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Conquering The Smoking Habit

By MalaMaal.com

Conquering The Smoking Habit

Most smokers sincerely want to quit. They know cigarettes threaten their health, set a bad example for their children, annoy their acquaintances and cost an inordinate amount of money.

Nobody can force a smoker to quit. It's something each person has to decide for himself, and will require a personal commitment by the smoker. What kind of smoker are you? What do you get out of smoking? What does it do for you? It is important to identify what you use smoking for and what kind of satisfaction you feel that you are getting from smoking.

Many smokers use the cigarette as a kind of crutch in moments of stress or discomfort, and on occasion it may work; the cigarette is sometimes used as a tranquilizer. But the heavy smoker, the person who tries to handle severe personal problems by smoking heavily all day long, is apt to discover that cigarettes do not help him deal with his problems effectively.

When it comes to quitting, this kind of smoker may find it easy to stop when everything is going well, but may be tempted to start again in a time of crisis. Physical exertion, eating, drinking, or social activity in moderation may serve as useful substitutes for cigarettes, even in times of tension. The choice of a substitute depends on what will achieve the same effects without having any appreciable risk.

Once a smoker understands his own smoking behavior, he will be able to cope more successfully and select the best quitting approaches for himself and the type of life-style he leads.

Because smoking is a form of addiction, 80 percent of smoker who quit usually experience some withdrawal symptoms. These may include headache, light-headedness, nausea, diarrhea, and chest pains. Psychological symptoms, such as anxiety, short-term depression, and inability to concentrate, may also appear. The main psychological symptom is increased irritability. People become so irritable, in fact, that they say they feel "like killing somebody." Yet there is no evidence that quitting smoking leads to physical violence.

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Some people seem to lose all their energy and drive, wanting only to sleep. Others react in exactly the opposite way, becoming so over energized they can't find enough activity to burn off their excess energy. For instance, one woman said she cleaned out all her closets completely and was ready to go next door to start on her neighbor's. Both these extremes, however, eventually level off. The symptoms may be intense for two or three days, but within 10 to 14 days after quitting, most subside. The truth is that after people quit smoking, they have more energy, they generally will need less sleep, and feel better about themselves.

Quitting smoking not only extends the ex-smoker's life, but adds new happiness and meaning to one's current life. Most smokers state that immediately after they quit smoking, they start noticing dramatic differences in their overall health and vitality.

Quitting is beneficial at any age, no matter how long a person has been smoking. The mortality ratio

of ex-smoker decreases after quitting. If the patient quits before a serious disease has developed, his body may eventually be able to restore itself almost completely.

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Use Free Stop Smoking Techniques To Your Max

By Ashish Jain

You need a budget to continue with your habit of smoking and you need a budget as well to quit smoking. Even if you find that the budget to quit smoking is higher than the one to continue with the habit, the former is the better option.

What if, in between your efforts to quit smoking you come across the program of free stop smoking techniques? Indeed, it is a blessing in disguise. Anything that restricts your budget to quit smoking is most welcome to you.

Many non-profit organizations conduct free quit-smoking programs in a routine manner. These organizations have the good of society at heart. American Cancer Society is one such organization. It has online programs, so that a large number of people all over the world are benefited by them. Their literature is authentic, motivating and contains many a quit-smoking tips. Negative effects of smoking are discussed in detail. They have a 24 hour hotline which means you can speak to them regarding any of your problems any time during the day.

As direct effect of nicotine is on your lungs, the American Heart and Lung Association also provides many free quit smoking sessions. Accomplished and knowledgeable counselors manage the hotline and render all possible help to you in your moments of crisis. You get free tips to quit smoking online. They have a listing of affordable quit smoking products.

With your will power to quit smoking, take the help of a variety of free quit smoking methods. Your cigarette craving is bound to beat the retreat, be sure. Chew a tooth pick, let your hands that introduce you to the cigarette smoking habit and remain busy. The mouth is busy in any case, dealing with the toothpick. In the meantime, continue with some nicotine replacement quit smoking products, so that your mind remains switched off. It doesn't think about smoking!

In your enthusiasm to quit smoking, don't buy all and sundry products, and cheap over the counter products. You need to have a well drawn out strategy and work according to a plan. Free stop smoking help techniques are meant to free you from the addiction. You are not following them simply for the sake of enumeration

Quit smoking cigarettes are another tool. You will have the psychological satisfaction that you are 'smoking'. The smokers are mostly depressed people. Some anti depressant medications are also doing good rounds to help you quit smoking.

The herbal cigarettes, herbal inhalers and acupuncture are some other tools that promise you freedom from smoking habit.

Your enemy nicotine is hiding in a deeply entrenched trench. You have to attack from all fronts to flush him out!

<http://www.stop-smoking-updates.com/quitsmoking/>

& Stop Smoking Techniques provides

detailed information on stop smoking, how to stop smoking, anti smoking, quit smoking and more.



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