

SMOKING STOPS HERE!

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WANNA QUIT SMOKING?

CHAPTER 1: REASONS TO QUIT SMOKING:

"Winners Always Quit and Quitters Always Win"

The old adage that says, "Winners never quit, and quitters never win" doesn't apply to tobacco smokers. People who started smoke cigarettes, cigars, and pipes often find that they want to kick their habit, even though it can be one the hardest things to do in their life. If they're successful at quitting, then they are winners!

And the reasons why most smokers want to fight the good fight against their habit? One is that the smoker wants to make their friends and family members happy. Another is that the policies against smoking at school, work, or in public places drives them to quit. But the best reason to quit seems to come from the smokers, themselves, desiring to be free from the oppressive grips of nicotine addiction and the gradual destruction of their internal organs. And besides the poisonous nicotine going into the smoker's body, there are more than 4,000 additional toxic chemicals making up the tars and gasses that get produced when tobacco burns. Not only are these chemicals killers individually, but put together, they're really deadly to the human body. Yes, as cool as smoking was when they started it, they realize that it isn't cool enough anymore when they consider having

a shorter life, or a lessened quality of life because of the many medical risks.

Let's not forget about the costs of cigarettes, either. The cumulative totals of cash laid out to buy smokes in a lifetime could purchase, say, maybe, a really nice car, or maybe a boat. Perhaps even a small house, or at the least, some really cool vacations.

Whatever the case, if YOU want to quit smoking, then you really need to be very clear about the reasons why. A good way is for you to make a list of them on paper. That list can have basic stuff like:

- 1) "I want to get control over my life."
- 2) "Because I want to save myself from the dangers that smoking brings."
- 3) "I want to feel better about myself."
- 4) "I want to be a better role model for the kids in my life."
- 5) "I want to be healthier and make my friends and family safer while they're around me."

Yeah, there are many reasons to stop smoking. And whatever one or ones a person chooses is just as valid as any other... as long as it make them quit for good.

So why is it so hard for the smoker to quit? Why don't they "just say 'NO'"? Well, it's because YOU, the smoker, aren't in control of your habit. The driver of your bus is a drug called nicotine, and you are addicted to this drug. Medically, smokers are considered chemically dependent upon this drug, according to the American Psychiatric Association's "bible" of diseases and disorders, the APA's DSM-IV (Diagnostic and Statistical Manual of Mental Disorders). This manual is clear about the strangling hold that nicotine addiction has on its addicts. But it's not just the medical big-wigs in the United States saying this. The Royal College of Physicians in the United Kingdom and the Royal Society of Canada agree with the APA and American Medical Association (AMA). Their research finds that that the addiction and withdrawal of a smoker to nicotine can show effects as intense as cocaine, heroin, and similar hard drugs.

How does this nicotine-dependency thing work on the smoker's body? Well, once the person is addicted, the need is to keep a narrow range of the drug in the bloodstream. This is known as the "serum nicotine level," which, if the minimum limit isn't met, the person will suffer withdrawal

from the drug. Let's get back to talking about YOU and your smoking addiction. You will become irritable, tense, and anxious, among other possibly even physical symptoms. Since this is NOT a good feeling, you will try to stop feeling bad... and the way to feel better is... you guessed it, smoking a cigarette. Once you get that nicotine hit, and the amount of the drug goes back up to that minimum level demanded, and then you feel "normal" again.

But as you smoke, you have to be careful not to go over the upper limit of nicotine tolerance, because then you'll get nicotine poisoning. If, say, you're at a party and smoke too much, this can make you feel sick, dizzy, and want to throw up. Not good. So as a smoker, you have to keep a balance between the two extremes of too little or too much nicotine.

Yep. People wanting to quit have to struggle with the fact that "smoke ain't no joke!"

Once you decide that you have to quit, you need to get prepared for a long, hard fight... more than just 15 rounds. This is going to go on for your whole lifetime. You have to realize that, just as an alcoholic or any other kind of addict, you "will always be an addict... recovering one day at a time for the rest of your life".

The first thing you'll need to do is to set a date to quit and choose the best plan for you. Everybody doesn't respond to the same methods in the same way, so you've got to find what's right for the person in your mirror! Different quitting plans will be discussed later, so for now, let's just concentrate on the quit day. Choose a specific day somewhere in the next month as the Quit Day... the day of your last smoke. Too far in the future and you might flake out. Dates with special significance, like, say, your birthday, or your kid's birthday, or the anniversary of something important in your life work well. Then there's always the third Thursday in November every year, which lots of smokers choose as a quit date because it's the date of the Great American Smokeout. But even if you just choose some random date, make sure that you circle the date on a calendar and commit to it strongly. Better yet, commit to yourself strongly.

As you get ready for your Quit Day, figure out whether you're going to stop completely, all at once (known as quitting cold turkey), or if you're going to smoke less and less for a week or two before the date (fewer cigarettes, or not finishing them completely, etc.). Maybe you'll cut out that cigarette you always smoke when you drink coffee or only after sex (if you're the type that gets lucky that often!!). Just know that quitting cold turkey is a lot easier than gradually cutting down.

So for your Quit Day, here's everything you'll want to do to prepare:

- 1) On a calendar, circle the date—real big.
- 2) Let your buddies and family know about your Quit Day.
- 3) Remove every cigarette and ashtray from your apartment, house, car, job, and boat, etc. Make sure no clothes in your closet still have any in the pockets.
- 4) Get a lot of sugarless gum, carrot sticks, and/or hard candy so you can have oral substitutes.
- 5) Figure out if you'll use medicines, such as nicotine replacement therapy, or stop-smoking class attendance. Sign up NOW for whatever's necessary for your future plan.
- 6) Get yourself into a support group or other support system, like Nicotine Anonymous meetings or other stop smoking classes. Maybe you have one person or a few close people who are quitters who can help support you in your goal. If people close to you still smoke, you can ask them to not do it around you or expose you to any of their cigarettes.
- 7) Keep in mind what seemed to work and what didn't the last time(s) you tried to quit.

There's no luck involved in successfully quitting smoking—only good planning and firm commitment.

Maybe you should put up signs and reminders all over your house and workplace to constantly remind you why you want to stop smoking. Make them personal, even funny. Just make sure they're boosters to your morale and not negatively "bustin' your chops" about quitting.

Here are some statistics from the World Health Organization about smoking. It varies in different parts of the world. In Eastern Europe, more women smoke than in the Pacific Region and East Asia. And, as far as adult males are concerned, in Eastern Europe, there's a high smoking rate of about 59 percent. Social class, culture, and historical era are also factors around the world. Rich people had historically been the smokers until recent decades, where now men with more economic wealth in affluent nations have been curtailing their smoking. Also the higher levels of education achieved, the less people tend to smoke. When do they start smoking? Well, what do you think? Early in life, like in their teens—definitely before their 25th birthday. One good trend internationally is that lots of smokers are trying to kick the habit. The more informed and educated a person is, the more likely they are to give up puffing on cigarettes.

Now, let's talk about the United States. Pretty much the same, actually. The National Health Interview Survey (NHIS), Centers for Disease Control and Prevention, and National Center for Health Statistics have reported the percentages of American smokers, categorized by race/ethnicity.

White men = 25.1%

White women = 21.7%

Black or African American men = 27.6%

Black or African American women = 18.0%

Hispanic/Latino men = 23.2%

Hispanic/Latina women = 12.5%

Asian (only) men = 21.3%

Asian (only) women = 6.9%

American Indian/Alaska Native (only) men = 32.0%

American Indian/Alaska Native (only) women = 36.9%

And when education level is the focus, people with 9-11 years of education have a higher rate of smoking (35.4%) than people with 16 years of education or more (11.6%). People in the U.S. living under the poverty

line smoke the most of all (33.3%), which echoes World Health Organization findings.

Can't talk smoking stats without discussing death from using tobacco.

1. It's like, one out of every five of all deaths in America (20%) are tobacco-related.
2. Every year, about 400,000 people die in the U.S. because of their tobacco use.
3. Using tobacco causes lots of intense cardiovascular and pulmonary diseases.
4. Some of the most extreme carcinogens (tobacco and nicotine) are cigarettes, which lead to most lung, trachea, bronchus, larynx, and esophagus cancers.
5. Want more cancer? Tobacco can give more: try pancreatic, kidney, bladder and cervix cancers. Yuck!
6. Guys who want to be good in bed will not like the fact that nicotine addiction from tobacco reduces blood flow and leads to sexual impotency.
7. When kids and adolescents smoke they grow older with more and more harsh respiratory illnesses.

8. Babies are really attacked inside the womb by the mother's tobacco use. Too many prenatal deaths (5-6%) come from smoking, along with low-birth-weight births (17-26%), preterm deliveries (7-10%), and heightened miscarriage and fetal growth retardation risks.
9. Finally, cigarettes cause 25% of deaths in residential fires, which translates into about 1,000 deaths and 3,300 injuries that are fire-related... and from people misusing cigarettes.

What are the symptoms of a smoker? You probably already know, but here they are anyway.

1. That nagging cough you have in the morning that just won't go away.
2. Your shortness of breath and wheezing from a short walk.
3. You keep having bronchitis or similar respiratory illness.
4. That fatigue you're always feeling.
5. A loss of you sense of taste and smell.
6. Wrinkles that seem to come too early.
7. Bad circulation, accompanied by cold hands and feet.
8. Coronary artery disease.

9. Cervical cancer leading to bloody discharge from a woman's vagina.

Smoking is not cheap. If you smoke one pack a day (20 cigarettes), you can spend an average of about \$1,500 a year just on your nicotine habit. And cigarettes keep going up in price, either due to inflation or to new taxes levied by the government designed to increase revenue by targeting vices.

But that isn't the only cost of your addiction. There are lots of other hidden costs you probably aren't counting—or aren't even aware of. You could be spending about \$10,000 a year to light up every day, due to extra payments for the extra risk smoking brings... or decreased asset value caused by your smoking. Here are a few:

1. Because your risk of dying at a younger age is higher as a smoker you'll end up paying higher premiums for life insurance.
2. Your medical insurance payments are also higher because of your smoking.
3. You'll end up having—and paying for—more medical issues due to the debilitating health consequences of tobacco use.

4. You're going to keep on racking up more and more bills for prescription medicine because of your tobacco use.
5. Paying for homeowner's insurance? Smokers pay higher premiums because of increased risks of burning down the house.
6. Trying to sell your house? The value is decreased for prospective buyers if it is laced with the bad smell of cigarettes.
7. Same decrease in value goes for the stuff inside your foul-smelling house.
8. You can't be serious about selling a stinky car without dropping the price to compensate for that putrid cigarette smell. You'll get less money, even on trade-in value.
9. Even your car insurance has higher premiums, since statistics show that smokers have more risk of car accidents.
10. Some research has shown that smokers make less money than their nonsmoker counterparts (about 4% to 11% less).

11. Your overall Social Security and/or pension benefits will be lower than an equivalent nonsmoker, due to your lessened earnings over your lifetime.
12. Paying more to keep things clean in your house or car.
13. Trips to the dentist will cost more for extra services and care that smokers need to keep their teeth and mouths looking healthy and attractive.
14. You'll lose out on interest income because of all the money you can't save due to the constant cash layout caused by your smoking.

So you can see that you're paying for more than just your pack(s) of cigarettes every day. You're also paying up the "ying-yang," too!

The most serious cost of smoking (health risk) was mentioned earlier, but we still need to go into more detail. We also need to mention some more social costs that can't be measured in dollars.

First the health stuff. Here is an expanded list of the health risks that smoking causes for individuals:

1. Cardiovascular Diseases—smoking causes at least 20% of all deaths from heart disease:

- a. Heart attacks
- b. Coronary heart disease
- c. Aortic aneurysm
- d. Peripheral vascular disease
- e. Sudden cardiac death

2. Cancer—30% of all cancer deaths are tobacco-related:

- a. Lung cancer
- b. Head and neck cancer
- c. Cancer of the esophagus
- d. Stomach cancer
- e. Cancer of the pancreas
- f. Cervical cancer (uterus)
- g. Cancers of the kidney and bladder

3. Respiratory diseases—tobacco not only causes early aging of the smoker's lungs, but also of their spouses, children, and close, long-time friends.

- a. Emphysema
 - b. Chronic bronchitis
 - c. Asthma
 - d. Chronic obstructive pulmonary disease (COPD)
4. Stroke—smoking increases the risk by 1.5 to 3 times.
 5. Pregnancy—when expectant women smoke, their babies have higher risk of fetal death, hypoxia, neonatal death, lower birth rate, and SIDS.
 6. Immune system and infection issues—smoking tobacco decreases immune system functioning, which makes a smoker have more infections.

A quick summary of more risks to the smoker's health includes: osteoporosis, peptic ulcer disease, male infertility, female infertility and earlier menopause, cataracts, increased susceptibility to major depression, and vulnerability to other substance abuse and dependence.

Smokers can also suffer job discrimination and social discrimination—effectively being treated as social outcasts because their

addiction to cigarettes makes them undesirable to be around for nonsmokers.

This brings up the issue of "second hand smoke," which is the smoke that is inhaled by nonsmokers while in the presence of the smoker. Family member, friends, and especially children have a higher risk of the following when forced to breathe the air polluted by smokers either at home or in a non-smoke-free places: asthma, lung cancer, brain tumors, heart disease, and rhabdomyosarcomas.

CHAPTER 2: HOW TO QUIT:

"Escape Routes"

When you get to your Quit Day, here's what you want to do:

1. Don't smoke at all, don't puff once, or even smell a lit cigarette.
2. Stay in motion by staying active—you can walk, exercise, or do some other kind of hobby or activity you like to do.
Anything to occupy your body and mind—and take the focus off of your smoking... that is, NOT smoking!
3. Make sure you drink a whole lot of water and juices.
4. If nicotine replacement is part of your plan, then start using it now.
5. Go to your support group, stop-smoking class, or walking through your self-help plan.
6. If you know a situation will give you a strong urge to smoke—avoid it at all costs!
7. Cut down on your drinking of any alcohol... or stay away from it altogether.

Also, consider changing your regular routine as you seek to change your life. Simple things like driving to work a different way, or changing your comfort beverage from, say, coffee to tea, can help be helpful. You might even want to start eating at places you didn't before... or eating foods you didn't before. What you're trying to do is to become a nonsmoker—which is a different person than you were yesterday. So anything you can do to become a different person in general will help you make such a major transition.

And it's going to be a struggle—don't think otherwise. Because you'll soon be fighting against the nicotine withdrawal symptoms, which we'll cover soon. But "fight the good fight" and "stay quit," which is a way of saying, "Keep up your success"!

Let's talk about the many methods that people can use to quit smoking. Some will be conventional, others are kind of unorthodox. But no matter what anyone else says or does, you'll have to find out what works for you.

So what are the most common "tried and true," proven methods? First, we'll list them, and then we'll go into details about each one.

1. Cold Turkey
2. Gradual Reduction
3. Nicotine Replacement Therapy (NRT)
4. Zyban
5. Chantix
6. Low-Level Laser Therapy
7. Hypnosis
8. Acupuncture

Cold Turkey: Stop all smoking instantly. NO more cigarettes, even if you were smoking 3 packs a day up until yesterday. From 60 to 0 in one day flat. The only thing fighting your nicotine addiction is your willpower when your plan is to quit cold turkey.

Gradual reduction: This means slowly cutting down the number of cigarettes you smoke. But even though you're slowly but surely weaning yourself out of your nicotine addiction, you're continuing to expose your body to the dangerous chemicals that tobacco poisons with so brutally. Within the method of gradual reduction, there are various "sub-methods".

1. You could smoke only $\frac{1}{2}$ of each cigarette.

2. You could wait for an hour or more every day before you puff your first smoke.
3. You could smoke only during the even hours of the day... or maybe only on the odd hours of the day.

Nicotine Replacement Therapy or NRT: This is all about replacing your source of nicotine. Instead of getting it from the very high levels in cigarettes, now you get it much lower doses and delivered more slowly. The goal is to, little by little, wean you off nicotine—completely... eventually. NRT also gets the nicotine to you without all the dangerous tar, gases and other chemical crap that smoking exposes you to. Another great thing about it is that it makes you have fewer cravings and less nicotine withdrawal symptoms. Of all the quit-smoking methods, NRT has been researched the most. Test show that you'll have two times the possibility of quitting for good if you use it the right way. For those who find quitting to be a real bitch, then this might be just the thing. It's really for you if you're the kind of person that smokes their first cigarette within a half hour after you get up from sleeping. If you go the NRT route, then you'll need to make sure you're doing it right. Follow instructions on the labels and if you don't understand something, then ask a doctor or a pharmacist for help.

Even though NRT is safer than smoking cigarettes, you'll need to clear it with your doctor or pharmacist first, especially if you have some other kinds of medical issues. This includes if you're a woman that's pregnant or plans to get pregnant while on NRT. Here are the most common forms of nicotine replacement therapy delivery systems:

1. Patches: deliver a low dose but constant amount of nicotine while you're wearing one. The patch doesn't let you respond immediately to any stressful situations or quick cravings.
2. Gum: can deliver a high dose fast enough to deal with a craving. This allows it to be a quick fix, if necessary... just like a cigarette would have been.
3. Lozenges
4. Nasal spray: like gum, can also deliver a high dose fast enough to deal with a craving. And as such, also allows can be an anti-cigarette "quick fix".
5. Inhalator
6. Lollipops

You can get a prescription for any of these, but you can probably get them from your local drug store pharmacist too. Lots of supermarkets and

retail outlets carry them too. People who smoke continually through the day would be better served by the patch with its steady delivery. But if your smoking is more about a response to stress or just quick cravings, then you might want to shoot for the quick hits that the gum or spray offer. In the final analysis, any of these NRT techniques is as effective as the other.

But NRT is not a "one-size-fits-all" deal. Recently, it's been found that, while some NRT techniques, like gum, will work for less impulsive smokers, people that are more impulsive seem to have a lot more severity of nicotine withdrawal and higher cortisol (hormone) levels. Some people are just born with genes that make them more prone to addiction, because of how these genes regulate the person's dopamine and serotonin neurotransmitter levels.

Zyban: This is a pill that calms the symptoms of nicotine withdrawal and reduces the urge to smoke. Zyban doesn't have any nicotine in it, but still affects chemicals in the brain that are connected with addiction to nicotine. These can include beta-endorphins, acetylcholine, dopamine and norepinephrine. Check this out: even scientists don't understand 100% how it works, but does for lots of people.

Chantix: This is a nicotinic receptor modulator that's selective in its targeting of nicotine addiction in the brain. Chantix is usually used as part of a stop-smoking program.

Low-level Laser Therapy: this is kind of like adding a high-tech twist to acupuncture—the ancient healing art of sticking real thin needles into certain parts of the body to trigger the natural healing response of the body. The low-level lasers of laser intervention simulate the needle by emitting a fine-point "cold laser" into the skin. Like with physical needles, this increases activity in the endorphin production system of the body.

Now, you're probably saying, "What the heck is an endorphin production system?" Glad you asked! It's a set of natural chemicals inside of your body that tell your internal system to increase energy and decrease stress. When you absorb nicotine in your system constantly by smoking, the nicotine eventually takes control over this internal endorphin reproduction system. What low-level laser therapy does is to first restore the body's endorphin levels, and then laser intervention can release the hold that nicotine has on your system.

Hypnosis: hypnotherapy helps some people quit smoking. But although some people would like it to be, it isn't any more effective than the other ways

Acupuncture: getting back to the actual old school method from ancient Chinese medicine of inserting and gently stimulating hair-thin needles into certain parts of the body to trigger its natural healing response.

Here are some tips on quitting smoking:

1. It's best if you can quit cold turkey. People have found it to be the simplest technique... and the one that works the best.
2. Stop carrying cigarettes on you. Not even on in your pocket.
3. Focus on quitting one day at a time, without worry about what will or will not happen for you tomorrow, the next day, next week, next month or next year. Just concentrate on not smoking all day from rising to sleeping.
4. Force yourself to have an attitude adjustment about your quitting, keeping it in your mind as: "I'm doing myself a favor. I am not depriving myself of smoking a cigarette. I care about myself and I want to stop smoking because of that."
5. Express pride in being a nonsmoker.

6. Don't forget that there will be a lot of regular situations where the urge to smoke might get triggered. We'll cover triggers in more detail later, but some of these may include:
 - a. Drinking coffee
 - b. Drinking liquor or other alcohol
 - c. Hanging out in bar
 - d. Hanging socially with friends who smoke
 - e. Playing cards
 - f. After eating a meal
7. Put together a list of all the reasons why you want to quit, and keep it with you at all times. If you can keep it in the same place you used to keep your cigarettes, even better. When the craving or urge to smoke hits you, reach for your list to refresh your memory... again and again, to replace your smoking habit with this one.
8. Make sure that you drink lots of fruit juices over the first few days of quitting, to help you flush nicotine out of your system.
9. One way to guard against weight gain related to quitting is to make sure to eat lots of fruits and vegetables, as opposed to

sugar-filled pastries and candies. When you want a short-term oral substitute for a cigarette, you're safe with a stick of celery or a carrot. Also, maintain a safe exercise routine after first checking with your doctor to see what's safe for you.

10. When stressful things happen suddenly, don't fall into the trap of your mind telling you that smoking is the solution to the emergency, illness, relationship problem, or whatever. You'll just make the actual crisis worse, and at the same time, suffer a nicotine addiction relapse.
11. Keep thinking of yourself as a smokeaholic. You can never safely take one puff, regardless of how long you've been off nicotine. Keep in mind that you could easily become trapped again.
12. Never have internal discussions with yourself about how much you want a cigarette. Rather, talk to yourself about how messed-up you'll feel if you went back to smoking like you used to. Keep an "all or nothing," zero-tolerance attitude about it.

13. Put the money you used to spend on cigarettes in one place or bank account. Reward yourself after a week or a month by buying yourself something really cool that you've been wanting for a long time. Maybe treat yourself to a vacation with the money you've after a year.
14. When cravings hit you, do deep breathing exercises.
15. Start frequenting the kinds of places where smoking isn't usually possible, such as the nonsmoking sections of restaurants, at theaters, bookstores, church, and libraries, etc.
16. Let everybody around you know that you've quit smoking, and be very vocal about it... continually.
17. Keep in mind that there are only two reasons why you'd want to take another puff after quitting.
 - a. It'll be fun going back to killing yourself with cigarettes
 - b. It'll be fun making your nicotine withdrawal last forever.

But you should force yourself to never puff another cigarette if neither of these two sounds attractive to you.

In the "Tips" section we promised you details on what triggers the urge to smoke. Here we'll give them to you, along with some possible substitutions you can use when your cravings are triggered.

There's an acronym known as HALT, which stands for Hungry, Angry, Lonely, Tired. And here's how they all relate to quitting smoking.

1. Hunger: Oftentimes when you feel you're having a crisis moment, it's just that you need to eat and that alone will make you feel better.
2. Anger: This can easily trick you into thinking you need to smoke a cigarette so you can quickly deal with the situation. So you want to try your best to stay away from people and places that piss you off or otherwise frustrate you. If your job is the culprit, then you might want to start you quit while taking some time off work or over a three-day weekend if possible
3. Lonely: It's a good idea to join a Nicotine Anonymous or other quit-smoking support group to hang out with other people going though what you're going through. Or just a buddy who has successfully quit smoking. No reason to do

this all by yourself when so many others are around that can offer social comfort.

4. Tired: Fatigue can make you feel worn out and easily irritated, which you used to cope with by smoking. But tell your mind that you won't fall for that lie this time, or ever again.

Some of the other main cigarette-smoking triggers include the following:

1. After having sex
2. While drinking liquor or other alcohol
3. Work situations that are stressful
4. Social functions that are relaxed and casual
5. When you're bored
6. When drinking coffee
7. When you're driving
8. When your work day is over
9. Celebrating something you've accomplished
10. Dealing with a crisis relating to your family
11. When you're done eating a meal

12. When you wake up
13. Card games
14. While reading
15. Hanging out with friends who smoke
16. While speaking on the phone
17. While trying to kill time waiting for something or somebody
18. Looking at TV
19. Breaks at work
20. Just plain habit with no special reason

Eventually, you'll come to understand what triggers your smoking. You've got to not only know what they are, but you should prepare some kind of plan to deal with them when they rear their ugly heads. Don't get caught by Murphy's Law, which guarantees anything that can go wrong will go wrong. Many times things in your life will try to trigger you to smoke. So it's up to you to plan ahead, since "to be forewarned is to be forearmed"!

So what are some good substitutions when you're triggered to smoke after quitting?

1. Instead of drinking coffee for the first week, maybe try changing to some kind of fruit juice instead.
2. Do your morning showering after breakfast, or maybe use the after-meal time to clean up your place.
3. Keep gum, carrot or celery sticks, licorice, or mints on hand so you can chew or suck on them.
4. Find ways to keep your hands busy, like with tools or needlework.
5. Go out for walks.
6. Keep a journal and write in it to deal with stressful situations when they happen.
7. Switch any drink you associate with smoking for some other beverage.
8. Give yourself small rewards, like pampering yourself with a massage machine, a bubble bath, or some other relaxing, comfort.
9. When you have a personal crisis, make sure you don't have to handle it without some kind of support system.

10. Find something to keep your hands busy with when you're looking at TV. You might also want to chew on coffee stirrers or straws, or do pursed-lip breathing exercises.
11. Stay away from smokers for a while.
12. Keep your hands busy while you're on the phone by, say, drinking bottled water, switching hands on the receiver, or maybe doodling with pen and paper.
13. Sing with your radio while driving.
14. Get out of stressful situations ASAP.
15. Choose to hang out with nonsmokers as opposed to smokers.
16. Make it clear to everybody close to you that you quit and that you never plan to smoke again.
17. Keep reading your list of reasons why you quit... over and over and over and over and over and over and over....

What about all the chemicals that your body absorbs when you smoke cigarettes? We've discussed them in terms of their formal names, but you're probably wishing we could say it in a way that even a non-

scientist will understand. Right? Well, you've come to the right place.

We're going to explain just what kinds of poisons you're taking in every time you puff a cigarette. There're over 4,700 of them, but we'll detail the ones that are easy to grasp the kind of crap you're sucking in.

First of all, did you know that these toxins will at least make your teeth yellow, your skin wrinkle faster, and make any wounds you might get heal a lot slower? Yep, that's what time it is.

If we list them like this, we're sure you'll be able to relate to the similar stuff you have in your house... or maybe your garage... or some other weird place where it should be. Instead of inside of you.

WHAT YOU MIGHT CALL IT	WHAT SCIENTISTS MIGHT CALL IT
Anti-freeze	Methanol
Mothballs	Naphthalene
Lighter Fluid	Butane
Car Batteries	Cadmium
Insecticide	Nicotine
Paint Stripper	Acetone

Floor Cleaner	Ammonia
Ant Poison	Arsenic
Car Exhaust	Carbon monoxide
Radioactive Substance	Polonium 210
Morgue Preservative	Formaldehyde

What kind of timetable can you be looking at when you quit smoking? Problem is, it all depends on what method you're using. With all the possible techniques... and all the possible combinations of using them, there's no way to come up with a "one size fits all". But if you're making the choice to quit cold turkey, you can probably count on some averages and norms, just based on how nicotine works in the body. Again, the following is not for using any product to quit—only for cold turkey.

HOW THE BODY RESPONDS	AFTER QUITTING FOR:
Your blood pressure, pulse rate, and the temperature of your hands and feet all go back to normal levels.	20 minutes

Whatever nicotine you still have in your bloodstream will have a 93.25% reduction, dropping 6.25% of normal peak daily levels.	8 hours
The level of oxygen in your blood goes up to normal amounts, and carbon monoxide levels go down to normal.	12 hours
Your anxieties hit the highest levels they're going to hit, and within two weeks, they go back down to the levels they were before you started your quit.	24 hours
Any nerve endings that got damaged by your smoking are regrowing, and you're getting back your normal sense of smell and taste. Here's where your anger and irritability will hit the highest levels they're going to hit.	48 hours
If you're tested, your body will show as	72 hours

being 100% nicotine-free. You have urinated away 90% of all the nicotine metabolites, which are the substances nicotine breaks down into. Your restlessness and other chemical withdrawal symptoms hit the most intense levels they're going to hit. Your trigger-related craving episodes will probably hit the highest levels they're going to hit. There's now some relaxation in the long bronchial tubes leading to your alveoli (your air sacs). Your lungs are starting to work better and it's easier for you to breathe now.

Your triggered-craving episodes will go down to somewhere around three times a day. Average episodes will last about three minutes—although your struggling body might make minutes feel like hours.

5 - 8 days

<p>It's a good idea to keep a clock close by so you can time them and be objective about what's really happening... as opposed to what seems to be happening.</p>	
<p>Your crave episodes drop to less than two a day, and they last around that three-minute length.</p>	<p>10 days</p>
<p>Your addiction is no longer in the driver's seat, and the circulation of your blood in both your teeth and gums are close to what a non-nicotine user experiences.</p>	<p>10 days to 2 weeks</p>
<p>Finally, there's an end to all the anxiety, anger, concentration problems, depression, restlessness, impatience, and insomnia that started when you quit nicotine. You should see a doctor if all these haven't gone away by this point.</p>	<p>2 to 4 weeks</p>
<p>Your brain's acetylcholine receptors and</p>	<p>21 days</p>

receptor binding are back to the levels that a non-smoker experience.	
Your chance of having a heart attack is decreasing and there's an improvement in the functioning of your lungs.	2 weeks to 3 months
There's a significant increase how your circulation is flowing. You're walking with more ease, and any chronic cough you got from smoking is gone by now.	3 weeks to 3 months
The sinus congestion you may have gotten due to smoking has fizzled out. Your lungs can deal with mucus better now because cilia have regrown. This helps your lungs stay clean and also makes the chance of infections decrease. The overall energy you feel is higher than when you were first started your quit.	1 to 9 months
You now have less than half the chance	1 year

of getting heightened coronary heart disease than a smoker would get.	
You no longer have the heightened risk of stroke that smoking gave you. In fact, that risk is now the same as a non-smoker's.	5 to 15 years
If you quit from smoking one pack a day, like the average smoker, then you now have half the risk of a lung cancer death than you did back then. Also you have less chance of getting mouth, throat, and esophagus cancer too.	10 years
At this point, it's like you never smoked, as far as your risk of coronary disease is concerned.	15 years

You know there's no way to do something like quit a drug dependency without thinking that you might struggle with periods of failure—but only temporary failure, of course. This is what "falling of the wagon" or relapse is all about. So how do you deal with this dark cloud of shame that's always looming over your head after you start your quit? First of all, understand that it's common, that is, that it's a regular part of the process. It takes 2-5 committed tries for the majority of people to stay tobacco-free forever. We've already talked about the triggers to smoke, but now let's hit them from the relapse angle. This will help you ward off the destructive power of some of the things that cause relapses, even for longtime quitters.

Watch out for:

1. Social celebrations
2. Symptoms of withdrawal
3. Drinking alcohol
4. Gaining weight
5. Triggers of habit, like coffee, phone calls, etc.
6. Dependency on nicotine
7. Social pressure
8. Mourning or self pity

9. Emotional state of negativity
10. Failures or expectation of failure
11. Real or anticipated stressful events
12. Tobacco cravings
13. A motivation to quit that isn't strong enough
14. A lame quit plan or none at all

So if you do have a relapse, what do you do about it? Fall on the floor and wallow in tears in a fetal position for a week? Nah! There are more constructive things you can do to get back on track. Once again, it's best to know that it's going to happen and you can use this reality to plan your defense... and prevention.

Write a list of people, places, things and situations that may cause you to slip.

1. Make a list of each cause of your slipping. Next to each one, write down two or more new ways you're going to stop them from causing the slip.

2. Never throw in the towel just because you've slipped. Again, focus on the cause the slip and come up with a better way to battle it next time.
3. Don't concentrate on the slip, but on giving yourself credit for making the right decision to quit in the first place.
4. Look to your family, friends, co-workers, and maybe professional organizations for help when you need some.
5. Remember, every slip is just another chance to revamp your addiction-fighting strategy.
6. Keep in mind that you're getting rewards by staying in the quit game. Some of these are your health benefits, self control, self-esteem, and knowing that you're achieving something that lots of people can't or don't do.

CHAPTER 3: THE INSIDIOUS ATTRACTION TO TOBACCO:

"Hook, Line, and Sinker"

Some cigarettes have an added flavor. Menthol cigarettes, for example, get their minty taste because they're laced with a non-tobacco additive. Clove is another flavor, which is the same stuff they use to spice up a ham at dinnertime. Brands like Djarium Black can make you a little bit too dizzy to drive or operate heavy machinery. Then there are the chocolate, orange mint, mango, and cherry flavors. Some people feel that tobacco companies designed these flavors to further entice young people to smoke, targeting them with these "tasty" options.

Studies have shown that, when asked, kids and teens are more attracted to flavored cigarettes than regular ones, and they think the flavored ones are less dangerous too. Young people think the packaging of versions like "Twista Lime," "Midnight Berry," and "Kauai Kolada" is "way cool".

Antismoking activists are outraged that companies like RJ Reynolds Tobacco is successfully reaching kids' attentions again, after having been banned from using their "Joe Camel" cartoon character that became almost as recognizable by kids as Mickey Mouse over at Walt Disney. Although

RJR said they weren't marketing to kids, internal documents that eventually came out showed their interest in the 14-25 age range. Since young people think that because the harshness of regular cigarettes is covered up by the sweet smells and tastes of watermelon, pineapple, and coconut, they are more likely to ignore warnings about their nicotine danger.

It seems that as regular smokers get crippled and die from cigarettes, the companies have to find ways to replace them—even with all the local, state, and national anti-smoking campaigns deterring lots of young people nowadays. The tobacco companies may be smarter than the anti-smoking activists, because statistics show that 4,000 kids under 18 will try their first cigarette on any typical day. And on the same typical day will bring addiction to somewhere like 1,500 other teens and kids.

What about the filter vs. non filter preference? Well, with a non-filter cigarette, you can choose to light whichever end you like. And when you inhale them, it's a lot easier to get a lot more smoke, since there's no resistance from any filter absorbing it before you can suck it in. Cigarettes without filters have 30-45% more tar and nicotine than filter cigarettes.

Then there are Light, Medium, and Ultra Light cigarettes. These are all about how much nicotine the filters are taking out of the smoke before

you inhale it in. If it absorbs 50-70% of the nicotine, then it's a Light. If it takes out 30%, you're probably looking at an Ultra.

But don't be fooled by the filtering. Lots of nicotine addicts just smoke more cigarettes to get to the same level of the drug that they would have gotten from one non-filtered cigarette.

So what about "smokeless" or chewing tobacco? Is it safer than smoking? Some researchers and public-health people say yes and that, for hardcore nicotine addicts that can't quit, maybe it's a less-harmful alternative. Unlike smoking cigarettes, smokeless tobacco doesn't lead to heart or lung disease. And the cancer it causes is seen at a much lower rate than with cigarettes.

But the CDC doesn't buy that because chewing smokeless tobacco can cause oral cancer... and cancer is cancer, no matter how (or where) you get it. One major league baseball player had to have a huge tumor in his cheek removed... so huge that doctors had to also remove most of his face too. He lost his jawbone, right cheekbone, taste buds, and a lot of his teeth and gum line—all because he chewed tobacco from youth. Even the baseball great Babe Ruth was finally done in by his tobacco chewing, dying from a cancerous tumor in the back of his throat at the young age of 52.

So is smokeless tobacco safer than smoking cigarettes? Yes. But is it safe at all? Not say the CDS, who cite 30,000 yearly American throat cancer patients or the 8,000 who die every year because of their tobacco chewing.

Another alternative to regular cigarettes is the "electronic cigarette," which is really this type of personal battery-operated device. It kind of looks like a cigarette, feels like a cigarette, can be smoked like a cigarette—but it doesn't produce any tar like real tobacco cigarettes do. Also known as an "e-cigarette," this device is an environment-friendly substitute for smoking, because it doesn't spew toxic crap like carcinogens and tar into the air like tobacco cigarettes do. The e-cigarette smoker gets satisfaction from a controlled release of nicotine and propylene glycol. The propylene glycol vaporizes when the smoker inhales it, and within a few seconds these odorless water vapors evaporate. This mechanism and functionality feel and taste like a cigarette to the smoker.

People who smoke e-cigarettes can get away with it even where smoking is not allowed, since there's no smoke released to the people around them. The electronic cigarette smoker just has to keep filling up his or her device with refillable cartridges and refillable batteries. And the smoker can choose light, medium, full, or zero nicotine strengths.

Furthermore, there's a choice of cigarette flavors from regular and menthol, to apple and strawberry.

CHAPTER 4: DECEPTIVE BENEFITS OF SMOKING:

"A Pack of Lies?"

Some people can find the silver lining in the dark cloud of smoking. They say that they experience benefits, such as relaxation, enjoyment, stress relief, boredom relief, less feelings of loneliness and depression, weight control, and better mental focus. Just the regularity of smoking allows a person to faithfully get outside, and away from a stressful or boring job. And the nicotine—acting as an anti-anxiety or anti-depressant medication—can be "to die for"!

People who smoke for weight reduction cite the research that nicotine from smoking keeps food in your stomach longer, suppresses your appetite, and speeds up the metabolism, effectively burning an extra 300 calories a day. When a smoker quits smoking the body has to adjust a lower metabolic rate. So unless you eat less or exercise more, you will tend to store more fat and gain weight.

However, with all these "benefits," quitting smoking will make you feel better and live longer... and healthier during the later years you're alive. You can find other natural ways like eating less food, exercising more, taking regular breaks away from work, stressful and boring situations, and

dealing with anxiety and depression in other ways than with the chemical nicotine addiction from smoking cigarettes.

Quitting smoking has some side effects that most people will have to deal with. An important one happens during the first three days of quitting, when the blood sugar drops. This can make the quitter have blood-sugar-drop symptoms, like dizziness, headaches, difficulty concentrating, distorted time perceptions, and a sweet tooth. Also, even though your oxygen levels have improved by quitting smoking, it can't fuel your brain in the right way because of the limited supply of sugar. Understand that smoking cigarettes doesn't actually put sugar into the bloodstream, but the nicotine causes a chemical interaction in your body that just affects the level of blood sugar due its stimulant effect.

This effect is also how the appetite suppressant situation from cigarettes works. A smoker's blood sugar is raised much quicker from nicotine interaction than from eating—almost instantly. So when you quit and get the low blood sugar symptoms, you eat to relieve them. Just a little food will work, but your body doesn't absorb that food for almost 20 minutes. So you keep eating and eating, waiting to feel better, thinking that it took 20 minutes worth of eating for relief. This translates into eating more

than you need—and eventual weight gain. But during the first three days or so of quitting, you can counter this by drinking lots of juice all day long. After about the fourth day, you are usually over this hump if you eat relatively healthy food.

CHAPTER 5: SMOKER STORIES:

"Tales of Tar and Nicotine"

Here are few stories from people who smoked... then kicked the habit for good.

"At age 13, I started smoking up a storm. By the time I was 34, I was smoking, like 30-40 cigarettes a day. I didn't think it was possible for me to quit. In fact, my family just gave up on me quitting after several failed attempts. But eventually, I gained the knowledge and tools to get over my nicotine addiction. Miracles do happen!"

"The thing I didn't know when I first tried to quit is that, just because you keep messing up, it isn't like you'll never get there. I'm glad I kept trying after feeling like a loser for more than 2 years. All I can say is that it takes a lot of understanding of why your body works the way it does to finally be able to not get discouraged. If you want to quit, learn about why you smoke

and why you should stop. Then make it happen, even though it might be a long road."

"I wish I hadn't waited until I had cancer to finally put my foot down and quit smoking. I wanted to stop a long time ago for my family, but it just didn't seem to happen because of my weakness in the withdrawal times. I was a real bitch to be around, just screaming and punching stuff to get my anger out. Eventually I started praying that God would stop the headaches and give me back my life. And eventually it happened! Thank God!"

"I smoked because I was bored, so after quitting, I really had to find something else to do whenever I felt that way—which was a lot. So after eating, after sex, or while on a boring date, I had to learn how to fill the empty space with the behaviors and activities that non-smokers use during these times."

"I quit cold turkey after smoking for 17 years and it was awful! I wasn't able to concentrate on anything... hell, I could barely see anything because of blurriness for about three weeks. Finally, the withdrawal symptoms went away after, like, the 4th week, and then I started feeling better. It's been 3 years now, and I haven't smoked again since. And I feel great."

"I was worried about the weight gain that kept happening when I'd tried quitting before. But after learning about how nicotine affected my body (while smoking and while quitting), I was able to work exercising more and eating healthier stuff. So this last time, the weight thing wasn't a factor. And that's what got me over."

"I started smoking at 16 to hang out with the hip kids in high school. I always thought I could quit when I wanted to. But I always kept telling myself that I didn't want to. Then my first son was born and then I did want to. But I son found out that I

really couldn't quit when I wanted to. This pissed me off so much! I used NRT gum, but still had to realize fully the real problem. I was an addict. After a long painful struggle, I did it. No more NTR. No more nicotine. I'm totally free and in control. But I have to stay vigilant about not letting things upset me and send me back there. And I have to be honest and keep remembering that, I AM STILL AN ADDICT, just recovering every day, one day at a time, for the rest of my life."

CHAPTER 6: SMOKING PREVENTION FOR YOUNG PEOPLE:

"From Cool to Uncool"

In spite of the graphic and shocking anti-smoking ads designed from the "scared straight" angle, the National Institute on Drug Abuse has reported that most people tend to remember more fact-based and low-key messages. So all the gross-out PSAs (public service announcements) may not be worth all the sensational colors, loudness, in-your-face narration and shocking visuals after all.

And what are the best ways to prevent young people from smoking? If you know why they smoke in the first place, you can give them some tools to not end up like most of the adult smokers that started as teenagers—then got hooked. Here are some tips that can help you get a younger person to not want to even try puffing a cigarette.

1. Be in touch with what the attraction is for the young person.

Is it about rebellion, fitting in with the hip crowd, self-esteem, an attempt at weight loss, or a feeling of independence? Ask the young person how he or she feels about smoking and which of their friends smoke. Praise good choices and discuss bad

choices and the consequences. It's a good idea to discuss how tobacco companies use the media to make smoking look cool and not deadly.

2. Tell your teen NOT to smoke.

Even if they seem like they want to do it anyway, your letting them know they shouldn't will have an impact even when you don't see them. Studies show that teens smoke less when their parents set firm restrictions against it.

3. Be a good example of not smoking.

When the parent smokes, it's more likely that the teen will too. Quit yourself, if you are smoking. Your doctor can help you find ways. Before you quit, make sure not to smoke at home, in the car, or any other place where your kids will see you. And don't leave cigarettes out where young people can see them and use them. You're not a hypocrite if you tell them that you're not happy with the

stranglehold that nicotine has on you. And that you want to save them the same fight later in life.

4. Tap into the vanity your teen feels for himself or herself.

Give them the message about how smoking is gross, smelly, and negative, gives bad breath, stinks up clothes and makes teeth yellow. Also let them know about how they don't want to have a chronic cough or be hampered from enjoying sports activities due to lack of energy.

5. Calculate the money involved.

Let your teen know how much money cigarettes will cost them to buy. Have them do the math for weekly, monthly, and yearly smoking of a pack a day. If you show them the amount in terms of how many of their favorite clothes, entertainment, or other items they'd have to give up, it'll hit home.

6. Know that there will be peer pressure.

Even though you may be competing against your kid's smoking friends, you can still help them resist. Practice the inevitable tough social situations they'll face, and help them rehearse confident responses. If your kid rehearses enough, it'll be easier for them to say, "No thanks," or "I'm not into smoking".

7. Be serious about the power of addiction.

Young people feel invincible, so of course, they feel as if they can quit smoking whenever they feel like it. But of course, the power of addiction can pull the rug out from under them just as much as it happens to adults—with lower nicotine doses than it takes adults. And quitting after becoming hooked is one of the hardest things to do in life.

8. Show them a "crystal ball" of their future

Since young people usually feel that negative things only happen to people they don't know, make sure to show them examples of cancer, heart attack, and stroke from

long-term smoking with family, neighbors, and friends who have smoked for a long time.

9. Don't just stop at cigarette prevention.

Encourage young people to avoid all the traps, including smokeless tobacco, clove cigarettes, and water-pipe smoking. They all can be destructive to the body, causing cause cancer and other bad stuff your kids wouldn't want to get.

10. Be involved and active.

After making clear that you're taking a stand against your teen's smoking, join the local anti-smoking campaigns at their school or other local places. When asked about banning smoking in public places, support that ban.

Now what if your teen already smokes? What to do? Well, what you shouldn't do is spew out threats and ultimatums. You've got to be supportive and find out why he or she smokes. Then you want to talk with

them about finding ways to hang out with non-smoking friends and getting into new activities that will take them away from the wrong crowd.

The biggest challenge will be to get him or her started on a quit plan that will overcome the addiction to nicotine... and get past the uncomfortable and frustrating nicotine withdrawal symptoms. Maybe offer them sugarless gum, cinnamon sticks, toothpicks, or straws to keep their mouth busy. Keep them aware of the fact that when they have cravings, the cravings will go away after a few minutes, so they should hold out and maybe take some deep breaths until it happens. Joining a support group sponsored by local organizations or hospitals is a good idea, as well as online teen support groups.

And above all, celebrate any success your kid has in the fight to quit smoking. Maybe reward little successes with a new shirt, a favorite meal, or larger prize if they've quit for a set amount of days, weeks or month. This can give your kid or teen the positive reinforcement they need to get over the hard part. Eventually, they'll quit smoking for ever, with the power of self-reliance and healthy internal self-motivation.

Above all, celebrate your teen's success. You might offer a favorite meal for a smoke-free day, a new shirt for a smoke-free week, or a party with nonsmoking friends for a smoke-free month. Small rewards and plenty of positive reinforcement can help your teen maintain the motivation to stop smoking for good.

CHAPTER 7: MORE STOP SMOKING RESOURCES

"Light Up the Truth"

Centers for Disease Control and Prevention: Smoking and Tobacco Use

<http://www.cdc.gov/tobacco/>

Centers for Disease Control and Prevention: Women and Tobacco

http://www.cdc.gov/tobacco/data_statistics/fact_sheets/populations/women/

Physicians for a Smoke-Free Canada: Cigarette Smoke and Kids' Health

http://www.smoke-free.ca/Second-Hand-Smoke/health_kids.htm

National Cancer Institute: Fact Sheets: Tobacco/Smoking Cessation

<http://www.cancer.gov/cancertopics/factsheet/Tobacco>

Mayo Clinic (Resources on Smoking)

Quit smoking basics

<http://www.mayoclinic.com/health/quit-smoking/MY00433>

Teen smoking: How to help your teen quit smoking

<http://www.mayoclinic.com/health/teen-smoking/TN00016>

Teen smoking: 10 ways to help teens stay smoke-free

<http://www.mayoclinic.com/health/teen-smoking/HQ00139>

Stop-smoking products to help you quit

<http://www.mayoclinic.com/health/stop-smoking-products/HA00065>

Staying smoke-free: How to avoid a smoking relapse

<http://www.mayoclinic.com/health/smoking-relapse/MY00484>

Quitting smoking: 10 ways to ride out tobacco cravings

<http://www.mayoclinic.com/health/nicotine-craving/SK00057>

Quit smoking: Proven strategies to help you quit

<http://www.mayoclinic.com/health/quit-smoking/SK00056>

Utah Department of Health Tobacco Prevention and Control Program

<http://www.tobaccofreeutah.org/>

United States Environmental Protection Agency (Secondhand Smoke)

<http://www.epa.gov/smokefree/index.html>

Free Quit Smoking Books, Guides, and Tips

<http://whyquit.com/books.html>

Joel Spitzer's WhyQuit.com Library

<http://www.whyquit.com/joel/#book>

Freedom from Nicotine: The Journey Home by John Polito

<http://whyquit.com/ffn/index.html>

PubMed on Smoking Cessation

[http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&term=smoking%20cessation&log\\$=related_query](http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&term=smoking%20cessation&log$=related_query)

United States National Library of Medicine (National Institutes of Health)

<http://vsearch.nlm.nih.gov/vivisimo/cgi-bin/query-meta?query=smoking+&imageField.x=0&imageField.y=0&v%3Aproject.nlm-main-website>

MedlinePlus: Secondhand Smoke

<http://www.nlm.nih.gov/medlineplus/secondhandsmoke.html>

Tobacco Control: An international peer review journal for health professionals and others in tobacco control

<http://tobaccocontrol.bmj.com/>

California Office of Environmental Health Hazard Assessment

http://www.oehha.org/air/environmental_tobacco/

Report of the Scientific Committee on Tobacco and Health (Great Britain)

<http://www.archive.official-documents.co.uk/document/doh/tobacco/part-1.htm>

Health Canada: Tobacco Health Concerns

<http://www.hc-sc.gc.ca/hc-ps/tobac-tabac/index-eng.php>

Electronic Cigarettes (Informational Video, e-book, and Discount Coupons)

<http://www.smokelessdelite.com>