

## 29 Reasons to Stop Smoking

1. Make a list of all the reasons why you should stop smoking. Put this list on your refrigerator to remind yourself each day.
2. Prepare yourself mentally.
3. Remember that your risk of cancer declines the moment you quit.
4. Remind yourself that your risk of heart attack decreases the moment you quit.
5. Remind yourself that quitting reduces the risk of other illnesses too like emphysema.
6. Remind yourself that you put others at risk such as family members from 2<sup>nd</sup> hand smoke.
7. Remind yourself of how many years of life you will gain the moment you quit.
8. Remind yourself that a lot of restaurants now do not allow smoking because it's not healthy.
9. Make an appointment to get hypnotized.
10. Make an appointment to have laser treatments.
11. Ask a friend who smokes to quit with you.
12. Once you decide to quit, throw out all your lighters and ashtrays leaving only one in the house. Once you quit, dispose of the last ashtray.
13. Join a support group. You can use google to find support groups as there are too many to list here. Look at [www.whyquit.com](http://www.whyquit.com) or [www.quitnet.com](http://www.quitnet.com) to name a few.
14. Quitting will also decrease your premature aging and wrinkles.
15. Remind yourself that's its an addiction and help is out there for you to quit.
16. Take up a hobby that keeps your hands busy such as painting or gardening.
17. Don't put off quitting because you're afraid you will gain weight.
18. Smell your clothing and realize that smell is from cigarettes!
19. In the beginning, try to avoid other people who smoke.
20. Avoid going to bars where temptation is great.
21. Set a date for yourself to quit by and place in on your calendar.
22. Take up yoga, meditation or purchase audio tapes to give you guidance.
23. Try to go just one day without a cigarette. You will notice that your taste buds and your sense of smell will be instantly sharper.
24. Ask your friends and family for support with quitting.
25. Realize that your withdrawal symptoms will pass and tell yourself "I can quit", I can do this.
26. Realize you won't be supporting any tobacco company anymore.
27. Write down your top ten reasons why you think you should quit. Renew this list daily.
28. Join a health club to keep busy.
29. Write down all the money cigarettes are costing you and tell yourself "I want to quit". I will start tomorrow.

\*If your still not convinced that smoking is bad for you, read the following information regarding nicotine.

Cigarette smoke contains over 4,000 chemicals, and 400 other toxins. Of the 4000, 43 of the chemicals are known to cause some type of cancer. With every cigarette you smoke, your cancer risk increases.

Listed below are some websites that provide support and helpful information

[www.way2support.com](http://www.way2support.com) – This web site lists stop smoking aids and resources. It lists web sites such as [smokefree.gov](http://smokefree.gov) and [way2quit.com](http://way2quit.com)

[www.nicorette.com](http://www.nicorette.com) – This site contains tips and resources about nicorette gum. It discusses nicotine and its addiction.

[www.lungusa.org](http://www.lungusa.org)- Here, you can sign up for their newsletter or find your local American lung association (searchable by zip code) or you can call 1-800-lungusa

[www.quitsmokingsupport.com](http://www.quitsmokingsupport.com) – Contains information about hypnosis and nutrition. It also offers books, cd's and videos.

Nicotine, a mild stimulant is what causes an addiction to tobacco. It increases your blood pressure and stimulates your heart. In its liquid form, nicotine is a powerful poison. Cigarette smoke by itself is also a powerful thing containing such things as carbon monoxide, hydrogen cyanide, nitrogen, sulfur oxides and tars, which contain an estimated 4,000 chemicals. With each puff of a cigarette, nicotine passes through the lungs and to the brain. Some research has been done that suggests that natural tobacco is not as big of a cancer risk, but more research needs to be done.

Tobacco today also involves pesticides and chemicals added to the tobacco to make it burn better. This is a cause of an increase in fire related deaths by cigarettes not being put out by a smoker.

Cigarettes also include other toxic contaminants such as:

Dioxin, the most toxic pesticide chemical known to date.

Acetonitrile, cadmium (which affects the kidneys, arteries, and blood pressure), lead, arsenic, cyanide, and nickel. Polonium which is a radioactive material is also found in cigarette smoke. A person who smokes one and a half packs per day may be exposed to radiation equal to 300 chest x-rays a year. Acetaldehyde, a chemical released during smoking, causes aging of the skin. And smoking reduces your absorption of vitamin C by 30–40 percent.

Ask yourself the following questions:

- Do I smoke everyday?
- Do I chain smoke?
- Has my doctor ever told me I should quit?
- Do I smoke because I'm bored or due to stress?
- Do I buy extra cigarettes because I'm afraid I will run out?
- Do I prefer places that allow me to smoke?
- Has my smoking ever caused any problems in any of my relationships?
- Do I continue to smoke even though I am aware of the health hazards?

**Many non-smokers wonder why it's so tough for smokers to quit.** I used to smoke so I know what it's like not to smoke. But I know too that my addiction was not severe. Some people are not as

addicted as others. It's the same for alcohol and drugs too. They are people that can stop overnight and then there are people who cannot stop at all because their addiction is so bad.

After years of smoking your body gets dependent on nicotine. When that is taken away, it causes receptors in the brain to call out for nicotine, a sensation the smoker feels as a craving. These cravings can be very strong, and may last for weeks after you quit smoking.

There are so many stop smoking aids like Nicorette<sup>®</sup>, NicoDerm<sup>®</sup> CQ<sup>®</sup> or Commit<sup>®</sup> that provide a controlled amount of nicotine to help relieve your cravings, so you can slowly reduce the level of nicotine in their body until it's no longer needed. That will help you to focus on changing your habits.

I hope you will consider quitting and good luck.