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The truth about Smokers 'Relaxation Ruse'

By Neil Stelling

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by: **Neil Stelling**

Smokers love excuses. They can't quit because .. (fill in the blank). I covered one of the favorite excuses in another article, the 'concentration con'.

Now here's another of the main – can't quit – excuses. Smoking helps relaxation. Most smokers claim it helps them relax. But would you ever describe a smoker as relaxed ?

Their addiction (or habit) makes them nervous and jumpy. All things equal, a smoker will never relax as they once did before their drug.

Think about last time you ate in a restaurant. Isn't that a relaxing environment when you're eating your meal, in good company ? But that's not enough for the smoker. They're still not relaxed. They need a cigarette fix, even between courses, because they think that's what they need to relax.

Then they associate a temporary relaxation with the cigarette, rather than the environment and company. They don't even consider their non-smoker friends enjoyment might get ruined by smoking.

Let's look at the realities of the relaxation ruse. Nicotine is a stimulant, not a relaxant/depressant. A stimulant speeds up metabolism, not slows it down.

The 'smoking is relaxing' claim counts as yet another irrational excuse used by smokers who can't face up to quitting. The smoker genuinely feels a cigarette will relax him.

In reality it's the habit, expectation and association with relaxing situations that are the main reasons he feels relaxed. Sometimes it's even the deep breathing effect that helps relaxation.

Any sportsperson knows that deep breathing helps relax before an event. Difference is he's breathing fresh air, rather than poison ! Smokers actually credit their cigarette for a temporary benefit they get

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from deep breathing.

Most people agree stress and relaxation make two opposite conditions ? Many smokers think giving up will create more stress. They think their cigarettes are actually relieving stress.

Amazingly, cigarettes actually 'cause' the stress smokers think they're relieving ! Continual craving for another cigarette; guilt, helplessness at their inability to quit; low self-esteem... Any of this sound familiar ? At best, another cigarette temporarily reduces the stress caused by earlier cigarettes.

So we really should call the relaxation effect, the 'relaxation ruse'... an illusion favored by uninformed smokers who wrongly credit their cigarette with relaxation.

Quitting smoking means a return to relaxation. Quitting smoking means a return to a clear head...

among many other benefits. Once you see through the relaxation ruse', you're much closer to finally quitting smoking once and for all.

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Why can some people quit smoking permanently, while others just keep starting again ? Discover the NLP approach to quit smoking once and for all. Click ==>

Neil Stelling

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If you do use the article please send me a note to neil@quitsmokingwithnlp.com so I can take a look. Thanks. Check out other quit smoking articles at

Vitamin E and Lung Cancer Prevention

By News Canada

(NC)–Lung cancer, the most preventative of all human cancers, remains the leading cause of cancer death for both men and women. Several studies have shown that vitamin E supplementation is associated with a lower risk of developing lung cancer in non-smokers. Unfortunately, the same benefit was not seen in smokers. The most effective health action for smokers is still to stop smoking.

It is believed that the beneficial effect of vitamin E is a consequence of its antioxidant role, which may be enhanced when taken in combination with

other antioxidants such as vitamin C, beta-carotene and selenium. All of these nutrients are available

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in a quality multivitamin such as Centrum®, available in your local pharmacy. For more information on supplementation, visit www.centrumvitamins.ca.

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