

**GET ON YOUR WAY
TO QUIT SMOKING TODAY**

HOW TO QUIT SMOKING



A PRACTICAL GUIDE ON HOW TO GIVE UP YOUR HABIT

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The contents within this EBook are aimed to assist people in their goals to quit smoking. All information contained herein has been collated using medical research and other reliable sources and materials.

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Introduction

Welcome to How To Quit Smoking, the ultimate guide to get you on your way to leaving those smoking habits behind you! Throughout this book, we'll discuss the ins and outs of your smoking habits, the causes and effects, ways to give up smoking and of course your options and how you should proceed with them. Most of you will find that you'll need to follow specific techniques to leave the habit far behind you, whereas some of you might find that with a few simple steps you can avoid all of the pain that can come with giving up. However intense your smoking habits may be, we'll cover the ways forward for you and get you on the right track to quit smoking, today!



The habit of smoking is something that can be picked up for a huge number of reasons and although it effects a wide variation of ages, one thing's for certain; we all know that smoking simply isn't good for our health. Whether you're directly impacting your own health, or the health of those around you via passive smoking; finding a way to reduce the risk to your general well-being, whilst decreasing the chances of falling victim to any number of smoke-related medical conditions is always going to be a worthwhile endeavour.

So what can you expect from this EBook? Well for a start, all of the research contained within has been collated and gathered from reliable sources. You won't find theories and myths here, just scientifically proven ways to help you to reach your ultimate goal. We'll also cover a great range of options, from lowering your cigarette count per day, making use of effective smoking cessation products and even whether or not you should partake in holistic therapies. If you're willing to give up on your smoking habit, we're willing to give you a well-informed, comprehensive helping hand!

Before we move on, you'll need to consider a few things before you proceed. The first of these is that you'll have to have an open mind. If you ever feel like you can't go through with finding a way out of smoking because of the temporary pain or struggle, then you won't be able to quit. The giving up process can be as easy as sticking to a routine, if you simply have the mindset to get on with it.

Secondly, certain methods for quitting smoking might involve an investment in either time or money, so make sure that you're prepared to take those measures in order to put an end to your days as a smoker. Remember that we're not trying to make you do anything that you don't want to do; this advice is simply aimed at helping and guiding you to put an end to your habit. Finally, do things at your own pace! If you ever feel that you need to give yourself

more time to quit smoking, try to find a balanced way of doing so that helps you; you can take it easy when you want to quit, being gung ho doesn't always work for everybody!

Chapter 1

The Way You Feel About Smoking

Before you can even consider giving up smoking, you'll have to spend a little bit of time thinking about how you feel about moving forward. Have you been a smoker for most of your life? Maybe you picked up the habit from a few friends more recently and want to put an end to it before you become wholly dependent? Perhaps smoking cigarettes simply provides you with some form of remedy that you can't seem to find anywhere else? Well whatever your reason, you'll need to understand how you feel about smoking in order to understand what you'll be leaving behind.

Your feelings about your habit can be either negative or positive; disliking how young children have to share the toxic gases that your cigarettes give off, to enjoying a cigarette before you sleep because it relaxes you are all perfectly normal feelings when it comes to smoking. What would you say if someone came up to you right now and said: "From this moment forward, you're not smoking"? Would you be okay with the demand? Or would you immediately light a cigarette to prove a point? Maybe you're somewhere in the middle and you'd just agree to keep people happy before waiting for a quiet minute to light up. Would you go to extremes to take your habit out of sight if need be? The way you'd deal with this situation can speak volumes about where you are in your own specific journey to quitting.

It's worth investigating the reason behind your smoking habit also, because understanding the cause can be the first step towards reaching the cure. If you developed your habit through stress or to suit your lifestyle, you might find the process of giving up more difficult than someone who started through peer pressure. If you found smoking to be a way to fit in when image and friends were most important to you, there wasn't necessarily an intrinsic need to form a habit. If you found smoking more of an act of escapism or form of relaxation, then it's more likely that you have what's referred to as an "addictive personality". Understanding the differences between why you smoke and how you currently feel about smoking will help you to unravel the threads that tie you to your habit.

That's why it's always important to spend a little bit of time sitting down to think or discuss how you feel about smoking. What does it do for you? What do you get out of it? Can you imagine yourself entirely smoke free in the space of a few months, or will it take several years to finally break the habit? What do your family think about your habit or decision to quit? Are they smokers too and support you giving up, or does their lack of support frustrate you at times? Consider that it's never an easy task to leave something behind, especially if you've been dependant on it and you've worked it into your daily routine.

Wanting to give up something that plays a big role in your life can be just as much a hurdle as actually giving it up. Getting to the crux of why you smoke and how you feel about it will be the main aspects that will encourage you to make that tough decision to finally walk

away from the habit. With this entire chapter in mind, it's about time to take a look at what you can expect when you do decide to give up.

Chapter 2

What Smoking Does To You and The People Around You

Saying that you're going to stop smoking and actually putting the process into motion are two completely different things. Anyone can say that they've had enough of the habit and that they can't wait to get away from it, but is it really as easy as that? Well there's actually a science behind smoking; an addiction to the chemical properties contained within each and every cigarette, which unless you're willing to avoid at all costs, will drag you straight back into your smoking routine.

Nicotine has long been recognised as one of the most addictive substances on the planet, but what do you really know about this dried herb that leaves a sickly sweet aftertaste in your mouth? Well, nicotine itself is actually an alkaloid-based chemical that's harvested from the nicotine plant; a member of the nightshade family. That's correct; nicotine is actually a form of nightshade - the poisonous plant that can put an end to most living things that are unfortunate enough to consume it. Although not quite as potent as nightshade, the properties contained within actively react with the chemical compounds within your body, literally poisoning your heart, lungs and blood whenever you consume them. Now if you think that the tobacco that you smoke in your cigarettes is made up of between 0.6% and 3% nicotine, you'll begin to understand why smoking has been linked to so many illnesses and medical conditions around the entire globe.

Although in essence the numbers are quite minimal, with each cigarette providing roughly 1mg of nicotine, you'll have to smoke roughly 1,000 cigarettes to consume a full gram. What you don't realise is that scientific research has displayed that most smokers go through anywhere between 1,820 and 7,280 cigarettes a year on average. That's a lot of toxic poison entering your body steadily over time and taking its toll on your internal organs. If you then consider the fact that nicotine is an addictive drug that actually thrives within your body, you've got a recipe for disaster.

So what's the reality of giving up? In short, your body will be able to expel the unwanted and unhealthy toxins that come from cigarettes from your system within a matter of weeks or months, depending on the length and severity of your habit. By getting rid of those toxic chemicals, your body will be able to function much more efficiently, with less chance of heart disease, cancer and other tobacco related conditions.

Nicotine actively diminishes the performance of certain organs such as your kidneys, your lungs, your liver and your heart. When these organs are running at a reduced rate, your body will begin to suffer for it, both inside and out. Your liver won't be able to clean your blood as efficiently as before, leading to a reduced blood flow and a higher blood pressure. It will be restricted on how much bile it can produce which will have a direct effect on your

digestion and nutrient absorption and as a consequence of these factors, your blood flow will struggle to fight against bacteria which can impact on your immune system.

Your heart and lungs will also be affected, probably more so than your other organs. Your lungs will begin to absorb so much nicotine from the tobacco that they'll start to blacken and shrink in size, lowering the amount of air that you can breathe in and hold before breathing out. This can lead to shortness of breath which will lead to less oxygen being pumped around your body by your heart. This will cause your heart to struggle to supply fresh blood to all of the parts of your body which can then lead to a whole host of new medical issues. As you can see a vicious cycle is created by smoking and it's something that you willingly get caught up in every time you light up a cigarette.

This leads us nicely into the next point; most people aren't really aware of what smoking does to their bodies. Of course you know that it affects your lungs and that it's bad for your health in general, but it's so easy to light a cigarette and just enjoy the relaxing effects of the tobacco that the real effects are often not fully understood by those who smoke. The reality of this ignorance is that if most people don't know what it does to their own bodies, how can they understand what the smoke will do to the people around them?

As impossible as it seems the results are actually very similar between the two, the main difference only being the method of inhalation; where a smoker will directly ingest the properties of the cigarette, a victim of second hand smoke (otherwise known as SHS) will breathe the smoke in unintentionally. Both methods cause the toxins to be absorbed by the body and it's this that makes the consequences of SHS almost identical to actually smoking. To back this fact up, did you know that SHS was directly linked to the cause of heart disease and lung cancer in adult non-smokers during a 1998 survey? If you look at the statistics they are fairly brutal, but sometimes they need to be fully understood to appreciate the gravity of the consequences of smoking.

Chapter 3

Knowing Where You Stand With Your Smoking Habit

If you want to see where you stand with your smoking habits you'll have to take a step back and see yourself from somebody else's point of view. It's easy to have your own thoughts and feelings about your habit, but what do other people think? Do fellow smokers support the amount that you smoke, do your family think you smoke too much, or do ex-smokers think that your habit is actually okay compared to their own former habits?

You may think that your habit is under control whereas others may be shocked at just how many cigarettes you go through every day. Ask those around you if they notice any patterns with your habits, for example if you light up as soon as you go outside or if you always smoke after you eat. The reason why you want to get some outside information and opinions on your habits is so that you can build a more rounded picture of what smoking actually means to you.

Once you have an understanding of how others see your smoking habit, ask yourself if it defines who you are. Does smoking control your decisions and affect your moods? Or you actually coping well with your habit, but you'd still like to put an end to it for your own health and the health of those around you? Understanding where you currently stand with your smoking habit will help you to make the right choices in how to move forward with your decision to quit. A little bit of initiative can go a long way to finding what will work for you and the bigger you build your picture, the more chance you'll have of giving up for good. The process really can be quick and easy if you have the right tools at your disposal, as opposed to long and arduous when you use the wrong ones.

It may be a good idea to get information from other people that are in the same situation as you are. If you have access to others who are attempting to quit, or have already been successful, you might just learn a few things about your own experience. Try to find out as much information from them as possible because the information that they provide will be coming from firsthand experience. By the end of your fact-finding mission you'll be able to compare yourself to the people that you've spoken to. What did they struggle with the most? How hard was it to resist the temptation to give in? How do they feel now that they've left the habit behind them? These are all great ways to really learn just what you can expect from your own experience with quitting smoking and can give you a solid basis for where to start.

Chapter 4

The Problems That You Might Face and How To Deal With Them

Have you heard of the smoker who gave up as simply as throwing their last packet in the bin? Everyone has and it's a completely misleading concept that quitting smoking will be as easy as that for you. Not everyone's as lucky as simply deciding that the cigarette that they just finished will be the last cigarette that they'll ever smoke. It's not always about willpower either; in fact there are so many different things that go into giving up that it can be impossible to decide on which route to take. There are however, a few specific problems that most smokers commonly come up against when trying to give up their habit that we can address to make your journey that little bit easier.

Changes to lifestyle and peer pressure

If you are surrounded by avid smokers, you might feel hard pushed to find a way to escape the lifestyle of smoking, especially if your friends and family encourage smoking as a leisure activity. Beyond attempting to gain support from your peers, or completely staying away from the lifestyle itself, you might feel like you're not able to break free from the habit. It's very important to stick to your decision, no matter what those around you say. Let people know that you're trying to stop smoking and even if you're greeted with disagreement or disapproval, remember that this is something that you're going to do for yourself and not for them. Why not join a support group or an online community where you can gain some much needed support if you feel like you need it.

Keeping busy

It can be hard to fill in the gaps that smoking will leave in your life and knowing what to do to maintain a bit of normality can be one of your biggest fears. When you are used to skipping out during a meal to have a quick smoke with your friends or when you light up as soon as you leave work, a cigarette can become a companion. What will you do when you feel awkward walking down the street and you don't have a cigarette to focus your attention on? Or when the girls go out to smoke and you're left sitting inside? You need to find something that will take your mind off of those instances. Some people find that alternatives to cigarettes are a great way to fill these gaps, such as e-cigarettes or sometimes taking up the hobby of mobile phone gaming will do the trick.

Cravings

Nicotine is an addictive drug that once in your system, won't be too easy to get rid of. As with any drug, once your body develops a reliance on the chemical properties, you may struggle to find a way to correct your bodies' processes, outside of its need for the drug. The reason that your body may be suffering with cravings or withdrawal symptoms is because it's got used to having those certain chemicals to hand. Although the chemicals within cigarettes won't do anything good for your body, the ingredients will still lead your body to believe that they *can* do good. It works on the same principle as if you were to stop drinking water for a few days; your body knows how much it needs water and without it you'll eventually become ill and die, so it will remind you at every opportunity that you need to drink to survive.

This is how addiction works in most instances, so you have a few options open to you if you find that these cravings get too overwhelming. The first option is to fight through the withdrawal symptoms yourself, but this won't be easy and is actually advised against by leading medical professionals. You'll often experience headaches, sickness, nausea and diarrhoea to name a few consequences, with other more severe occurrences such as organ failure in rare and extreme cases.

Chapter 5

Methods of replacement therapy

There are countless remedies on the market to assist with putting an end to smoking habits and some are reportedly more successful than others. After years of research, the market has been bombarded with quick-fix kits, in-home applications and everything in between! But these kits are greeted with mixed reviews and are often discarded as simple attempts for large companies to make money. Other treatments on the other hand are scientifically and medically proven to help people to quit smoking, so let's take a look at what options are available to you.

Part One: The Natural Way

There are many natural ways to quit smoking, but many of these methods don't have speedy results. Herbs, supplements and even certain natural food sources rely solely on their ingredients to provide alleviation for cravings and withdrawal symptoms and not on replacing the more psychological, physical side of quitting. Some people prefer to mix and match these methods with more physical replacements to get a more rounded way to quit, but of course this will depend on your own needs.

First off there are herbal remedies such as red clover, carrot, fava beans, turmeric and even liquorice on the market that are being promoted as smoking cessation remedies. The properties within these naturally-occurring foods are said to reduce cravings, reinforce your appetite and control your blood sugar levels; something that nicotine affects when consumed excessively. Although there isn't much science behind these treatments, some people do swear by their results, so if you're looking for a craving quelling option then they may be worth a try.

Next there is the use of teas, particularly ones that assist with detoxing your body. These teas include green tea, white tea, black tea and specific products such as Assam and Ceylon. The restorative properties contained within the herbs used in these teas have been scientifically proven to assist your body, especially with the expulsion of toxins and unwanted chemicals. If you were to allow your teabag to settle in a teacup of boiling water for anywhere between three and five minutes (depending on the manufacturer) the properties would then merge with the water to provide you with a less than traditional way to stop smoking.

One thing to consider when using tea to quit smoking is that it won't reduce your cravings much more than a normal glass of water because active chemicals within the tea assist your body to expel toxins during the cleansing process. With consistent use, you could theoretically flush all of the toxins from your system which will include any nicotine residue, but it doesn't specifically expel nicotine exclusively.

Part Two: The Product Replacement Method

Many people that want to quit smoking turn to alternative products to help them to replace their traditional habits. This is because many replacement products offer a smaller amount of nicotine to reduce cravings and to wean the user off of traditional cigarettes, and many of them provide a more physical way to deal with giving up. When people go to rehab, they aren't strapped down to beds and forced to overcome their withdrawal symptoms; they are provided lower dosages of their specific drug in order to gradually relieve their body of the volume of toxins within it, before finally no longer needing the chemical properties at all. That's where cigarette replacement treatments are taking the reins in the smoking cessation world and are becoming very useful in their own right.

One of the most notorious nicotine replacement products is the **nicotine patch**. They work in much the same way as a plaster would; being physically placed on your body in a temporary fashion. The patches contain a certain amount of nicotine that can be readily absorbed through your skin and into your blood stream. The results are that your body will have a consistent, yet lower, amount of nicotine being provided to it throughout your day. These patches come in varying intensities, so if you were to undergo a full course of

treatment, you'd start with a higher dose, before gradually lowering that dose until your bodies' craving for nicotine has been completely nullified.

As with most medical treatments, there are potential side effects including abnormal or detailed dreams that disturb you from your sleep pattern, itchy redness and soreness around the site of application, rashes, blurred vision, headaches, swelling around the application area and even irregular heartbeats. The reasons behind these rare but severe reactions are put down to the method in which the nicotine is absorbed by your body. Many users find that the urge to smoke is still present too, and end up either smoking whilst using the patch (which is extremely dangerous) or they simply peel them off, smoke and then put them back on again.

The next replacement product is **nicotine gum**. This type of treatment involves chewing gum that has been laced with nicotine of varying levels, in order to absorb the toxins in to your blood stream. This is believed to act in much the same way as ingesting nicotine from a cigarette, but on a much slower and lower scale. If you choose to use nicotine gum, it is advised to be taken on a carefully constructed course. Complications have been known to occur if a person accidentally consumes more gum than required, or misses their dosage completely. These complications range in severity, none of which are fatal, but all are beneficial to avoid.

E Cigarette Replacement Method

One of the leading products that have been proven to reduce nicotine cravings are e-cigarettes. **E-cigarettes** were developed with the purpose of providing a non-lethal way to smoke, reduce the need for nicotine and in many cases; enjoy the variation in products. E-cigarettes were first introduced with a mixed acceptance, with critics demanding to know why people should use them instead of smoking real cigarettes because they're so similar. The conclusion of scientific investigations were astounding and as a result, hundreds of thousands of regular cigarette smokers made the switch from cigarettes to e-cigarettes at the earliest opportunity.

E-cigarettes are a great alternative product when it comes to quitting smoking successfully. These products decrease the risk of the health defects relating to the inhalation of nicotine, to not just the smokers themselves, but also to everyone in their vicinity. Where concerns over second hand smoking were prioritised above all else when it came to regular cigarettes, e-cigarettes took the necessary measures to completely eliminate the risk of SHS.

Did you know that because a traditional tobacco cigarette burns the tobacco leaf, it releases over 4000 chemicals for you to ingest? There are multiple types of e-liquid to choose from that don't contain these chemicals; low strength, medium strength, high strength and even flavoured. Flavoured e-liquids currently come in over 50 standard flavors, ranging from artificial fruit flavours, coffee and dessert flavours and even artificial alcohol flavours, but some leading brands offer you tailored flavor combinations that are endless. If you're interested in this method, then why not visit [GenGreenlife](#) now to view their great range of e-cigarettes and to learn more about what they could do to help.

Many e-cigarette users promote their use for the simple fact that they can enjoy their habit without the health risks that are proposed by traditional cigarettes. The only person that

will ever be ingesting any form of the nicotine contained within an e-cigarette is the person smoking it. This means that even in a room filled with dozens of people, an e-cigarette is able to completely nullify the potential for any nicotine to enter the atmosphere, which makes it a very family-friendly product. Add this aspect to the fact that users can customize their experiences and even choose to smoke nicotine free e-cigarettes and you might just be onto a winner.

So, you didn't realize that you can choose a nicotine free option? Well that's where the developers of the e-cigarette went even further to provide for their consumers. E-cigarettes can contain as little or as much nicotine as you want from your product. This means that even if your only reason for quitting is because you want to remove the risk of SHS, you could simply purchase the typical nicotine intensity-levelled e-cigarette and carry on enjoying your habit. For people that are interested in reducing the amounts of nicotine that they consume in order to eventually stop entirely, you can lower nicotine levels until you reach the nicotine free level of e-liquid and still enjoy the physical aspects of smoking.

You can find out more about E-cigarettes by clicking Ctrl + clicking here at : [GenGreenlife](#)

Part Three: What Might Actually Work For You

With all of the above taken in to account, you'll need to start thinking about the methods that might suit you the best. There's nothing wrong with mixing things up and trying a herbal remedy along with an e-cigarette. If you are unsure on which decision you'd like to pursue, then it's always a good idea to look at statistics, get advice from people that have already left their smoking days behind them, and understanding what kind of achievements you see as successes.

If we consider herbal remedies for instance, they're supported by leading medical researchers, as well as being backed up by many modern day ex-smokers. The potential to assist your body with its cleansing procedures, whilst fighting off cravings is a great option, but you'll need to ensure that you remain consistent with your consumption to get the best results. The benefits of these remedies will wear off if you don't commit yourself to taking them and you might find yourself ready to pick the habit back up in no time.

If you feel that you'll be better suited by gently weaning yourself off of regular cigarettes, then it's probably worth noting that e-cigarettes could well be the option for you. They are the only habit-breaking treatment that's been backed by leading healthcare professionals in most countries around the world. Since their official launch in 2004, they've been purchased by multiple millions of consumers.

A recent study was undertaken that involved providing almost 230 people with e-cigarettes instead of regular cigarettes for a period of one month. Of those people, over 30% of them never returned to their previous habit of smoking regular cigarettes and instead stood by their new e-cigarette brands. Many of these people were long term smokers with a history of smoking for over 30 years and the results clearly demonstrated that e-cigarettes were a worthwhile replacement to regular cigarettes for a varied demographic of users.

When a further study took place, it was discovered that of that 30+%, almost 70% of the people that had used their e-cigarettes over fifteen times a day gave up smoking for good

and haven't returned to the habit to date. Further to that, almost 30% of the original success rate stopped smoking entirely after a period of six months. Given the remaining people that failed to achieve success, the overall success rate of the 230 people initially tested is over 90%. What this evidence suggests is that e-cigarettes provide a firm base for putting an end to your smoking habits entirely.

So what if you don't want to try herbal remedies or replacement products at all? Well you're certainly not alone! Countless thousands of people have decided to go cold-turkey in their efforts to stop smoking. If you feel that you have the willpower to just say no, or if you haven't been smoking for long enough to have accumulated the sort of addiction that's been most commonly identified within long term smokers, then you might be in a position to simply quit. Just remember that going cold-turkey can have its own ramifications on your health and if your attempts to just plain quit do fall foul, these products will still be available to you.

As hard or easy as giving up smoking may be for you in specific, just remember that you will achieve your goals if simply you go about them in the right way for you. Just find a balance that suits what you need to do to quit and don't worry yourself over time frames; you'll stop smoking if you want to, regardless of how you get there.

Chapter 6

A Little More Information on E-Cigarettes and Why They Can Be So Helpful When Quitting

At first glance there doesn't seem to be many differences between traditional cigarettes and e-cigarettes so you could be forgiven for considering them to be one and the same. Although they may be similar on the outside, they really are that far apart inside that you'll wonder why they weren't invented sooner!

All e-cigarettes are constructed using three pieces; the battery, the cartomizer and the cartridge. Certain e-cigarette brands and their individual models may offer you more flavors or different special features and functions from the next, but in general you can expect the same processes from each and every e-cigarette available. If you are worried about battery life and kits, many of the leading brands will offer you not just great products, but great deals too. Battery options are either disposable (when you opt for the disposable e-cigarette), or rechargeable when you want a more long term solution. Many brands offer lifetime warranty's on their batteries to give you peace of mind.

The science behind e-cigarettes means that the device carefully heats liquidized nicotine. This means that when you inhale the contents, you get a burst of vapor that is consumed and ingested instead of traditional smoke.

The overall results for people that have made the change from regular cigarettes to e-cigarettes are quite astounding. The risk of medical conditions such as heart disease, liver damage and lung disorders has been drastically reduced, with many leading medical professionals stating that e-cigarettes are one of the greatest methods for putting an end to your nicotine cravings entirely. The sheer volume of options available to consumers provides

a great way for people to enjoy the habit, without having to risk their health and without risking the health of others around them.

For the purpose of replacing your regular cigarettes, it's advised to start at a regular nicotine dose, before gradually reducing the dosage until you are able to use an e-cigarette that contains no nicotine at all. Because e-cigarettes also come in a wide range of flavours, your goal to quit can become an enjoyable experience and can lead to offering you a safe alternative to many problematic products if you have an addictive personality.

Did you know that because a traditional tobacco cigarette burns the tobacco leaf, it releases over 4000 chemicals for you to ingest? An e-cigarette on the other hand uses a nicotine based fluid (known as an e-liquid) that is heated up by the device and releases a vapour that doesn't contain any chemicals at all. There are multiple types of e-liquid to choose from; low strength, medium strength, high strength and even flavoured. The medium and high strengths boast that classic cigarette taste and can contain an equal amount or even more of nicotine compared to traditional cigarettes to suit your needs.

Flavoured e-liquids currently come in over 50 standard flavors, ranging from artificial fruit flavours, coffee flavours and even artificial alcohol flavours, but some leading brands offer you tailored flavor combinations that are endless. E-cigarette brands also offer a better alternative, nicotine free, for the users who want the enjoyment and simulation of the smoking experience without the any chemical risks at all. One of the most reliable e-cigarette information websites is [GenGreenlife](#) and the range of e-cigarette products reviewed there could really help you with your goals now.

So how do e-cigarettes work and how could they benefit you?

Besides being of a similar shape and style as traditional cigarettes, they offer a whole host of benefits when compared to them. The main benefit is the fact that they entirely prohibit the potential for second hand smoke because every e-cigarette is built to house the nicotine content, only allowing inhalation to occur when the e-cigarette itself is activated. Rather than ingesting the nicotine as you would with a regular cigarette, the filtration system within the e-cigarette heats up the liquid nicotine, creating a vapour that can then be inhaled by you.

The sheer variety of e-cigarettes is the second benefit, beyond the prohibition of SHS. You simply don't need to restrict your requirements to suit the product; there's a great range available that is built to suit you! If you don't want to invest in a long term product, then it might be worth looking in to the range of disposable e-cigarettes available instead. They are fairly priced and most of them act as the equivalent of two to three full boxes of regular cigarettes. They are battery powered, so once you've used up all of the puffs, you'd simply throw the cigarette away safely, saving you plenty of cash, as well as potentially reducing the amount of nicotine that you've consumed in the process of smoking.

If you'd prefer to set yourself a long term goal, then rechargeable e-cigarettes will be your way to move forwards. They come in a range of nicotine intensities, with a variety of styles and features, from long life batteries to exotic flavours, such as cherry, menthol, cola and many more. If you do decide to go for this option, then bear in mind that you'll be much more likely to achieve your goals by gradually lowering the amount of nicotine in each e-

cigarette, until finally you're smoking more for the habit of holding a cigarette, than actually ingesting nicotine. Endorsed by celebrities, medical experts and members of the public across the globe, e-cigarettes are definitely a great option when it comes to getting off of cigarettes completely. As there can often be a lot of information when it comes to e-cigarettes, it's probably much easier if you have a few key points to summarize what e-cigarettes can do for you!

The first and most important thing is that they are considered by leading medical professionals from across the world to be a valid, trusted and endorsed method to assist with the gradual reduction, before the complete ceasing of, smoking and the related habit. What that means is that professionals everywhere accept and agree that when it comes to smoking, e-cigarettes are one of the finest ways to rehabilitate yourself until you no longer require cigarettes any more.

The second thing to bear in mind is that e-cigarettes are much safer when used, in comparison to their traditional cigarette counterparts. They contain ranges of nicotine levels, all of which are provided to their user via inhalation and even then, the nicotine is in liquid vapor form, as opposed to in the form of noxious gases which occur when smoking regular cigarettes. Because of this, even the overall inhalation of nicotine is considered to have a lower effect on your body and your health.

Finally, e-cigarettes are entirely safe to smoke in groups, even if you are in cramped public places or on the sofa at home. Your family will never be put at risk by being near you whilst you smoke your e-cigarette, which when compared to the effects of smoking around others with a regular cigarette; the health risks are completely nullified.

Cigarettes are also now being banned in most public places, such as restaurants, bars, halls and anywhere that can contain more than one person. This is due to the risk of second hand smoke, combined with the fact that some people simply don't appreciate the lingering smell of tobacco. What started as a trial banning has since spread around the world and looks set to continue in its growth. This ban isn't to punish smokers on the whole; it's to reassure people that they can enjoy themselves in public places without having to risk their health because of other people's habits.

One of the strongest arguments against regular cigarettes, is their general effect on people's health and that they are one of the main sources that have been linked to several types of cancer; mostly lung cancer. After a survey was taken in the United States, it was discovered that the mortality rate within people that smoke is a huge three times higher than in people that don't smoke. What this means is that if there were four people and three of them smoked, but they were all the same age, the smokers would run a much higher chance of dying earlier than expected because of their smoking habit and its related illnesses.

The most common illnesses that relate to smokers are cancer, vascular disease and respiratory conditions. These illnesses could all be avoided if the individuals that are suffering with them simply stopped smoking. When people smoke, there are two forms of tobacco consumption; the first is through inhalation and the second is via the smoke when it burns. These two things cause the body to pump very little, or in extreme cases, no blood at all to the heart, which can result in other fatal conditions, such as stroke or heart attack.

So what do e-cigarettes do differently? For a start, e-cigarettes contain absolutely no tobacco at all. That means that each and every e-cigarette that's ever been made will contain no physical tobacco in any of its pieces. E-cigarettes simply contain a liquid form of nicotine, which although has also been linked to cancer as well, the features come with a much higher health recommendation. What this means is that your e-cigarettes will either contain such a low amount of nicotine that the effects on your body will be nowhere near that of a regular cigarette, or that you will be using e-cigarettes temporarily whilst you come off of your tobacco dependency, which means that your body won't be exposed to the harmful toxins after your course has been completed.

Also, because of the careful housing and construction of e-cigarettes, there are no direct laws that limit the usage of e-cigarettes in public places. Consider it in the same vein as having a drink of water from a bottle; the neck is just large enough for one person to drink from that bottle and others wouldn't be exposed to any of the water. E-cigarettes function in much the same way; they are intended for individual use only. That means that your nicotine won't be inhaled or ingested by anyone around you ever, no matter how often you use your e-cigarette. Please feel free to visit [GenGreenlife](#) to find out how to take advantage of the benefits of e-cigarettes, where you'll be able to choose from a range of products to suit you.

So how do e-cigarettes give any benefit to a smoker that's trying to quit?

You'll still be receiving nicotine, which is the chemical that your body will crave if you're a regular smoker; but this amount of nicotine will be so minimal that it will have a hugely reduced effect on your body overall, when compared to the effects of traditional cigarettes. They are a great way to slowly wean yourself off of regular cigarettes; which are harmful to you, the people around you and the environment. Even if your intention isn't to gradually reduce your smoking habit until you can put an end to it, e-cigarettes still contain a fraction of the toxic chemicals that regular cigarettes do, without providing a reduction in satisfaction to the smoker in the process.

Many users find that the ability to customize their smoking experience is one of the main factors when using e-cigarettes to quit smoking. When you can choose the look, feel, strength and even the taste of your nicotine replacement product, it's more likely to work! Common sense tells us that providing not just your mind, but also your body with something that can replace a traditional cigarette in a more enjoyable way is much more likely to work than a product that is awkward, ugly and tastes bad.

What you're getting with an e-cigarette, is a carefully developed method of rehabilitation whilst you come off of regular cigarettes, or if you just want to make the change whilst continuing with your habit; a tried and tested product that provides you with all of the associated benefits that many smokers enjoy, whilst having a decreased risk of fatal conditions overall.

Chapter 7

Tips and Tricks That Can Help You to Quit, Today

Now that you're starting to understand the ins and outs of why you smoke, why you want to give up and what options are available to you it might be a good idea to start putting pen to paper and come up with a method that will help you to keep on the straight and narrow. In this chapter, we'll take a look at a few hints and tips that, if used correctly, could be some of the most helpful suggestions to you in your quest to stop smoking. Please bear in mind that you won't need to follow every single tip listed here; just find the ones that you like the sound of and that you feel would suit you.

1. Eat regularly

Before we get in to this tip, it's important to note that it's not recommended that you eat foods with a high fat content. The last thing that you'll want during your stop-smoking period is to put weight on. This is one of the most common side effects for people that have chosen to stop smoking, especially if you decide to go cold turkey and give up instantly.

Try to find a healthy source of vitamins and minerals each and every time that you have a craving; a piece of fruit, something with dietary fibre or something with protein. Any food containing these properties will affect your body in a positive way, increasing the levels of endorphins that are released and helping you to feel happy and relaxed.

2. Exercise

Nothing quite gets your mind off of things like a healthy exercise session. If you have the time, add a bit of cardio to your daily routine to help get your blood pumping and shift your thought processes onto something other than quitting. Another bonus of exercise is that it will stimulate your adrenaline glands, which will cause adrenalin to traverse your body to your blood stream and leave you feeling refreshed and invigorated. Exercise will help to unclog any blocked arteries that might have started to suffer because of your smoking habit, and will work to improve your cardiovascular health, too.

3. Hypnotherapy

The treatment of hypnotherapy is often so successful that many hypnotherapists boast well above 80% success rates and many of their services include 'stop smoking in an hour' treatments. This form of therapy has recently been acknowledged by leading medical experts and many smokers that decide to take this route have had nothing but complimentary comments about their successes. Other therapies similar to this include hypnosis, psychotherapy and counselling, but none can boast the success rates that hypnotherapy has.

4. Meditation

If you'd prefer to keep things simple with as little effort as possible, you could always try the holistic route. Meditation, yoga and even Tai Chi have been proven to help individuals focus when they are struggling to do so. If you need a gentle reminder that your goal is much more important than minor cravings, then dedicate a bit of time to taking on one of the above activities; you'll soon start to feel in control of your cravings, whilst maintaining your focus

to help with your day to day, smoke-free life. There's nothing like being able to say 'no' to your cravings, without even having to think too much about it.

5. Citrus fruits

If you have access to fresh fruit in particular, why not try eating as much citrus as possible? Not only will the vitamin C act to benefit your body, but it will also stem your nicotine cravings. Many of the properties within tobacco are made up of acidic elements. These elements will find a way in to your body and react with your internal chemicals whilst you smoke. This reaction can be mimicked, only with a different type of acidity; that will have positive effects on your body as opposed to the negative ones that are usually associated with tobacco and nicotine consumption.

It doesn't matter how you consume citrus, whether you eat the fruit, or blend it in to a smoothie; as long as you're giving your body a fresh dose daily. Before long, you'll start to notice that your body will develop a craving for healthy food instead of nicotine, which will only act to reinforce your bodies' recovery overall as you progress. Mixing your citrus fruits will also provide your body with a stable influx of antioxidants, which will further act to remove harmful chemicals from your body, such as the toxins that are prevalent within nicotine.

6. Find a buddy

If you're able, find someone else to quit with. The most enjoyable part of this tip is that you'll be able to bounce off of each other, discuss ideas and methods, whilst encouraging each other to keep at it. Giving up smoking can be even more stressful, especially if you're doing it on your own. If you find that you're surrounded by smokers wherever you turn, such as your family and friends or even your work colleagues, you might be caught between a rock and a hard place as far as your stop-smoking efforts go and that's why it's important to find someone that you can rely on to help you through the process. You'll find that the more encouragement that you have when quitting, the more likely you are to reach your goal.

One of the greatest tips to stop smoking is to do it properly. If you consider that many rehabilitation facilities won't ever disconnect an addict from their drug instantly; they'll find ways to introduce other measures that will assist with withdrawal and breaking the habit. This is actually one of the safest ways to stop smoking and the most successful recorded method is with nicotine replacement tools such as e-cigarettes.

E-cigarettes in particular are often endorsed by leading medical professionals because a smoker will never have to consider them a long term variable. What this means is that because of the varying levels of nicotine available within e-cigarettes, you can start on a dose that helps your body to cope with a reduction in nicotine, before lowering the dose gradually in a way that is guaranteed to cause as little disruption to your bodies' recovery.

You can spread the decrease in nicotine over a period of time to suit you too, from the space of a few weeks all the way to a few months or longer. Before long, your body won't even need nicotine anymore and you might find that you just enjoy smoking the nicotine-free e-cigarettes to keep appearances up, cope with the physical aspect of smoking, or for the range of flavors that they can provide.

Another great tip that could help is to understand what triggers your cravings in the first place. Keep a journal or notebook and make sure that you write down the date and time, every single time that you have a craving for a cigarette. After a few days, you'll have a pretty concise collection of times that your body seems to crave nicotine. Throughout the process, find a way to stem your cravings using any of the techniques listed within this chapter, until you have your journal filled with at least half a week's craving times. Once you learn when your body will crave nicotine, you can make plans to put a block on the craving; meditation, exercise, healthy food or your nicotine replacement therapy.

Chapter 8

Giving Up For Good

Now here's a phrase that you'll want to remind yourself of as often as possible; 'I'm giving up smoking for good'. Until you accept that your goals are achievable, there will always be something in your way. But what does giving up for good actually mean? Well although the sentence itself seems pretty self-explanatory, the actual use of it will vary depending on your lifestyle and habit. Most people will find that giving up for good is less about turning their backs on smoking entirely and more about finding a way to cope without the damaging effects of a cigarette.

For a smoker giving up really is freedom, but what if you find that giving up leaves you with too much freedom? You might feel alone in your habit, but many smokers actually *enjoy* the process of smoking, even if they hate the smell and contaminants that come with it. As a result coping without cigarettes, especially if you've been an avid smoker for a specific period of time, can be one of the easiest things to decide, but one of the hardest things to actually manage. Whilst smoking, you experience feelings that only nicotine can provide you and that in itself can often be the hardest compulsion to shake.

Unfortunately, one of the most common mistakes that smokers make is that when they are finally free from nicotine they'll become partial to the occasional cigarette, perhaps during social gatherings, or if they have any free time and a quick smoke is an option. This in itself can often lead to a total relapse and if you do have the odd cigarette, you'll find yourself back at square one in no time. But what if your cigarettes have become such a consistent factor in your life that your hands feel empty without them?

A lot of quitting or ex smokers will find that once they have the nicotine out of their system and are free of their cravings, their body will physically react to the loss of the habit that they've become so used to. You may be one of hundreds of thousands of smokers that suffer with this feeling, but fortunately there are products, such as e-cigarettes, that will offer you a safer way to cope on occasion, rather than going back to traditional cigarettes.

E-cigarettes are one of the main sources of replacement therapy and are useful to people with varying nicotine dependencies. As the majority of manufacturers develop their e-cigarettes to look and feel very similar to traditional e-cigarettes, you'll find that just by having one of these to occasionally use to smoke, you will lower your need for smoking. The intention of breaking a habit is to do exactly that; break the habit, so if you find that you're

struggling with the lack of physical contact between yourself and a cigarette, then e-cigarettes will come in handy for you. You'll find a great range of e-cigarettes at [GenGreenlife](#), one of the most reliable suppliers of e-cigarettes available.

If you're planning on giving up, but you want to make it as easy for yourself as possible, then please adhere to the above information. You can trust your body to eventually be able to cope with the complete removal of nicotine, but whilst you can't, you can try any of the recommended methods of getting off of cigarettes, from eating healthily which is great for your body, all the way to replacing your regular cigarettes with e-cigarettes to help in the reduction of harmful chemicals within your body.

No one says that as a smoker, you're stuck being a smoker. It's a habit that many people choose to take part in, where others fall in to the routine due to their lifestyle. Either way, you can break free from the harmful activity of smoking now, before you enjoy a happier, healthier take on life that your friends and family will appreciate for years to come. The main thing to consider is that whoever you are and whatever you do; smoking can be a thing of the past you just have to want it to be a thing of your past!

Chapter 9

A Final Thought on Where To Go From Here

After reading through all of the information within this EBook, you should be in a prime position to start your journey towards the freedom from cigarettes. This process will vary in difficulty and duration depending on you as a person, but the bottom line is that you can achieve success and leave the habit behind you; all that you'll need to do is really want to get there. Let's have a recap on what's been mentioned and how you should progress in each instance.

First of all, you'll have explored the ins and outs of your smoking habit. You'll have learnt about cigarettes, what they do to you and your body, how they affect your mood, attitude and general well-being, whilst gaining a better understanding of your situation on a whole. One of the main things that you should be able to walk away with is the ability to identify your situation, so that you can better understand it, in order to move on from it.

The same would apply to all sorts of smokers, whether you've had a box of cigarettes in your pocket for several decades, or if you've just picked the habit up after being introduced to the addictive substances. Once you can recognize where you are right now, you'll be in a much better position to appreciate where you want to be. This process doesn't need to be as hard as you may often be informed; it can be as simple as one, two, three; done.

Whilst you were learning about cigarettes, you will have also begun to acknowledge what they do to you and the effect that they have on your life. You'll have learnt to identify what the consequences of smoking are, whilst understanding what those consequences can

lead to. You'll have been introduced to the problems that you might face when it comes to smoking (or quitting in this instance), including peer pressure, addiction and any other variables in between.

The next things that we covered were the methods available to you, in order for you to give up smoking for good. You were introduced to several common methods, as well as other less practical ones that may be suitable for individuals. At this point, it's worth considering that as a smoker, you are an individual and what works for some people may not work for others. If at any time you decide to try any of the techniques and methods listed within this EBook, only to find that they don't work for you, then don't lose your initiative and simply try something else. Sometimes the best methods are those that you're happy with, so don't feel that you need to get the worst of them out of the way first.

You were then introduced to two key methods; the natural one and the man-made solution. Both of these methods have worked for countless thousands of people and will no doubt be very well suited to helping you, but there's nothing to say that you can't alternate between methods to enjoy a bit of variety while you stop your smoking habit. In fact, variety may be key to keeping your body fresh and invigorated, so don't settle on something that will bore you before too long, especially if you know that you'll end up losing interest and fall back in to old habits.

Some of the natural methods that were discussed included herbal treatments, holistic therapies and self-help ones, too. These methods are a great way to keep things as healthy as possible, with minimal spending where applicable and an overall objective in mind. Because these methods are all individual, you can pick and choose between them and combine them with other methods in order to feel the maximum benefits towards your goal of quitting smoking.

The other methods that were mentioned included physical treatments, like the use and application of nicotine patches, nicotine gum and e-cigarettes. All of these treatments are considered excellent ways to decrease your bodies' desire for nicotine, but they all also involve nicotine consumption, particularly the patches and gum, via unorthodox measures (i.e. via the skin and digestive system).

One of the most successful of these methods is the use of e-cigarettes. As mentioned in previous chapters, they won't take their toll on your bodies' habitual needs and they'll also provide a much lower chance of developing conditions that are most commonly associated with smoking regular cigarettes and tobacco consumption.

We further investigated the properties of e-cigarettes at this point, in the hopes of gaining a better understanding of how they are considered one of the leading treatments for people that would like to stop smoking. We discovered that they provide several benefits that go above and beyond smoking regular cigarettes, including their ability to provide a much safer smoking environment for yourself and those around you. They are widely available and usable in most locations, due to their very individual approach to smoking.

Once we'd covered the methods to quit smoking, their applications and how they could benefit you as an individual, we went on to discuss specific tips and tricks that would further compliment your goal to quit smoking. These included several well known tips, such as exercise to stimulate a healthy body with the release of a fresh batch of endorphins; the

consumption of fruits that contain citrus as a key ingredient for their antioxidant, nutritional and vitamin properties, and how finding someone to quit with can be a great way to stay on track with your goals to quit.

We also covered holistic tips that included hypnosis, meditation and yoga, with the intention of putting your body in a position to focus, concentrate and rebalance, in order to control your cravings and urges. These methods can all be combined with the next set of tips, that included using nicotine replacement tools such as e-cigarettes, so that your body can draw on a huge range of resources in your fight to give up smoking for good.

At this point, we covered what it would mean to literally give up smoking for good, as well as the effects that you could expect from giving up, both physically and emotionally. It's always important to remember that you are giving up the habit for yourself, but there might also be other people involved; children, elderly relatives or animals, all of which would benefit greatly from a reduction in second hand smoking. It's also important to consider all of the different types of encouragement and support that you have from those around you; turning this support in to initiative which will help you to achieve your goal.

At the end of the day, smoking is a habit that is harmful to you and those around you, so if you keep in mind that your habit could be the vital difference between you or your family members getting ill, which could lead to possibly fatal consequences; you'll be able to draw encouragement from that. Even if you aren't quitting smoking for other people, then do it for yourself, because as mentioned in previous chapters, your entire well-being could depend on this massive change to your habit.

That brings us to the end of this EBook. Hopefully you'll have found plenty of information that could help you to quit smoking now. Whether you've just started to smoke, have been smoking for years and years, or you've already found a way to break the habit, by utilizing these techniques to their fullest, you can fight your habit and keep it away for the rest of your life.

All that it will take is a little bit of will power, some initiative and the ability to push yourself to do something that many people struggle with on a daily basis and you could be free from cigarettes, away from the harmful toxins and enjoying a healthy, happy life, that will also have been vastly extended due to your decision to give up.

Thank you for taking the time to read this EBook and good luck with your goals to stop smoking.

References

If you've decided to try the e-cigarette route, why not go for one of the most reliable information and review websites around? At KaceyJones.com, you'll find a huge variety of e-cigarettes to suit your lifestyle reviewed in full.

Simply visit <http://www.kaceyjones.com> today for more information