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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

## How Do I Stop Smoking?

By Alex Benyukhis

For many people around the world, the question they ask themselves every day is, "How do I stop smoking?" Unfortunately, many of these people will never actually have the opportunity to quit. They will have one excuse or the next to purchase another pack of cigarettes. The will power to stop smoking is often weak, and buried under a lot of stress and worry. But, there are ways to get yourself off the drugs and into a great situation to improve your health.

We all know that smoking leads to many diseases. This isn't even debatable anymore. But, what is is the method by which we can stop smoking. It is difficult in any case to learn how to stop smoking. It will take nothing short of determination to get it done. But, there are things to help you do it successfully.

You have more than likely heard of patches and pills that can help you to stop smoking slowly. In these methods, they provide the nicotine that you body craves through a safer means. Slowly, you will step down from needing two packs a day to needing only one to needing none. The gradual movement helps you to stop having to fight the temptation for more and more. It helps to keep you on the right track as well.

Another method to stop smoking is to go cold turkey. But, you will need to replace that need for nicotine with something else. In many studies, it has been found that people who stop smoking and begin exercise have a better chance of remaining smoke free. While this may not seem like something you can do, it has worked for many others. It does take a lot of dedication and determination.

Yet another way to stop smoking is often one of the most terrifying. Being faced with the consequences of what smoking can do to you may actually help you to stop. For example, those who smoke are filling their lungs with tar. You know, that stuff they put on the roads? Yes, that is what is going into your body. Take a trip to the health museum to see what it's like. Or, if you are already too late, you may be faced with cancer already. Is this enough to get you to stop?

Unfortunately, it won't be for many. If you want to stop smoking, you simply need to make the decision to do so and work hard at making that happen. You need to realize that your family and friends will suffer much more when you are not around to enjoy life with them because smoking has cut that short.

## How Do I Stop Smoking?

Find more information and tips about stop smoking by visiting

<http://www.stopsmokingnews.info>

### **Quit Smoking Today**

**By Ratliff J**

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Decide Right Now to Believe that You CAN Quit Smoking

Studies of smokers who successfully quit smoking show that one of the most important traits of a successful quitter is their belief that they have the ability to quit smoking.

Good Reasons for Quitting Smoking

Quitting smoking is one of the most important things you will ever do:

You will live longer and live better.

Quitting will lower your chance of having a heart attack, stroke, or cancer.

If you are pregnant, quitting smoking will improve your chances of having a healthy baby.

The people you live with, especially your children, will be healthier.

You will have extra money to spend on things other than cigarettes.

Five Keys for Quitting Smoking

Studies have shown that these five steps will help you quit and quit for good. You have the best chances of quitting if you use them together:

Get ready.

Get support.

Learn new skills and behaviors.

Get medication and use it correctly.

Be prepared for relapse or difficult situations

Nicozan helps you stop smoking.

Not only will you stop smoking with Nicozan™, you will lose weight. We guarantee it. Even if you have failed before you will succeed with Nicozan™. If you are worried about weight gain, don't be.

Nicozan™ is specially formulated with one of the world's best known weight loss aids. Nicozan™ kills the craving for nicotine, cleanses the poisons caused by smoking from your body and eases the symptoms of withdrawal. There is no product to help you quit smoking that is more effective than Nicozan™.

Learn more at

Quit Smoking

.

J. Ratliff is an avid health article writer for various websites.



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