting, what to eat after quitting, and how to avoid the temptation to smoke again. The good news is: breaking the smoking habit is achievable.

Recognizing the bad effects of smoking is the first step to start the process of quitting. Smoking is hazardous to your health; every pack of cigarette bears such warning. This habit will cause addiction and will affect not only the individual smoking but also those around him. What's even more alarming is that the second-hand smoke (that which is inhaled by those around you) from cigarettes is said to be a lot more harmful than what you, as the smoker, gets to inhale. Medical studies show that smoking harms almost all organs of the body especially the lungs which would eventually lead to lung cancer.

In addition to already known effects of smoking, the diseases caused by smoking has been expanded to leukemia, aneurysm, cataract, cervical cancer, kidney cancer, pancreatic cancer, pneumonia, stomach cancer, and effects to the baby's development in the womb if the smoker is pregnant.

The second step in quitting the smoking habit is realizing the benefits you can get out of it after you quit. Studies show that the risk of acquiring lung cancer is reduced to zero after 10 years of quitting. Other health benefits include the lowering of chances in acquiring coronary heart disease, cancer of the mouth, bladder cancer, stroke, ulcer, cancer of the larynx, obstructive pulmonary disease, artery disease, cervical cancer, and the list goes on. These should give one more reasons to start the process of quitting.

Quitting the habit of smoking is a process and the process takes time. And to start is already half the task. The consequences and benefits of smoking should be enough to motivate you to start the quitting immediately. Here are some tips to a successful quitting method:

1. Believe that you can win over smoking.
2. Always remember, there are more important things in life than smoking.
3. Consider writing a journal of your progress.
4. Write down all the bad effects of smoking.
5. Know all the benefits of quitting, not only for yourself but benefits to your family as well.
6. Set a specific day you want to forever stop smoking.
7. You must have a doctor to guide you in the process.
8. Have your family, friends, and relatives to support your decision.

9. Avoid going out with friends who smoke and do not support your decision.
10. Begin an exercise program. Exercise take out the stress out of your body and help your body recover from the damage cause by smoking. Start slow and gradually, walking exercise could be a good start.
11. Do breathing exercises for 5 minutes a day. Breathe in slowly and exhale through your mouth.
12. Visualize yourself as a healthy non-smoking person.
13. Reduce your smoking gradually until the day you totally quit smoking.
14. Find people or groups of people who are trying to quit smoking or who have already won the battle.
15. Have your teeth cleaned regularly.
16. Drink much water as you can to help wash out the nicotine and harmful chemicals from years of smoking.
17. Know and avoid situations that could trigger your desire to smoke.
18. You may replace cigarettes with a straw or artificial cigarette when you can't control your desire to smoke.
19. Take multi-vitamins regularly.
20. Sign up for regular email messages aimed to give you more encouragement.
21. Read self-help books on quitting the smoking habit. Reading true to life stories of former smokers would greatly help.
22. Stop being too negative on your self and be patient. Remember you are trying to quit a long time habit; it will take months or even years to overcome it.
23. Also consider some alternative method to help you break the smoking habit such as: Acupuncture, Hypnotherapy, Laser treatment, Nicotine Replacement Therapy, Zyban (bupropion), and the use on inhalator.

Smoking is a bad habit and no matter how hard it is this habit can still be broken. If you want to be successful on your goal for a smoke-free life, always be reminded of

the bad effects of smoking and the benefits of quitting. And lastly, your best motto for the battle should be - "If you can't do it for yourself, do it for your loved ones."

HOW TO QUIT SMOKING – METHOD 5

Smoking is now one of the lethal killers of all time. Smoking related illness has gone off the charts. But how does one stop himself from smoking? There are many things a smoker can do to stop smoking.

Cigarette substitutes abound the market today. Nicotine gum, nicotine microtab, which is also known as the anicotine are great substitutes to satisfy your craving.

Drinking water or fruit juice could also help. This will be a healthier substitute.

You could also brush your teeth and have yourself reminded of the fresh breath and whiter teeth you once had back when you are not yet a smoker. This would be a challenge to bring back that whiter teeth and fresh breath.

Itching to have a light? Give your hands something else to do instead of holding a cigarette stick. Stress relief toys or pencils would work. Try doing things that would make your hands too busy to have time to hold a cigarette.

Take a deep breath. Think of the fresh air around you. This is the air that you should be taking in and not cigarette smoke.

Go for a walk. Watch kids play at the park or an old couple seated on a bench while you pass by. Think of giving the kids fresh air by not adding pollutants to the air. Think about getting old with someone you love.

Think of things that you would be achieving when you give up. Or if you have not smoked for 2 days, think of the things you now have. Your clothes now smell good, so does your hair. You now have a healthier body. You have a fresh smelling breath. Plus, you have saved money.

Taking a shower would also help. Not only that it makes you feel clean, time spent under running water also keeps your mind off that stick.

Feed your mind. Read a book or a magazine.

Do some exercises. Start a healthier routine by trading that stick to a pair of dumbbells.

Clean your house. Take off that cigarette smell that has clung to your walls, curtains, sofa and other furniture. You could also redecorate your house.

Write letters or send out e-mails. Let your loved ones know they're remembered. Keep your fingers occupied by typing letters to your girlfriend. She will surely love it. Or send your husband a cute e-card.

Going to a place where you can't smoke would also help. Say for example, you could go to a cinema and treat yourself to a movie and a box of popcorn.

Think of the illnesses brought about by smoking. Think of cancer, leukemia, chronic bronchitis, emphysema, pneumonia and other grave medical conditions. If you're a male, try thinking of erectile problems.

Since you're saving money by not buying cigarette packs, you might want to plan on what to do on the money you saved. Plan for a second honeymoon with your wife or treat yourself to that dream vacation on the Caribbean.

Start on a new hobby that will keep your hands busy. Try painting or learning to play a musical instrument. Your new painting could even grace your newly decorated living room. If you have learned to play the guitar or the piano, you could now have a share on your family's Thanksgiving Day celebration.

Engage yourself on a new sport. Or take down that golf set down the attic and practice on your swinging.

Get more rest and have sufficient sleep. Quitting will make you feel extra fatigued for the first weeks. Recharge your energy and don't deplete it.

Don't let yourself get bored. If you don't have anything to do you could try going to the kitchen. Cook your meals instead of ordering out. Not only you will save money from the take out counter, you could also save yourself from the unwanted cholesterol in those fast food goodies. Plus you could learn new dishes that you could bring over to a friend's party.

If you get yourself tired from the long day at the office and feel that you needed a break, why not take a deep breath and relax. You could get home early sit in front of the TV and watch your favorite ball game. Or you could go to bed early.

There are better things to do than lighting that cigarette stick. Smoking is something that does no good to your body and to the people around you. Think of giving yourself and your loved ones a longer life by quitting.

Smoking Support Groups

Support groups have been around for the past fifty years. But what are these support groups for? Support groups are groups of people who help a person with their problems.

Alcoholics, smokers these are just some types of persons that a support groups help. While you're in a support group, helping yourself quit is a sign that you're serious about quitting smoking.

Be patient. It is natural to expect that you could overcome smoking in a short period of time, but it is also natural to know that it is not possible. Identifying yourself as a former smoker doesn't happen overnight. It takes time to finally quit smoking. If you've been a smoker for a good number of years, it may take sometime for you to break the habit. Lapses could occur. So be patient. The process will help you.

Live by the day. Stop thinking about things in the long run, instead, put your focus on the present. At the start of the day, tell yourself you will not touch a cigarette for today. This may be hard at first but it could be a routine you could get used to in the days to come. Thinking of not touching a cigarette forever might be overwhelming for a smoker. Settle in for something that is more realistic, start with today.

Be positive. You don't have to be hard on yourself if you want to stop smoking. If you have tried to quit smoking and have failed in doing so in the past, don't think of it as a failure. It will only make you think that you can't do it again. Instead, use this as a motivation in quitting. Tell yourself that you can conquer this weakness. Learn from your past experiences. Now you have an ace because you've been through that stage and know the things that you have to avoid.

You only plan on quitting smoking cigarettes, not quitting on your life. Overcome the feeling of withdrawal by taking care of your body's needs. Be sure to eat a well-balanced diet. You also have to get enough rest. You might be feeling extra fatigued especially during the first week so be sure to take a good rest and give your body the nutrients it needs. Drink lots of water and exercise daily. Drinking water will help your body get rid of the toxins inside as well as to replace the liquids you lost while exercising. Give your body extra energy by taking vitamins daily. This will help you get back the vitamins you lost in years of smoking.

Avoid alcohol. If you're a new quitter places where you have to drink alcohol are places where you could also smoke. Having a drink or two will most likely trigger your urge to have another light. And this is a very dangerous phase for a new graduate.

Avoid stress. Stress is a good trigger for you to smoke again. After all it is stress that drove you into your first cigarette pack right? Tension is experienced on the first phase of withdrawing. Relax. Take a deep breath and keep your mind focused on your goal. Take time everyday to cope up with stress. There's only one thing that could solve this. That is to do things that will relieve it, like reading a good book or playing your favorite sports. A nice warm bath could also be a way of relieving stress.

Take time to enjoy the good things life has to offer. Don't take on quitting too seriously for it may develop stress. This may even make your attendance to the support group meetings an extra load. Keep the bad thoughts away. There may be times that you would experience anxiety because of the bad turn of events. Take on it as any person would do. Accept it as a part of life. Instead of moping around, treat yourself!

Give up the idea that you could have just one cigarette a day. You started smoking with one stick a day, so this means you're starting your way back to the old habit once again. That is the reason why you signed yourself in to a support group. It is because you wanted to stop smoking.

Quitting is a process. Getting yourself in a support group alone will not help. It needs determination and courage for you to stop that bad habit of smoking.

How to Help Your LOVED ONES Stop Smoking!

Seeing your loved one addicted to something is hard, especially if it causes harm to himself. Many people have tried helping someone close to them quit the habit of smoking. Some succeed, some don't. What do you do when someone you love has turned into a smoker?

If the smoker doesn't want to quit smoking, don't nag at him to do so. Nagging at the person to quit or making him feel guilty of smoking would only add stress and

anxiety to the person. This would definitely drive him more into lighting another stick or worse an entire pack just to relieve the negative feeling.

Try talking to them about their habit. Do this but be sure not to obviously point out their smoking habit. Try telling them the dangers brought about by smoking; the things that cigarette smoke may be bringing not only to the smoker but to the people around him too. Discuss with him the possible illness that he could get because of smoking.

Don't dwell on the negative side. Talk about the things that the smoker would be getting once he breaks the habit. If your husband is a smoker, tell him that you still want him around for the next fifty years and would not want to lose him just because of the illness he might possibly suffer from smoking. Talking about positive things will help enlighten his mind about smoking.

Show them that you really care. Assurance that whatever happens you will still be there for them is a great motivation for the smokers to quit. Let them know that it's not for you that they have to stop but for them. Make them feel important and loved.

Tell someone not to smoke in a polite manner. Never point out to a person that he is not to smoke anywhere.

If someone you know tells you that he wants to quit smoking, congratulate him. Having someone tell you that he wants to break a habit is a sign of courage. It takes courage to will oneself to stop smoking.

Quitting is hard in the first week. Smokers also suffer from withdrawal syndrome. You need to understand what they are going through and learn to dwell on the fact

that it isn't easy. Instead of nagging at your husband because he is always irritated, give him time to relax. Anxiety is normal for someone who quits a habit.

Help them by talking to them about ways they could quit smoking. Discuss with them the possible solutions as well as where they could get help.

Encourage them to continue what they started. If someone you knew is on the process of quitting, help them keep going.

A feeling of loss is often felt by someone who just quit. Help them fight the feeling by offering substitutes to smoking. Engage them to a new hobby. Having something that will occupy their time will help them feel whole again.

Get involved with the decision of the person to quit smoking. If your husband tells you that he wants to stop don't give him a blank look. Give him a hug and tell him that you'd support him every step of the way. Steer him into the quitting process. There are support groups available for those who wanted to stop smoking as well as for the people who's helping their loved ones to stop the habit.

Quitting doesn't happen overnight. It takes time before someone could say he has really stopped smoking. Lapses happen. It only takes a single event for someone to have him lighting another stick or worse, an entire pack. If this happens never fall in to the mistake of raging at the person about not keeping his word. Instead, have a quiet talk with the person. Talk to him about the commitment he has got himself into. Tell him that you understand that he still craves for a cigarette but also tell him that he has promised to quit. Encourage him to continue what he has started. Tell him that he has overcome the urge for months now and there's no reason why he could not overcome it for the months or years to come.