

practitioner has inevitably encouraged you to stop smoking. The most important factor that will determine if you are able to stop smoking is your own willpower. Aside from that, support from family and friends, a little planning and possibly some medication will help you stop.

Here are a few steps to get you started:

First, pick a quit date and write down the reasons why you want to quit.

Think about the different methods to help you quit and talk to your physician about which method is right for you, purchase it.

Tell everyone that you are going to stop smoking.

Throw away any smoking accessories or things that remind you of smoking.

Set a few rules for yourself – never purchase a pack of cigarettes with your own money again, never carry cigarettes with you, start an exercise routine, avoid places or people that smoke or remind you of smoking.

This information should be used after speaking with your practitioner, it does not replace their advice.

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your hands busy when you are craving smoking such as yardwork, knitting, needlepoint, videogames, cards, etc.

You may want to chew gum or have small candies with you to keep your mouth busy since you won't be smoking.

There are various methods to quit, the first being "cold turkey" which means stopping with no medication to help you. If this will not work for you there are over the counter solutions and prescription medications that can help.

Nicotine Replacement Therapy options include patches, lozenges, gum, nasal spray, and inhaler. These are all good options, but you may not smoke at all while using them. They do not contain the chemicals and carcinogens that cigarettes do, but it is still nicotine, you need to stop using them eventually.

Medications are prescription pills from your doctor that can aid you in quitting smoking by altering the chemicals in your brain.

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as for Smokers

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ects. If you think this will be the option

for you, talk to your doctor about options.

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