



Why Give Up?



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If you weigh up the advantages and disadvantages of being a non smoker, you'll always come up with the same conclusion – only an idiot would choose to be a smoker. This is something that all smokers know, even if they continually protest about free choice and the like.

The trick is to always remember this fact now you want to become a non-smoker. You are not making some sort of sacrifice, because, **smoking does absolutely nothing for you at all** - other than destroy your health, empty your pocket, make you smell and considerably shorten your life.

You are already aware of the benefits to be gained from quitting the habit, otherwise you would not have thought of doing so in the first place: the trick is never to have any doubt about how much you want to give up, otherwise you'll make yourself feel thoroughly miserable, wishing you could have a cigarette. *And even more miserable if you do have one.*

Don't avoid smokers or rooms or situations where people smoke – instead just look at them and be pleased that you have achieved something they haven't. You don't need substitutes and you don't need to keep a packet of cigarettes in a drawer somewhere 'just in case'; **either of these protections will only serve to convince your subconscious that stopping is difficult and it isn't.** And dismiss any feelings that you are being deprived of something – you are actually *gaining* something, not losing it: you are gaining extra energy, extra wealth, extra health, and extra life.

Even when you have had the benefit of hypnosis to help you stop easily, you might possibly experience some sensation of craving or need during the first few days...that feeling of 'I wouldn't mind a cigarette'. If it exists at all, it will be far less than if you were trying to quit by will power and will last only a few seconds if you really want to stop. This is because the body can only maintain any sensation if it is constantly stimulated: Instead of saying to yourself: I'd really love to

have just one cigarette,' say 'Thank goodness I've stopped smoking.' *If you really want to stop, you'll find this easy, and any feeling of craving will simply disappear like magic.*

Don't try **not** to think about cigarettes – it's impossible, because in order to try not to think about something, you've got to think about it in the first place to know what it is you're trying not to think about!

You might think about cigarettes – and you might not. If you find yourself not knowing what to do with your hands, take a pen and a piece of paper and write 'I do not smoke' several times, to occupy yourself. Or send yourself a text! It is also worth remembering that you can rid any craving feeling in the mouth by simply rinsing out with iced water or sucking an ice cube (water or fruit juice cubes).

The most important thing of all to remember: .

You're not sacrificing anything or being deprived of anything, because cigarettes or tobacco do nothing at all to improve your life. So there's no reason to envy those who still smoke: They're still 'hooked' and still destroying cells in *every part of their body* at an accelerated rate. **They are literally still killing themselves.**

Within a fortnight the urge to smoke will have disappeared completely and you will be well on your way to becoming healthier, richer, more energetic and living longer.

Drink plenty of fluids to flush out the toxins released after you stop.

Don't forget your Vitamin C and Vitamin B – You can get these from any good health food shop. Ask for 1000mg controlled release Vitamin C take 4 of these a day – they are perfectly safe and will boost your immune system, which will have been damaged by smoking and will help to ward off colds and other ailments as your body recovers. Vitamin C also makes it easier to give up.

Also take a good Vitamin B complex, which should contain B6 and B12. The vitamin B complex will help you deal with stress.

Information on Constituents of Tobacco

Nicotine is the most widely known chemical in tobacco smoke, but many people are amazed to discover that there are over 4,500 other chemicals produced when tobacco burns. Most of these have incomprehensible names and are really only known to scientists and chemical analysts. Listed below are some of the more well known ones:

**CADMIUM
AMMONIA
METHANOL
ISOPRENE
ACETONE
CREOSOL
DDT
NICOTINE**

**CARBON MONOXIDE
PROPANE
NICKEL COMPOUNDS
HYDROGEN SULPHIDE
HYDROCYANIC ACID
METHYL NITRATE
PYRIDINE
FORMALDAHYDE**

**CARBON DIOXIDE
METHANE
BENZENE
ACREOLIN
HYDROGEN CYANIDE
NITROGEN OXIDE
TAR
BUTADIONE**

In addition to these chemicals – given off purely as a result of the tobacco leaf burning – there are various additional unwholesome substances that may be present as a result of the plantation environment and the conditions in which the harvested leaf is stored and shipped.

Tips for the first month

- Remember to take the vitamins; Vit C slow release 1000g four times a day.
- Take Vitamin B Complex, as directed, to help reduce stress levels (Vitamin E and Cod Liver Oil are also very helpful.)
- Drink plenty of water to flush out toxins
- As nicotine leaves your system sugar levels drop – eat fruit to compensate
- As you flush out the toxins you may lose calcium so increase your intake of calcium rich food (dairy foods, dark green vegetables, tinned fish with bones, rhubarb or almonds)
- Suck ice cubes made of water or orange juice.
- Eat mindfully and healthily.
- Increase your levels of exercise
- Carry a pen and pad and write – ***I am proud to be a non-smoker*** – when you need to use your hands to do something.

A cough is a sign that the body is healing. Repairs are taking place and all the toxic gunk is being removed from their chest and lungs. Just drink plenty of water.

EFT

Also you can try the following, based on a technique called EFT Emotional Freedom Technique www.emofree.com which is very effective and is similar to acupuncture but involves your thoughts at the same time.



Tap the fleshy part on the side of your hand (below the outside of the little finger) if you feel a craving and say *'Even though I have this craving I deeply and completely respect and accept myself'* Say this statement about ten times and keep tapping until the craving passes.

You may need to change the statement to incorporate an emotion that you are feeling for example,
'Even though I am feeling deprived, I deeply and completely accept myself'

Try variations on this theme until the craving passes. Alternatively tap on the centre of your forehead while saying the statement.

Benefits of Stopping Smoking

Low risk	High risk	Physiological Reactions
20mins	20mins	Blood Pressure drops to normal
		Pulse rate returns to normal
		Temperature of hands and feet return to normal
8hrs	8hrs	Carbon monoxide level in blood drops to normal
		Oxygen level in blood increases to normal
24hrs	24hrs	Chance of heart attack decreases
48hrs	48hrs	Nerve endings start to regrow
		Smell and taste improved
2weeks	2weeks	Circulation improves
		Exercise, including walking, becomes easier
		Lung function increased by up to one third
1month	9months	Cilia regrow in lungs and airways, increasing lungs self maintenance
		Energy levels increase overall
		Coughing, sinus problems, tiredness, shortness of breathe all decreases
1yr	1+years	Excess risk of heart disease is halved
		Recovery rate from heart bypass surgery almost doubled
2+ years	5years	Lung cancer death rate for average former smoker almost halved
		Risk of mouth and throat cancer halved
5years	10years	Risk of stroke similar to a non-smoker
10years	10years	Lung Cancer death rate the same as for non-smokers
		Pre cancerous cells have been replaced
		Risk of heart disease is that of a non-smoker.

Low risk indicators Under 35 years old; smoking 15 a day or less, good level of fitness, regular exercise taken, no persistent cough, low total consumption since starting.

High risk indicators Over 50 years old; smoking 30 a day or more, poor fitness level; no regular exercise taken, persistent cough, high total consumption since starting.

These figures are based on research by more than one cancer society and do not represent guaranteed clinical or physical improvements to any one particular individual. It is widely accepted that non-smokers, even those that have smoked at some time in their lives, live longer and with a higher quality of life than those who smoke or continue to smoke.

Tips for New Non-Smokers

- Tell your partner and friends as soon as possible that you are now a non-smoker
- Clean and store away all ashtrays at home
- Throw away any packets of cigarettes at home immediately
- If there is an urge to smoke, sit down and take a deep breath, hold it for 5 -10 seconds and release it slowly
- Use an affirmation regularly such as; "*I am proud to be a non-smoker*"
- Increase your intake of water by at least 1 litre per day to flush out the toxins
- Do not smoke that first cigarette and you will be fine