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Quit Smoking Help and Tips: Open Your Eyes to Ill-effects of Smoking!

By Jasdeep

Nobody need to be told the ill-effects of the smoking. Even then, smokers find it very hard to give up smoking permanently. Nicotine, an integral part of cigarette, is an addictive substance. As you try to give up smoking, your way of life changes. The natural tendency of your body would be to oppose this change as by now, it has become hungry for nicotine. But, smoking has unlimited side effects which cant be ignored. So, here are some tips to give up smoking in a planned and a more comfortable way.

But before you undertake this journey, the first question which strikes your mind is Why? why should you give up a thing which your body enjoys?

Smoking's ill-effects:

- . High risk of lung cancer
- . High risk of Heart diseases.
- . Bad breath and stained teeth.
- . Making people around you also suffer(passive smoking)
- . Serious breathing problems.
- . Charm on the face vanishes. Wrinkles develop soon.
- . Risk of stomach ulcers and acid reflux.
- . Lower athletic ability
- . Money and time loss.
- . Last but not the least, setting up wrong examples for your children.

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Next question which immediately strikes our mind, How? how to give up smoking?

---->To know how to quit smoking, visit

Random" target="_blank">http://www.weightloss-health.com/quit_smoking_ways.htm

Random

Tip: Remember, you will not die if you stop smoking. You might feel hungrier in the beginning

which can lead to a minor weight gain but trust me, it is all worth giving up smoking for minor weight gain. You may have problems concentrating and you will be uncomfortable in the beginning. But, this is all a part of a game and with time, you will start leading a healthier and a normal life.

Many ex-smokers did not succeed at first, but they kept trying. So **DON'T GIVE UP and MAKE IT HAPPEN FOR YOU!**

Jasdeep: for

<http://weightloss-health.com/>

your complete and most comprehensive family guide on

Health.

Look out for highly recommended quit smoking programs and quit smoking tips and ways at

Quit

Smoking Programs, Ways and Tips

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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

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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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