

How To Give Up Smoking For Good

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INTRODUCTION - SMOKING IN TODAY'S SOCIETY

Throughout the course of reading this book, you will learn how to get the right help to quit smoking and how to improve your chances of staying off tobacco for good. In the following chapters, you will learn all the best ways to go about quitting, as well as all the new treatments to help you quit. There are a wide variety of treatments and medications available today that can drastically increase your chances by double, of quitting for good, and sometimes even triple the chances. This book will give you tips on how to keep from relapsing, and give you the facts on concerns you may have about weight gain and mood swings. You will also learn the importance of a good support system in conjunction with good treatments such as NRT (nicotine replacement therapy), and medications. Quitting is hard, but with the right help, motivation, and a good support system, you can quit smoking for good.

GOOD REASONS

There are many reasons to quit smoking including living a much longer and better life, and also lowering your chances of many terrible diseases like heart attacks, strokes, and many types of cancer. Other reasons you may have for quitting smoking could be that your friends and family will be healthier, especially your children, if they are not exposed to the dangers of second hand smoke. Getting pregnant is a great reason to quit for good for both your health and the baby's. Maybe one of the lesser talked about but equally important reasons to quit smoking is the tons of extra money you will have to spend on anything you want, such as a long needed vacation, home repairs, a pool, or anything else.

Quitting the habit may sound great but there are many reasons why most people can't just stop and keep from starting back up through sheer force of will. During the time when people are trying to quit, they experience terrible withdrawal symptoms that affect them both physically and mentally. The body gets used to having nicotine as a regular part of feeling ok and can't function without it. So, when you take this crutch away from it, the body reacts in a violent way causing you to feel anxious, restless, depressed, angry, or even dizzy, just to name a few. Although withdrawal may be a terrible experience, one has to realize how the short period of discomfort is well worth all the benefits of quitting smoking to you and the people around you. In this day, people can't just keep ignoring the facts about how smoking

affects their body and everyone around them. The facts are plain: if you do not quit smoking, you will die.

Worldwide, there are a total of 1.1 billion people who are confirmed smokers. Most of the people who start smoking are not fully aware of just how addictive and dangerous cigarettes really are. There are programs in school for children to tell them of the dangers and some warning labels on the packages, but none of it is really enough to give you an accurate idea of what is happening inside your body. One of the problems with the warnings on the packages of cigarettes is that they do not really give you the full picture of what terrible things you are doing to your body each time you take a puff. Do not keep telling yourself you have plenty of time to quit. Don't tell yourself that you only smoke a few a day, and the grim disasters of cancer and heart disease will only affect others. These lies will only prolong the terrible things happening to your body and make it harder to stop when you do decide to. It is of paramount importance that you know the facts of what smoking does to you, so you can make that difficult but very important decision to give up smoking for good.

Most people who smoke started in high school or even middle school, and by the time they decide they want to quit, they have been smoking so long their body is totally dependent upon the nicotine. This makes it very difficult to stop and never start back up. In fact, most smokers began before the age of 18. This means that by the time they decide to quit, they'll have already begun to experience the ravages to their body that are caused by tobacco smoke. They will learn firsthand why it is so hard to quit. Realize that it will be difficult and be ready to accept the support of your friends and family to help you quit for good.

1 DANGERS OF SMOKING

In addition to the health related risks of smoking, the social acceptance of smokers is dwindling day by day. One reason that smoking is becoming more socially unacceptable is that when you smoke, it not only affects your lungs and life, but it can have dramatic effects on people around you who are breathing in your smoke. If you smoke, your entire family, including your children, can be very negatively affected by your smoking. When parents smoke, especially mothers who are pregnant, their children are more likely to get asthma, ear infections, bronchitis, and many other problems with breathing. In this day with all the information available on how smoking will negatively affect the baby growing inside, it is absolutely unacceptable for expectant mothers to smoke during any part of pregnancy. In addition to the second hand health risks to children by their smoking parents, it is also more likely for children of smokers to start up the habit themselves. This is why it is crucial to set a good example by quitting smoking now. Your children will be grateful for all the newfound energy that you can devote to them, and also for the fact that you'll live to be with them for a much longer time.

With more and more smokers quitting each and every day, people are increasing their health as well as their life expectancy. Smokers that stop before reaching age fifty amazingly cut in half the risk of dying in the next 15 to 20 years. Some benefits of quitting are gradual, although you will see some results even that same day. For instance, merely twenty minutes after you take that last puff you will already notice the benefits of quitting by your decreased blood pressure and heart rate. High blood pressure and heart disease are only a few of the terrible effects of smoking which we will discuss in depth in the next chapter.

THE REAL DANGERS

Half of smokers who continue smoking will eventually die from the effects of their habit. Every year, there are about four million people that die worldwide from smoking and smoking related illnesses. Cancers, along with many other diseases including emphysema, heart disease, aneurysms, strokes, and bronchitis are all caused or worsened by smoking cigarettes on a regular basis. The damages done by smoking can be very severe and can include anything from physical problems like diseases, to mental, social and financial problems.

CANCER

Cancer is one of the most severe consequences of smoking. Smoking is the cause of nearly thirty percent of all cancer related deaths. Smoking has been linked to cancers of the lungs, mouth or oral cancers, larynx, esophagus, and even the bladder.

Lung cancer is one of the most difficult cancers to treat in women and men, which is sad because most of the lung cancer that people develop is preventable. This type of cancer is the top killer of men and the second cause of cancer death in women, among the various types of cancer. A mere twelve to fifteen percent of treatments given for lung cancer are actually curing patients. The other 85 percent will face the ultimate consequence for their smoking habits. Cancer of the lung is preventable in over ninety percent of the patients diagnosed with the disease. Even with all the other reasons put aside, this should be a very important reason to quit now while you still have a chance to prevent more damage to your lungs. Although there is still the risk of getting lung cancer even after you stop smoking, the risk of getting cancer of the lung does diminish as time passes. The most commonly seen symptoms of lung cancer include shortness of breath, coughing, sometimes with blood, and a dramatic weight loss. By the time you get these symptoms it could be too late, so make efforts to quit smoking now and for good.

Another terrible form of cancer that can be caused by smoking is cancer of the mouth, or oral cancer. Oral cancer can include cancer of the mouth, lips, nasal cavity, salivary gland, tonsillar tissue, and even the cheek. In just the United States this year, it is estimated that thirty four thousand people will be diagnosed with some type of oral cancer, and in over half of these cases the cancer will have developed into the last stages of the disease. Chewing the tobacco is a very high risk factor for getting oral cancer because the tobacco is in direct contact with the mucous membrane. In India, it is quite common to chew types of tobacco so the oral cancers make up nearly forty percent of all the types of cancer in the country. This is high when compared with the United Kingdom, which is around four percent.

Note that this doesn't mean that the only way to get oral cancer is from chewing tobacco. Smoking cigarettes is responsible for nearly seventy five percent of cases involving some type of oral cancer, because smoking cigarettes causes irritation of the tissues through the smoke, and also the high heat. This irritation of the tissues leads to the ruining of the cells, and eventually leads to oral cancers. Oral cancers are, as with lung cancers, largely preventable and the best way to prevent any further damage to the mouth is to quit now and forever.

However, cancer is only responsible for half of the deaths caused from smoking. It has been proven that heart disease, emphysema, as well as

many other terrible diseases are caused or worsened by smoking cigarettes on a regular basis.

HEART AND LUNG DISEASE

Heart disease, as well as strokes, is the leading cause of deaths by smoking. In addition to the stress it puts on the heart to smoke, you also get a build up of plaque in your arteries from the toxins in the cigarette smoke, which ultimately leads to the hardening of the arteries. It is possible for smoking related heart diseases to lead patients to have congestive heart failure, which is one of the leading causes of death in the Western world. Smoking increases blood pressure, increases your risk for blood clots, and also decreases your tolerance for exercise, which can all add to your risk factors for coronary heart disease and stroke. Although the damage to your heart and blood vessels from smoking is very serious, after five to fifteen years your risk of strokes goes back to that of a non-smoker, so the sooner you quit the better.

Smoking is the cause for emphysema in eighty to ninety percent of the cases of the disease diagnosed. This disease presents itself slowly and usually not until after many years of continuous exposure to cigarette smoke. Although emphysema is caused by a few other things as well as smoking, smoking does make you ten times more likely to die from emphysema than a person who has never been exposed to cigarette smoke. Some major symptoms of emphysema include anxiety, constant cough, shortness of breath, swelling of the ankles and feet, wheezing, and weight loss. Because emphysema is a slow developing disease, you do not even know you have it until it is already preventing you from breathing properly, which in some cases is too late to really do anything about it. Although the terrible effects of the disease are permanent and incurable once they develop, you can stop smoking right now, and help prevent any more damage from happening and possibly increase some lung function.

BRAIN DAMAGE

Surprisingly, another risk factor of smoking is brain aneurysms. Most people are not aware of the fact that the nicotine in cigarettes does damage to the blood vessels in the brain, often leading to aneurysms. Sometimes when you realize you are having an aneurysm, it is already too late. The key to treating an aneurysm is early detection, as it is with cancer. However, the best way to treat aneurysms is to prevent them completely, and this can be done in some cases, by not smoking ever or quitting as soon as possible for good.

MENTAL ISSUES

Mental problems of smoking are apparent to anyone who has seen someone addicted to nicotine who has had to go without their fix. The mental strain and cravings when the body gets low on nicotine are unbearable for some. People who are addicted to smoking find even the simplest tasks can't be performed without first smoking. Lack of nicotine causes problems concentrating, thinking, and problem solving, or even deciding what to have for breakfast. Smokers become a slave to their habit and can't function without the drug. When the need for the drug is so strong you can't function without it then you are even more likely to not notice or simply deny the negative effects smoking is having on you mentally and physically. Do not let your strong addiction to nicotine rip away your chance of living a longer and healthier life!

The mental problems associated with smoking can lead to social problems. The lack of concentration and nervousness can be a real problem to people when out on a date or at work. Smokers can not get calm and feel normal without going for a smoke break, and this can cause terrible problems seeing as most places of business do not allow smoking indoors. Smokers have to wait until their breaks to get a fix and during the time in between they will not be able to work to their fullest potential. It is also true that employers are much more likely to hire non-smokers over smokers for a number of reasons, including the usual increase in sick days of smokers, the increased health costs, and so much more.

EMOTIONAL AND SOCIAL PROBLEMS

Smoking can also cause social problems when trying to build a relationship. Most people who smoke will be limited to having to date and marry other smokers to find someone tolerant of their habit, which will severely limit the amount of potential husbands and wives. When you go over to your friends' homes or ride in their car you may find they do not allow smoking, which could be a serious strain on your friendship. Smoking will cause a problem when trying to get health insurance as your rates could be higher. Another social risk of smoking could be that some landlords will not rent to people who smoke, due to increased costs of both insurance and maintenance. All of these social problems with smoking can not only distance you from friends and family but, can also limit where you are allowed to work and live.

THE FINANCIAL COSTS

The financial strain on a household or a single person from smoking is higher than you might think. The cost of cigarettes is getting higher and higher, and

quitting now will save you more than you think. It will save your health as well as tons of money. The cost yearly for a person who smokes two packs a day at an average cost of \$4.68, which comes out to \$3,416.40 each year, or \$17,082.00 every five years. Can you imagine what all you could buy in a year with an extra \$3,400? It is sure to be a huge list.

2 SMOKING AND THE GRIM STATISTICS

The smoke that comes out of the end of a cigarette is full of more than 3,000 chemicals including, of course, nicotine, but also formaldehyde, hydrogen cyanide, acetone, and hydrazine, just to name a few. Formaldehyde is used to embalm dead bodies. The chemical called hydrogen cyanide is a rat poison. Acetone is a chemical used in nail polish remover, and hydrazine is a component in rocket fuel. It is certain that nobody in their right mind would breathe in or consume any of these different substances on their own, so it is very strange how people can so successfully ignore all the terrible things they are inhaling into their lungs with each puff. The power over people that nicotine holds is staggering.

Worldwide there are nearly 5.4 million deaths that are the result of tobacco use. 1.2 million people in China die each year due to smoking, which is a huge percent of the 5.4 million all over the world. In Europe each year around 650,000 people die from smoking or smoking related illnesses. In India each year nearly 900,000 people end up dead from smoking related illness. Russia has an amazing 400-500 thousand people who die each year from diseases caused by smoking. All of these terrible numbers increase each year and if they continue on this path then in the year 2015 there will be 6.5 million people who die from smoking annually. Do not become one of these terrible statistics and make the commitment to quit for good.

Of the over 6 billion people who live on the planet, nearly 1.3 billion are confirmed smokers, which is the entire population of China. In America, of the entire population, 18 percent of women smoke, and an amazing 24 percent of men smoke. The problem with smoking is much worse in SE Asia where a staggering half of the entire population of the men in the country smoke.

Tobacco use can cause severe health problems. In India almost 40 percent of the health problems they have are tobacco related. The risks of getting lung cancer, heart disease, blood clots, and strokes are all drastically increased by smoking cigarettes. You are also way more likely to get sick when you are a smoker, because smoking suppresses the body's immune system. It has been documented that one third of all the cases of cancer are in some way caused by the use of tobacco. Smoking tobacco is the most preventable cause of death in the world. However it is not stupid people who smoke. Most people who start smoking were just curious or misinformed about the addictive and terrible nature of smoking cigarettes.

Most of the time, smokers are poorer people. In places all over the world like England and America the most smokers are in the poorer communities. It is often said that smoking is linked to poverty; it seems that the companies are all trying any way possible to target new people to get hooked on smoking. Just in the United States tobacco companies spend yearly, nearly 50 dollars per person on advertising and marketing.

SECOND HAND SMOKE

Smoking is not only bad for you but all the people around you. Around half of the people who do not smoke, are still quite routinely exposed to smoke through second hand means. Nearly 70 thousand deaths from heart disease are caused in some way by exposure to second hand smoke. Second hand smoke has the same 3-4,000 chemicals in it as the smoke you inhale directly, although in greater amounts. Smoking is a bad problem in China where 100,000 people die each year from second hand smoke. People tell themselves that second hand smoke doesn't really kill people so they can sleep at night after the last smoke of the day. However, second hand smoke is a very real preventable cause of deaths all over the world.

Most people who try to quit smoking have to try from five to seven times before they can quit for good. So even if you fail at first, remember: you are not a failure! It is very difficult to quit smoking. Remember also, that quitting smoking is the only way to reduce the risk of cancers and heart disease for smokers, no matter what kind of cigarette you smoke. No type of cigarette is safer than another so the only way to get healthy is to quit altogether.

3 WHY IT'S SO HARD TO BREAK TOBACCO'S STRANGLEHOLD

There are many mental as well as physical reasons tobacco has such a strong hold on you, including the depressant effects it has on your body and mind. The drug in nicotine gives you the pleasant and relaxed feeling that the smoker gets hooked on. The more you smoke the better your nervous system can adapt to the nicotine, thus increasing the number of cigarettes you will need to smoke each day to get the same feeling. This tolerance level increases time after time and slowly you have gone from a few cigarettes a day to a pack and a half and didn't even notice.

NICOTINE DEPENDANCE

Your body and mind gets very dependant on the nicotine. It requires more and more just to feel normal. This means that the more cigarettes you smoke daily right now, the harder it will be when you finally do decide to quit. Withdrawal is one of the worst things for smokers to go through when trying to kick the habit. Withdrawal symptoms are very difficult to deal with and without some sort of aid or support, and many times even with these, you will most likely not be able to just quit for good on the first try. Withdrawal occurs on both a mental and physical level. On a mental level, the smoker will find it very difficult to deal with the habit of smoking and the lack of things to do with their mouth and hands. On a physical level, your body will have a severe reaction to the lack of the drug nicotine that it has by now become completely dependant upon.

Even smokers who have only smoked for a couple of weeks on a regular basis, will have withdrawal symptoms from the lack of nicotine. The nicotine received into the blood stream from smoking reaches your brain much faster than even drugs administered to you intravenously. So the fix you get from it is almost instantaneous, the lack of this will cause many terrible symptoms. The symptoms of withdrawal are one of the many reasons people fail to quit or to stay quit for good.

WI THDRAWAL

Most people fail to realize just how severe the symptoms of withdrawal will be for days to weeks at a time. The reason for this is that they have no doubt had some minor withdrawal while shopping or doing something else where smoking is not allowed. These small doses of withdrawal cause the smoker to

grossly underestimate how unbearable the symptoms will be when they either cut back on smoking or just quit. It is also true that most people even if they do know how terrible the symptoms will be, do very little to nothing, to plan ahead or help deal with these problems. It is not like your problems in life will just freeze or stop being there just because you are going through severe withdrawal from a drug. People trying to quit smoking realize very quickly just how desperately they rely on nicotine to help them cope with life's problems and to just feel normal.

A PLAN FOR COPING WHILE QUITTING

Try to develop a plan for coping with the withdrawal symptoms, and work on being as relaxed as possible during the time you plan to quit smoking. It is essential to get plenty of rest and eat well during the first couple of weeks after quitting. A great idea is to use either your vacation time or paid time off to get plenty of extra sleep during at least the first week of your stop smoking plan, and do not forget to drink plenty of water. You will be amazed at how much easier it will be to get used to the lack of smoking if you are as relaxed as you can get for the first week or two.

It is also very easy for people who want to quit for good to get over confident in their ability to quit. This is usually caused by depending on the nicotine replacement therapy to cure or prevent the withdrawal symptoms. The nicotine replacement is meant to simply help ease you through the withdrawal. However you will still be uncomfortable and will still be craving cigarettes, even with the aid of nicotine substitutes. This means that you need to be well aware that the nicotine treatment will not cure your withdrawal, and certainly will not cure your cravings and habit. If you go into quitting realizing it will take hard work and motivation, as well as much support, you will be more likely to have success, no matter what nicotine substitute you chose to help you along.

It is very important that you do not rely on nicotine replacement to cure or even lessen your cravings and it will certainly not get rid of withdrawal. If you have a good plan of what to do while quitting and especially on how to deal with the withdrawal symptoms that you will have then you will have a better chance of making it through without a relapse, or cheating.

Avoiding Pitfalls

Lack of planning and not being realistic about the situation are some of the most common reasons why people fail to quit smoking for good. It is a difficult situation for smokers with withdrawal, because people do not really talk about how serious the symptoms are from quitting smoking. People hear you are trying to quit something like heroin or cocaine, and they immediately tell you to check into a rehab center. However when someone is having

withdrawal from smoking there is less concern so people can't fully grasp just how terrible the withdrawal from this drug can really be. You need to realize that nicotine is a very addictive substance, and you will need a lot of help to quit using it forever.

Before you quit, you must have a definite plan for how to deal with the cravings as well as the withdrawal, in addition to the usual daily stresses of life. That is why it is a good idea to take the week off after you do quit, so you can relax and get enough rest and be strong to get through the worst part. It is also a great idea to talk to someone who has already gone through the process, and ask them for tips about just what it will be like when you quit.

4 QUITTING METHODS

DECIDING ON A PROGRAM

There are things to look out for when deciding on a program. Be very cautious and suspicious if the program, promises instant or very easy success with little to no effort from you, involves pills or injections, charges an huge fee, and is not willing to give you references from people who have successful used the program. Make sure to do plenty of research before you decide on what program if any is best for your quitting needs.

It is also a great support system idea, to consult regularly with your family doctor while in the process of quitting. Before quitting discuss the best way for you to achieve your goals while quitting and what they might have to offer you to help it along. Many doctors have medications to help with withdrawal symptoms as well as depression and other things you might experience during the time you are trying to quit smoking. In addition to the various medications available from your doctor, they may also want to prescribe a nicotine inhaler or nasal spray to help you ease the withdrawal. The very best time to start using a nicotine replacement is at the exact time you quit smoking. As your doctor will tell you it will be difficult no matter which method you choose to use to quit, however with the aid of your doctor it may be a bit easier to make it through the rough times.

You will find as you go along the steps to quitting for good, it is crucial for you to have a good solid support system and a good plan of what to do and who to call should you be tempted to smoke. Have numbers of your support system members always at hand and if possible have someone stay with you the first couple of weeks to help keep you motivated to stay quit. Also be sure to look into all the possible support groups in your area because you will need all the help you can get, the more the better.

NICOTINE SUBSTITUTES

If you are ready to quit but you think you want to try NRT, or nicotine replacement therapy then you will be very pleased to find you have many more options than just the nicotine patch. Some users of the patch find it the best way to quit but it is good to know there are many options, so you can pick which one best fits your lifestyle and particular quitting goals. Nicotine substitutes are used to help you quit smoking by giving your body low and controlled doses of nicotine, without the addition of toxins, tars, or any other cancer causing agents you would find in cigarettes. The nicotine you receive from nicotine replacement therapy is just enough to get you through your cravings when quitting smoking. No method will work for everyone so you

should carefully decide which method is the best for your needs and quitting goals.

Nicotine gum

Among the best of the nicotine substitutes you might want to consider using is the nicotine gum, which is a gum that gives you a designated amount of nicotine throughout the day while giving your mouth another thing to do that doesn't involve puffing on a cigarette. The chewing can be a good distraction from the habit of smoking, and the nicotine helps curb the cravings. Some find this substitute to be the very best method for not only helping the withdrawal but also the habit. Another advantage to the nicotine gum is it is available over the counter so no prescription or going to the doctor is needed. With the nicotine gum you will receive an amount equal to one or two cigarettes or around two to four mg of nicotine, which means how much you need each day to help, will depend on how many cigarettes you used to smoke a day. The gum is a quick way to get nicotine into the blood stream because it is absorbed through the tissue of the mouth, and the gum should never be used while still smoking.

Nicotine Patch

Another method of nicotine substitute is the nicotine patch, which is available both over the counter and by prescription. The patch is a transdermal patch used to help one quit smoking. Transdermal patch means an adhesive patch that is medicated and placed on the skin to give a designated dose of the medicine to the bloodstream through the skin. The real advantage of this method of medicating over pills or topical medication is a slow and controlled release of medication to the person throughout the day. The patch is good for a phase out method of quitting. The patch comes in 21, 14, and 7 mg strengths which allow you to slowly lower the amount of nicotine you are receiving. If you used to smoke around a pack a day would need to start with the highest patch, however if you smoked less you may be able to go straight to the second step.

There are a few side effects associated with the nicotine patch but they are not dangerous and are not cause for serious concern. These side effects include nightmares, and itching. The nightmares are caused by wearing the patch to bed, and some people get used to it and have no further problems. However if the nightmares become a problem then one can wear the patch for seventeen hours or so and take it off before bed, which although it may help the dreams it will not help the morning cravings one gets for cigarettes. The itching can be avoided by following instructions on the packages and put the patch in a different place each day. When there is itching it usually goes away in half to one hour.

Nicotine Lozenges

The nicotine substitute known as a nicotine lozenge is another of the over the counter nicotine replacement therapies available to smokers trying to kick the habit. Each lozenge gives you a designated amount of nicotine throughout the day to help curb the withdrawal symptoms you will get from quitting smoking. The lozenge is similar to the nicotine gum because it is giving you the drug through the mouth and very quickly. A major advantage to the gums and lozenge is the act of using your mouth to receive the nicotine whether dissolving it slowly or chewing. Some people trying to quit smoking take up gum chewing or sucking on hard candies to give their mouth something to do while trying to break the habit, so these NRT's are a very big help in both the areas of withdrawal and habit breaking. As with all medicines it is best to consult your doctor and read all directions carefully before beginning any of these nicotine replacement therapies.

Nicotine Inhalers

A very effective method of nicotine substitution is the nicotine inhaler. This inhaler method is only available by prescription so you must go to the doctor to get it but they will then be able to better explain to you how to best use it for your plan to quit smoking. This inhalation method gives you the nicotine the same way as smoking would without the use of tobacco, which means you still get a quick buzz as you would from a cigarette. The nicotine inhaler can also be used to help phase out the act of smoking by using the inhaler more and more until you quit and use it for a while to get past the cravings. Like most other nicotine substitutes the inhaler can double your chances of quitting for good, rather than just trying to stop with no help. Your doctor is the best person to discuss your needs with and they may make changes to your amounts of inhaler cartridges throughout the first few weeks of use. The side effects are mild and can include mild irritations of the throat and mouth, which most people get used to in a short period of time.

Nasal Sprays

The method of nicotine substitute called the nicotine nasal spray is, like the other methods, designed to help you quit smoking while reducing the urge to smoke with low doses of nicotine in controlled sprays. The nasal spray method, like the inhaler, is only available through prescription and it is best to ask your doctor which will be best for your personal goals. When you are closer to getting through the cravings your doctor will either phase out the spray or tell you to quit using it all together. Many common side effects of the nasal spray are hot feeling in the nose or throat, coughing, sneezing, or watery eyes. The side effects are usually easy to get adjusted to and the spray should only be used as directed by your doctor.

DOCTOR'S ADVICE

Although medications help your chances of quitting for good it is always best to discuss these nicotine replacement therapies with your doctor before starting one, especially if you are pregnant, under age eighteen, or have a medical condition. When you find the best method to be used with your plan for quitting you will either double or triple your chances of quitting with the help of these great nicotine substitutes. Although the chances of quitting are better with nicotine substitutes, you will need to know how to prevent relapsing which we will discuss in the next chapter.

SMOKING AND HYPNOSIS

You are certainly asking yourself: how does hypnosis work to help me quit smoking? There are many different methods of hypnosis available from sessions in an office to CD's and DVD's. Whatever method you might choose is strictly up to you. Whether this method will work for you is not certain because all people are different and you may need to try many different methods or a combination of a few things until you find something that works.

The first question most people will have is what exactly is hypnosis? Habitual behavior is a result of the subconscious rather than the conscious mind and through hypnosis you can affect the subconscious mind helping relieve the habit of smoking. Your mind can concentrate on not doing something that was once a sort of automatic response. This method may not be perfect for relieving the withdrawal symptoms of smoking; however the hypnosis can be used in conjunction with NRT, and medications to relieve both the habit and the physical withdrawal.

CD Hypnosis

Some people find the hypnosis CD's a better option than the sessions in an office because they are a much cheaper option. Although cost should not be the number one concern when deciding which method of hypnosis to use, because if the hypnosis helps you quit smoking you will certainly save more money than the sessions cost you. Doing research on what hypnosis offices are close by you and what is available through CD's is a good first step. After you find out all of your options then it is a good time to read reviews of the hypnotist or the program you are considering to find out how successful people have been using either method. You can find out a great deal about the validity of a program by finding out how it worked with others. Also

maybe get references from friends and family on which hypnotist they used to quit smoking and how long they have stayed a non smoker.

When starting a CD hypnosis program you may find it goes step by step through different stages in the resetting your subconscious mind to work on helping you quit for good. The programs offered for smoking cessation through hypnosis usually begin by explaining how hypnosis works to help you quit. Also there may be a set of modifications to your previous behavior that you can use in addition to the hypnosis. When the actual sessions begin whether on CD or in an office, you will learn how to be confident and stay motivated to quit and never smoke again, or even want to. There will also be parts that try to remove the various anchors keeping you hooked on smoking and give you mental associations of being a non smoker. There will also be sessions where you learn to cope with difficult feelings and situations without smoking.

Aversion Therapy

Some hypnosis also includes, in addition to the positive replacements, a sort of aversion therapy that has a strong focus on the negative things that will happen to you if you fail to quit. This is designed to make you have an aversion to even the idea of smoking. This step in the process of quitting through hypnosis is a good idea for people who really need to wake up to the harsh reality of what is currently happening, as well as what will happen if they do not quit right now.

Hypnosis is not the best option for everyone, but some find it very helpful in aiding in smoking cessation. The hypnosis sessions can be used in conjunction with patches, gums, and inhalers to help you stop smoking and deal with the worst part of the withdrawal symptoms. It may also be helpful to use hypnotic suggestions to ignore the minor side effects sometimes experienced from using the nicotine replacement therapy, so mention these to your hypnotist. Some side effects you may want help with include headaches, nausea, vomiting, and throat irritation, just to name a few. It is always best to talk with your doctor about which NRT method to use in conjunction with your hypnosis sessions if any.

Success Rate of Hypnosis

Hypnosis is a very popular tool used in trying to quit smoking. However, you do need to know a few things before jumping into a program. Most hypnosis that is at least four sessions shows a 66 percent success rate, which is quite high compared with all the other methods used to help quit smoking. You should steer clear of anyone claiming to cure you with a 99-100 percent success rate, because these aren't the facts and they are most likely trying to get at your wallet. Also it seems that if you want to enjoy this 66 percent

success rate with hypnosis therapy, then you need to take at least four sessions. There are many programs available that promise you success in a one hour session, or just one session, but these are not going to be as successful as the four session set.

As stated earlier there are four sessions in a standard hypnosis session that address many factors of why people can't quit and why it doesn't usually stick if they do. The first of these sessions is to motivate the individual and give them the confidence to make it through the quitting process. The second session you will have is for overcoming the connections with cigarettes you used in the past. The third session you will take is about creating new connections that are healthier for your mind and body. Finally the third session will focus on preventing a relapse before it even has a chance to occur. You will also find sometimes that in addition to the standard four session package with the smoking cessation program, you can supplement it with many other specific programs to treat other problems you might be experiencing. The experience of quitting smoking is different for everyone so these programs are usually available as a side things in case you need any specific one.

Behavior Modification

Some of these other hypnosis sessions available include how to handle your feelings without the crutch of smoking cigarettes, sessions on weight management, which is a major problem for some people quitting, assertiveness in life or having better people skills, increasing concentration which can definitely be an issue when quitting smoking.

The cost of office sessions and CD's can vary wildly from 200-400\$ a session in an office to 150-300\$ for an entire CD program but always remember how much money you will save in the long run once you have kicked the habit for good. When you go in an office or research a CD, be very certain to ask exactly what the sessions will cover and how it is designed to help you quit smoking and stay that way for good, and exactly what cost you will expect to pay for the entire set of sessions. If possible ask for references from people who have used the program with success and any tips they might have on how to make it work better for you.

MEDICATION

In addition to the various nicotine replacement therapies available through prescription, you can also get many different medicines that help to get you through the process of quitting. Some of these medicines include Zyban and Chantix. It is always best to research the medicines you might be considering and also have a long talk with your doctor before you decide which of the medicines available will be of the most help to you when quitting. With

patience and a little help from medication and therapies you will have a much better chance of quitting and staying that way for good.

ZYBAN

Zyban is a pill prescribed by your doctor to aid in the cessation of smoking. This pill doesn't contain nicotine, which can be an advantage to some smokers trying to quit. It was found out that the medicine in the pill Zyban, while being used to treat depression, worked to greatly lessen the desire for cigarettes. After much testing the drug was approved for use in helping people quit smoking. Zyban is a very slow release anti depressant drug that takes its time to go through your system helping to lessen the severity of your withdrawal symptoms.

Benefits

Some advantages of Zyban over nicotine substitutes are that the drug contains no nicotine which will stop adding any more to your blood stream. With all nicotine substitutes you must stop smoking before you begin treatment, with the Zyban pill this is not the case. People who still smoke while trying to use a nicotine substitute have a chance over overdosing on nicotine and getting very sick, Zyban has none of those risks. When you are going to begin Zyban you can do it before you quit smoking up until your set quit date and for a designated time after quitting to help lessen the need for cigarettes.

In some cases when patients are heavily addicted to smoking, doctors will recommend a combination of Zyban and nicotine substitutes like the gum or lozenge. Be honest with your doctor about how severe your smoking addiction really is so he or she can prescribe the very best solution to help you quit. So the Zyban has an advantage because it can be used alone or in conjunction with nicotine substitutes.

Side Effects

There are some minor side effects to be aware of when taking Zyban that include dry mouth, sleeping trouble, nausea, vomiting, so it is best to discuss these with your doctor before getting on the pill. Another thing to be aware of is that Zyban contains the same ingredients as a drug called Wellbutrin, which is commonly used to treat depression, and Zyban should never be taken in conjunction with this drug or the drug called Wellbutrin SR.

CHANTIX

There is available another prescription called Chantix that is used to help smokers quit. The Chantix pill is also like Zyban a non nicotine pill that uses other ways to help you quit. Chantix unlike Zyban is not an antidepressant but is supposed to help you quit by targeting the same receptors in your brain that the drug nicotine does and keeping the nicotine from effecting them.

Benefits

Unlike nicotine replacement if you do relapse or slip up while taking Chantix you can continue taking the pills and make another attempt to quit smoking. This is possible because the pill contains no nicotine so it will not do extra harm to smoke while taking it.

Side Effects

Like with most pills there is a chance of side effects including nausea, vomiting, and trouble sleeping, which you should definitely discuss with your doctor prior to starting the medicine Chantix.

Medicine can be a very important help for smokers who are trying to quit and is easily used in conjunction with stop smoking programs, hypnosis and a number of other aids. Be certain to discuss your goals with your doctor before deciding with them which of the stop smoking medicines, if any, are right for you to meet your goals.

5 PREVENTING RELAPSE

Most people who have a relapse have one within the first three months of quitting smoking. Although this may make you want to give up and think you are a failure, do not get discouraged by the small relapse. Remember that more often than not people who quit have to try several times before quitting for good. Although it is difficult to stop, there are some situations that make it much harder. Some things that make it easier to relapse include other smokers, drinking alcohol, mood swings or depression, and weight gain. However, if you do have a relapse, then be certain to learn from your mistakes. Ask yourself what worked last time and what didn't? Also what was the major factor that caused you to give into temptation?

MIND THE COMPANY YOU KEEP

Being around other people who smoke is one of the worst things you can do if you are trying to quit smoking. The smell and second hand smoke can cause your cravings to get more severe and the habit is difficult enough to kick without constantly having to avoid temptations. Having friends, family, or co workers who smoke around you will be one of the most difficult situations to deal with, but it is important that you keep far away from these people while they are smoking, during the time when you are trying to quit. Ask people to not smoke in your home or your vehicle, and be sure to get the smell of smoke out of these places before you quit as well. It may be annoying for your friends who smoke to have to do it outside, but your health and well being are well worth the sacrifice. You never know, you may inspire your friends and family to try to quit with you as support, which will benefit all of you.

SOCIAL DRINKING AND SMOKING

Drinking alcohol is another factor in causing a smoker who has quit to have a relapse. Although whether you should avoid alcohol altogether when trying to quit smoking differs regarding the amount and way you drank alcohol before you quit. If you never drink, well of course you don't have to worry. However, if you were a social drinker there are precautions you should take to prevent relapse. Most social drinkers have a cigarette with there drink, so it may be difficult to go out and get a drink without relapsing and having a smoke. Even if you throw away all your cigarettes there will surely be someone there to offer you a smoke with your martini. Each time you do go out for a drink after you quit, be certain to remember you are a recovering addict and need to refrain from smoking at all. Even second hand smoke could cause you to relapse. Some people find it best to avoid drinking at all

while quitting smoking and to very seldom drink after they quit unless a good friend is with you to help support and motivate you to not smoke.

THE STRESS FACTOR

Some people use smoking to regulate their moods and keep them feeling normal. This is a huge problem when attempting to quit for good and avoid a relapse. Many things from medication, to deep breathing, can all help elevate your mood and keep you from needing cigarettes to keep from mood swings and depression. If you have difficulties with depression then keep doing what your doctor suggests and tell them you will be quitting smoking soon. See if they have any suggestions for things to do to keep the mood problems from getting worse due to the nicotine withdrawal. It is also good to ask your friends and family from causing you undue stress during the first couple of weeks after quitting, which is when you are most likely to have a relapse.

WEIGHT GAIN AND QUITTING SMOKING

When you gain a little weight from quitting you might be tempted to start up again to lose it but there are many ways to lose the weight besides smoking. It is also a bad idea to try to lose the weight while in the middle of quitting. Try your best to worry about losing weight after you have a good handle on quitting. Not dieting is a good way to keep your focus strictly on quitting.

When you are trying to quit it is best to not take even one puff off a cigarette. Even taking one puff will inevitably lead to another and another until you are back at a pack a day. Think about what will be some of the most difficult times for you after quitting, and make a solid plan for how to handle them. It is always best to recognize the situations that may cause you to slip up and relapse, and either avoid them altogether or have a plan of action ready when going into the situations. Some of these times include parties, work, and at a bar. These times and places differ for everyone so talk to people who are there to support you about what is best for you.

FALLING OFF THE WAGON

Now you know how to prevent relapse but, what about when you do relapse as many people do several times before quitting for good. Well there are many ways to recover once you have a relapse, first of all do not beat yourself up about it. Everyone makes mistakes it is how we deal with the mistakes that will decide if we can get back up. Many of the people who slip up and have a smoke still end up quitting for good it just takes a good plan of action and learning from your mistakes. It is best to treat a slip up like a fire or another type of emergency and STOP immediately! Then immediately

start to think where you were, who you were with, and exactly what you were doing when you had a slip up, so you can then plan what to do next time you are faced with this same situation.

You are now prepared for this situation next time it happens and are quite ready to quit again and hopefully this time for good. Although remember if you slip up, it is not the end of the world. Simply assess the situation that caused it and take care of a plan before quitting again.

7 THE IMPORTANCE OF A SUPPORT SYSTEM

Who do you have available to help you through the really difficult times? The most important key to success is a really solid support system of friends, family, and even your healthcare provider, who can all be very important to your success or failure.

Most people who have successfully quit smoking say that one of the most important parts of their plan to quit was to have a great support system of family and friends. There are many places to look for help such as from co-workers, members of an established group, or even your doctor.

FRIENDS AND FAMILY

If you choose to use the support of friends and family it is very important that they know it is never ok to take even one puff, so they should be there for you when cravings get severe. If your friends smoke make sure they do not smoke around you while trying to quit, as this is one of the most common ways people get back to being hooked. If this is the only way they can help you it will be worth the effort. Make a plan to clean up your entire house before you quit including washing all your clothes, sheets, and curtains. You should wash and clean anything that may smell like smoke or cigarettes, when you do not smell them it will help you keep your mind off the habit and the cravings you will surely have when trying to quit.

A SPONSOR

When your withdrawal symptoms or cravings get really bad, call up one of the members of your support system and just talk about it or go out and do something to get your mind off the problems. It is a great idea to go out to the park or walk around the mall, because this will not only get your mind off the problem but it will help you keep from gaining weight while quitting. The gaining of weight is one of the most common reasons for failing to quit. Some people see smoking again as the only solution losing the extra pounds. Although it is best not to try to diet until you have successfully quit, try to drink plenty of water and stay active.

When at work when you usually have a smoke break try to stay away from the smokers outside and stay inside and read a magazine you like or even get a tasty treat so you will be doing something and keep your mind off going outside for that smoke. If your co-workers all know you are trying to

quit they can be extra supportive by not smoking in front of you as well as keeping you from taking a puff in a moment of weakness, so tell them all.

SUPPORT GROUPS

If you want to use an established support group for people trying to quit smoking, then there are many things to look for in one before you decide. First of all make sure the leader of the group has proper training in the area of smoking cessation. Then you should make sure that the group has one-on-one counseling available, because this is a crucial element in the support system. Intensity of the program is also a deciding factor in whether it will be successful or not. It is best to look for a program that includes things such as session lengths of at least 20 to 30 minutes each. It should also last at least 2 weeks at 4 to 7 sessions.

In some places a program is available called Smoke Enders or Nicotine Anonymous, which will hold meetings regularly. If this program is available in your area, there is not usually a fee to go, and you will also have a sponsor to consult when you get tempted to relapse. These programs can prove to be very helpful when trying to quit for good.

8 FINAL WORDS

In conclusion, quitting smoking is an endeavor that is going to require every last bit of will power and dedication that you can muster up. If you plan to succeed at quitting smoking for good, you'll need to go through a lot of preliminary effort such as creating a plan to deal with withdrawal symptoms, setting up a support group, and even changing many of your other daily habits that would be likely to lead you back into a smoking frame of mind. You'll also need the physical and mental fortitude to get through the terrible pain and misery of withdrawal symptoms; something that is much harder than most people suppose it will be. In other words, it's not going to be easy. Quitting smoking for good might actually be the hardest thing you've ever done in your life.

However, you can rest easy in the calm assurance that you'll definitely be doing the right thing. Somehow, just knowing what you're gaining in the long run can make it just a little bit easier to turn down that offered cigarette or to suffer through that lunch break without taking a puff.

HEALTH BENEFITS

You'll gain abundant, radiant health. You'll reduce your risk of heart disease and devastating cancers. You'll live longer and help your friends and loved ones to live longer as well, when you stop poisoning them with second hand smoke. You'll save money and time and find that you have a lot more energy that you can devote to new, healthier habits. The benefits to ending smoking are almost limitless. By keeping them in mind, you'll definitely have a much easier time of it when you do decide to finally quit smoking for good.

GET SOME HELP!

Most importantly, though, you should never attempt to quit smoking all on your own. The vast majority of people simply aren't strong enough. This is nothing to be ashamed of! Once you've admitted your weakness, you'll need a solid support group of friends and loved ones to call upon in your times of need and desperation. By making sure that you have such a safety net set up ahead of time, you can avoid devastating slip-ups and relapses. In a very real sense, the first steps to quitting for good are to realize that you have a problem, and that you cannot solve it alone.

Hopefully, the tips and tactics in this book have been of help to you. While the statistics and medical prognosis for smokers might seem somewhat gruesome, only by knowing the truth will you be able to find the strength to

tear yourself away from this destructive habit once and for all. The specific advice about substitutes, medications, and even hypnosis should demonstrate that the world of options available to those who have resolved to quit smoking is vast indeed. When you decide to quit, you won't be alone, and you'll always know that there are literally dozens of avenues that you can take to find success.

MAKE THE CHOICE!

What they all have in common, though, is that they all require you to get them underway. Make the commitment today, and you'll soon find yourself a better person for it. Set off down the path to recovery with a dedicated and firm conviction, and make good use of the techniques described in this book. We're confident that you'll be glad you did.