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QUIT SMOKING RIGHT NOW!

10 Reasons To Quit Smoking 2 Day

We all know that thousands of people die each year from diseases brought about by smoking and we are all aware that smoking is the culprit in the cause of many cancers. We've all been warned about the dangers and we are aware of the thousands of dangerous chemicals in cigarettes, but yet many people continue to smoke. Why do many people still do it? Why can't they just stop smoking and not continue to put their health and lives at risk?

It's very easy for non-smokers to judge, ridicule and point the finger. They have no idea how difficult it is for most people to quit smoking. They don't realise how powerfully addictive the nicotine in cigarettes is. They simply don't understand.

Yes it's hard to quit, but you can quit smoking. Many people have quit successfully and never smoke again. Sometimes it's just a matter of getting past the first few days and then getting past the first few weeks - then it becomes much easier to stay away from them. Sometimes it's just a matter of finding the right quit smoking technique that works for you.

Here's 10 Reasons to Quit Smoking

1. Your chance of developing many cancers will be drastically reduced.
2. Your family and friends will be able to breath fresh air for a change.
3. You'll have more money in your pocket for much nicer things.
4. Your lungs and heart will finally be able to recover from all the abuse.
5. All those dangerous chemicals will eventually be flushed from your blood stream.
6. You won't smell of stale cigarette smoke anymore.
7. Non-smokers will no longer see you as a weak addictive person.
8. You'll feel much healthier and stronger every day without cigarettes.
9. You'll feel a great sense of accomplishment soon after quitting and confidence will be high.
10. People who understand how difficult it really is will respect you and know that it is a great obstacle to finally defeat.

So there's another 10 reasons to quit, and I'm sure you can think of many more reasons why you should quit this incredibly destructive habit. If you need another 30 reasons to quit then follow this <http://www.quit-smoking-2day.com>

Giving up smoking takes discipline commitment and time. At least we know that this habit can be overcome and eventually realise that we didn't need them at all.

Quit Smoking in Less Than 3 hours <http://www.quitfast.quit-smoking-2day.com>

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Nicotine In Cigarettes - Addictive Or Not?

The debate continues between medical experts and rehabilitation specialists as to whether or not nicotine in cigarettes is actually an addictive substance.

Many people are unaware of the hotly debated topic of nicotine as a n addictive substance. Some experts claim the substance is 'only' a psychological addiction, while other specialists claim it is in fact a physiological affliction.

I was once contacted by a professional hypnotist who rebuked me for my assertion that I had overcome a nicotine addiction. He proudly touted the "fact" that nicotine is not a bodily addiction and that my commentary on the issue was unethical.

This notion is hilarious really.

I admit a little research will turn up mixed opinions on the issue.

For instance in 1996 top executives of leading tobacco companies made public claims downplaying the idea of nicotine as a physically addictive chemical. And numerous independent scientific studies have suggested that nicotine is either not the only addictive substance in cigarettes, or that this chemical only causes psychological dependency and no real physical addiction.

On the other hand, In February 2000 the Royal College of Physicians published a report on nicotine addiction which concluded that "Cigarettes are highly efficient nicotine delivery devices and are as addictive as drugs such as heroin or cocaine."

I'd actually like to take this article away from the flawed debate of "physical vs. psychological" and make a more relevant point. It makes no difference what scientists are able to prove in a lab at this stage, we all know smoking is a habit that becomes an obsession, and this obsession has killed millions of people.

More importantly for the purposes of this article, numerous surveys have concluded that 80% (or more) of all smokers express a desire to quit, but say they have tried without success on multiple occasions. If that's not an addiction I frankly don't know what is.

All this talk about mental addiction, bodily addiction, etc. is totally moot. Quantum physics has done a fabulous job of proving the role of mind in actually creating the physical circumstances in an individual's life.

With this in mind, the whole debate presented by tobacco company executives and hypnosis marketers loses all footing as far as I'm concerned.

However you wish to slice it, smoking is an addiction. It's extremely difficult to break this deadly habit, and only those individuals with serious intention, a rock solid plan, and a great support network are likely to achieve the ultimate goal of smoking cessation.

Tim Whiston smoked two packs of cigarettes every day for many years, but he was able to put together a simple system that allowed him to drop the habit. Visit his site today for some great tips on [how to stop smoking](http://www.stopsmokingwithme.com/), plus be sure to check out his other [smoking cessation articles](http://www.stopsmokingwithme.com/). <http://www.stopsmokingwithme.com/>
<http://stopsmokingwithme.com/blog/>

Possible Connections Between Depression And Smoking

According to statistics and anecdotal evidence, people who are depressed have a tendency to succumb to smoking as well. In some circles, it is believed that the more depressed a person is, the more likely that person is going to smoke. If the person is already smoking when the onset of depression arrives, then the person's habit is simply going to get worse. In some cases, it is believed that depression and smoking combines to turn something that was originally a habit into a full-blown psychological and physical addiction. This becomes apparent when the person attempts to "kick the habit," where they suffer from unpredictable mood swings and symptoms of withdrawal. This problem likely stems from the regular "doses" of nicotine that the body gets, which cause the body to react abnormally if deprived of it.

Smokers who try to quit often go through a wide range of negative physical and psychological reactions that are eerily similar to signs that someone is going through withdrawal of a narcotic substance. One particularly poignant reaction noted by observers is that depression develops quite rapidly in smokers who quit their habit. It has also been observed to become much worse if the person was depressed before he started smoking. Initially, it was believed that the chemicals in cigarette smoke were just acting on the body the same way a narcotic substance would, but that was never established as medical fact. For years, medical science has not entirely been sure why this was happening, but recent research seems to suggest that there might be something in cigarette smoke that is acting as an antidepressant.

Analysis of previous statistics seem to reflect that, with a large number of depression patients being smokers. It has also been long suspected that a number of smokers began smoking after experiencing a bout with depression, though this theory has never been studied or tested. Worth noting is a statistic that showed that people who experienced a major bout with depression while in a program designed to wean them off smoking were more likely to go back than those who didn't. According to the most recent findings related to this, 28% of people who became depressed while quitting were more likely to resume the habit, compared to only 14% for those who didn't.

Nicotine is the best known and also the most prevalent substance in cigarettes, but it is not the only one. There are thousands of other compounds and substances that can be found in the typical cigarette, and any one of them could potentially have antidepressant effects. Tests have been implemented to find out just which of them is having this effect, if any of them are, but the sheer number of them can make such endeavors a long process. This is assuming that the theory that something in cigarettes is an antidepressant is an accurate one. However, if it is accurate, then smoking may be a means for the depressed to self-medicate, even if this is only done on a subconscious level.

Testing may also have to be conducted in light of a new drug which is marketed under the brand name Bupropion. The drug is designed to help smokers get off the habit, but has also been found to have antidepressant effects. If the above theory about cigarettes alleviating depression is correct, then in theory, users of Bupropion ought to be less likely to go back to old habits. However, this is not taking certain factors, such as stress and peer pressure, into the equation.

Harvey Ong is currently working as a writer-researcher for an online pharmaceutical company. He also has a strong interest in horticulture, Japanese Zen garden construction, and Oriental flower culture. Choose Variety of High Quality Medicines at [Online Medicines](#) Enjoyed Reading this article? More here: [Pharmacy Articles](#) <http://www.americapharmacyworld.com/>

Seven Simple Tips To Quit Smoking

Smoking can lead to many serious health and body complications. Despite the massive campaign to let the public know of the adverse effects of smoking to the body, millions of people are still smoking worldwide.

Most people smoke because they think it's a cool or an "in" thing to do. Some adapt the habit because majority of people around them are smoking. The media and the intense advertisements of cigarette and tobacco manufacturers also play a big part in influencing many people, particularly the youngsters, to smoke.

Upon realizing the effects and health consequences of smoking cigarettes and tobacco, some people want to quit the habit but can't seem to do so. The reason for this is that smoking is a psychological and physical addiction, hence, it is not that easy to quit smoking. Although quitting the habit involves a difficult process, it is not impossible to do, especially if the person is serious on quitting.

If you are one of the millions of smokers who want to quit the habit but do not exactly know how to start, the following are 10 simple tips to quit smoking:

1. Have faith in yourself that you can quit smoking. Before anything else, it is important that you believe in yourself that you can quit the habit. Thinking about the difficult situations you have been through before may help you gather the determination you need to quit the habit.
2. Write down the reasons why you want to quit smoking. Your reasons for quitting the habit of smoking can be your family, your health, or money. Also note down the reasons why smoking is bad. Once you put everything on paper, you can read your list everyday to remind you of your goal to quit smoking.
3. Seek support from family members and friends. The support of family and friends is important in the process of quitting the habit of smoking. Ask them to be more understanding and less judgmental on your condition. Also, inform them that you are likely to become irrational at some point during the process of quitting the habit.
4. Participate in exercise programs. Joining an exercise program is also a good therapy for you to quit smoking. Take note that exercise relieves the body from stress. It helps your body to recover from the damages brought by smoking cigarettes or tobacco.
5. Practice deep breathing. Deep breathing for three to five minutes everyday aids in the process of withdrawing from your smoking habit. To do this, practice inhaling very slowly and holding your breath for a few seconds, then exhaling through the mouth.
6. Look for someone who also want to quit smoking. Finding someone who also wants to quit smoking is a good way to cope with the withdrawal process. You can help each other through the process by giving out encouraging words and finding time to hear each other other's thoughts and ramblings during rough moments.
7. Determine what triggers your addiction to smoke. It will be easier for you to quit smoking if you know what causes your addiction. Also, coping with the process of quitting is more tolerable once you avoid the factors that lure you to smoke.

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Permanently Stop Smoking

Do you need to permanently stop smoking? There's a few ways to stop completely. There are a few rules to follow which can also help ensure you get a better chance of permanent success.

First off, to permanently stop smoking, you need to set up a few rules for yourself. For example, one rule is that you might not want to hang around certain friends or groups of people like you used to...I know whenever I quit smoking in the past, and it was a few times, I would eventually start smoking again when I saw a friend smoking and I'd ask him for a cigarette.

In addition, certain places or even weather can trigger you to start smoking again. This is something to beware of...If you're aware of these things, then you can handle a craving by changing your focus and getting your mind off the present trigger.

There are many triggers that can sabotage you and prevent you from permanently stop smoking if you're not fully aware of your present withdrawal from nicotine.

Another thing you might consider is to decide why you are quitting smoking. Some smokers will simply quit because a spouse wants them too. Or they quit to please some other person who requested they quit. This motive may work for a while, but your chances of quitting permanently are not that great.

You must have strong personal reasons for quitting smoking. Someone said to me once "if you love yourself enough, then you won't continue smoking". I thought that was a very interesting way of seeing the situation and it really made sense to me.

That was one of the experiences that helped me decide to quit smoking permanently. I decided that I needed to start loving myself and my body enough to stop smoking permanently.

It may be something different for you. Just make sure that you have strong personal convictions for quitting. It may be that you've decided you want to live a long life and be there for your kids. In this case, it would be your own decision to quit smoking for your kids. Your kids didn't ask you to quit. You, yourself, made the decision. This is the crucial difference, which can determine whether or not you permanently stop smoking. It's similar to other drug addictions in which the afflicted person has to WANT to quit him/herself.

There are also drugs on the market, which can ease withdrawals from nicotine and help you quit smoking.

So if you want to permanently stop smoking, have your personal reasons and possibly use a quit smoking aide to ease the process.

Sam Ames teaches on the college level and submits articles to various publications.

[Click Here and Find Out Which Product Can Help You Stop Smoking With No Withdrawal Symptoms](http://www.squidoo.com/quitsmokingproductreviews) <http://www.squidoo.com/quitsmokingproductreviews>



Allen Carr's Easy Way To Stop Smoking - How Does It Work?

It is extremely difficult to break a smoking habit - we all know that. It is virtually impossible to make a smoker stub out a cigarette when he or she has set a mind to smoke. But, this is exactly what Allen Carr has done in his life consistently, and that too millions of times over. He has devised a method of his own called as the Allen Carr's Easy Way to Stop Smoking, and has even penned as many as nine books writing about his method in detail.

Allen Carr's Easy Way to Stop Smoking is controversial as it does not tell the smoker to give up smoking at all. The only thing the smoker is supposed to do is to read the matter in the books thoroughly. There is no need to make a conscious effort at giving up smoking. However, it is to the credit of this technique that smokers give up their habit once the book is through, and within a year they will actually be off the habit for good.

Allen Carr's Easy Way to Stop Smoking definitely differs from other stop smoking methods. This method works on the subconscious of the smoker, by letting him or her know that smoking is not actually as addictive as it is made out to be. There is no real pleasure in smoking, but smokers only try to satisfy some extrapolated urges.

If you ask any smoker, they will invariably tell you that they are trying to quit the habit for good. Many of them may not do so actually because they are fearful of the withdrawal symptoms that might come in. Even if they are quitting the habit, they might get worried about the withdrawal symptoms and light just one more cigarette. But little do they realize that this one more cigarette will bring in withdrawal symptoms of its own. This could snowball into a kind of addiction, born out of fear. And it would convert the casual smoker into a chain smoker.

All books on the Allen Carr's Easy Way to Stop Smoking emphasize on the point that it is very easy to give up smoking. Actually speaking, there is nothing to give up, because smoking is not an addiction at all. It is hardly the nicotine that causes the craving for the cigarette. Smokers' love for their white sticks of death stems from several other reasons. It is a very significant fact that most smokers smoke not because they like the smell or taste of the ingredients of the cigarette, but because they want to cater to some deep-set personality trait. It could be something as simple as the craving to appear macho, or something much more subtle, like smoking in a social circle. Whatever be the real case, when a person investigates within, definite conclusions make their appearance as to how smoking can be kept at bay.

That is the basic premise of the Allen Carr's Easy Way to Stop Smoking. It does not tell the smoker to stop smoking concretely, but it does finally exhort the smoker to conjure up a strong determination to give up. In addition, there are some statistics in the books that will stir the hearts of even extremely stone-hard smokers.

Allen Carr's Easy Way to Stop Smoking has become very popular today, and that stems from the effectiveness of the method. Even before the book is over, smokers will make a firm decision to quit as soon as possible. So effective is this method, that it has an almost 95% success rate - a success rate that is rivaled only by herbal stop smoking methods, such as the SmokeRX.

Serious about quitting smoking? I mean really serious. SmokeRx is the most amazing herbal [quit smoking pill](#) you'll find. 100% guaranteed. 98% success based on product returns. [Quit smoking herbal](#) today with all natural SmokeRx. It works. Period.

<http://www.smokerx.tv/>

Stop Smoking without cravings

Have you want to Stop Smoking without cravings, but have not really known the right way to stop? What if I told you that you could be smoke free forever? It's really not as hard as you may think. You can learn how you can be smoke free forever!

I was a smoker too. I know how it feels to crave for a cigarette. I know all the little habits related to smoking. Coming back from work sit for a while with a cup of coffee and smoke a cigarette. Try to relax from hectic day at the office. When you need to focus your thoughts and come up with some creative idea the little white stick is the right thing to get you in the correct mood.

But if you smoke...

You will be twelve times more likely to die from lung cancer. You will be ten times more likely to die from some form of lung disease. You will be ten times more likely to die from cancer of the larynx. You will be six times more likely to die of heart disease. You will be twice as likely to die of a stroke. If you stop smoking now you can increase your chances of living from two to twelve times longer and save thousands of dollars in medical expensive and the cost of cigarettes!

Smoking is a bad expensive habit. On top of that it makes you stink and turns your teeth yellow!

Are you ready to consider how and when do you want to stop Smoking without cravings?

There are only two ways to effectively stop Smoking without cravings, immediately (cold turkey), or gradually. When you quit gradually, you use various methods to taper off before you have that last cigarette. Neither way is better than the other for all people. Pick the one that you feel fits your temperament. Either way, a nicotine patch may prove to be a real benefit in giving up, especially if you are a heavy smoker.

In order to have the confidence to quit, you: (1) Must find an alternative to handle the urge to smoke, when it hits, and (2) Create ways to deal with the reasons that you smoked in the first place. Accomplish both these tasks so that when the day comes that you had planned to quit, you will be confident to Stop Smoking without cravings.

My name is Mr. Clean and I have it since I have managed to become clean. I was a smoker just like you and enjoyed it very much. I did care regarding the smell or my teeth. I came to the point were I had to actually replace 8 of my teeth because of smoking. This was my the first time I understood I had to quit. 3 years later I am clean, healthier, smells better, and know that any one can do the same as I did. Mr.

Clean <http://www.easyquitsystem.com/?hop=razme>

How You Can Stop Smoking For The New Year

One of the most traditional New Years resolutions is to stop smoking. With more and more countries and states introducing smoking bans in public places, stopping smoking is becoming a very serious thought for many people.

Stopping smoking though, is not as easy as just putting the packet down, at least not for most people. It takes willpower, support, and a real desire to quit that habit.

Before you decide to stop smoking for the New Year, ask yourself why you want to stop smoking. Do you want to stop smoking because of the cost? Because of your health? Because of how it affects the people around you?

Who do you want to stop smoking for? Do you want to stop smoking because your wife / husband / girlfriend / boyfriend wants you to? Or do you want to stop smoking for yourself, because you want to.

If you are serious about stopping smoking then you must be stopping for yourself and for no one else. If you are stopping for someone else, then you don't really want to stop and are much more likely to start the habit again.

Ask yourself why you are stopping and, if necessary, write it down so you can see it in black and white.

Once you have made the decision to stop, the next step is to actually stop. There are a lot of options available to you and the way you do it will depend entirely on you.

Different ways work for different people.

One method of stopping is to gradually cut down your smoking each day until you eventually stop. If you choose this way, then make sure you have a plan for how much you will reduce your smoking each week and a target date for stopping.

Another method is to go cold turkey. Smoke your last cigarette and then throw everything away and enjoy your new life as a non smoker. This way often requires much more willpower and will work very well for some people.

Either of these methods can be supported with nicotine supplements such as patches or gum, if you feel it is best for you.

Probably the best way of stopping smoking is to visit a hypnotist who will help you stop smoking. In the hypnosis session the hypnotist will work with your sub-conscious to help you become a non smoker. Hypnosis has a very high degree of success, and the best way to find a qualified hypnotist is to get recommendations from friends or to contact your national hypnosis guild.

Not everyone wants to attend a one to one hypnosis session, but you can still benefit from hypnosis through a hypnosis CD or MP3 program. These are very similar to the one on one sessions, but are recorded onto CD for you to listen to whenever you want.

A stop smoking hypnosis CD is a very affordable and powerful way for you to stop smoking easily. There are a lot on the market, and cheapest is not always the best.

Make sure you listen to samples and that you like the voice on the program.

You can also get a subliminal stop smoking hypnosis program, which you can listen to almost anywhere. In these programs you will listen to some relaxing music whilst your sub-conscious is listening to the embedded hypnotic messages which are helping you to become a non smoker.

Whatever your choice of methods for stopping smoking, the New Year is an excellent time to quit the habit and enjoy a new healthy life as a non smoker.

For more information on [how to stop smoking](http://www.FreeFromTobacco.com) visit www.FreeFromTobacco.com today

What You Need To Know About Smoking

Cigarette boxes always state: "Cigarette smoking is dangerous to your health" at the back of the boxes, or at the end of their commercial ads. But do people really heed these government warnings? Do people really understand what smoking does to them?

In the United States, an approximate of 25.1 million men and 20.9 million women are smokers. It is quite alarming to know that quite a huge chunk of the smoking population belongs to a younger age group. Almost twenty-seven percent of smokers are between the ages of eighteen and twenty-four. A recent survey showed that almost twenty-three percent of high school students were current smokers, and that most of these high school smokers were White and Hispanic students.

Cigarettes A cigarette is made out of cured and finely cut tobacco leaves and reconstituted tobacco combined with certain additives rolled and stuffed into a paper cylinder. The act of lighting a cigarette to make for the purpose of inhaling its smoke byproduct is called cigarette smoking. Cigarette smoking and its effect Around four hundred forty thousand people die in the United States from any form of tobacco use.

Nearly one out of five deaths is linked to smoking, it beats alcohol, car accidents, suicides, AIDS, homicide, and illegal drugs put together. But how does cigarette smoking kill? An approximated four hundred chemicals are present in cigarette smoke, and most of them are toxic to the human body. Certain ingredients found in cigarettes may affect as much as the internal functioning of your body organs to the efficiency of your body's immune system. Continued cigarette smoking may cause a multitude of different medical complications, and at worse, the effects may be fatal.

these include: | Cancer. Cigarette smoking is responsible for at least thirty percent of all cancer deaths in the United States. It is the major cause for these forms of cancer: lungs larynx (or the voice box) oral cavity pharynx (or the throat) esophagus

Cigarette smoking is also said to be a contributory factor in developing these forms of cancer: bladder pancreas liver uterus and cervix stomach colon rectum | Heart diseases. Cigarette smoke contains very fine particles that penetrate the alveolar wall into the blood and exert their effects on the heart in a short span of time. Among these heart diseases are: heart attack stroke | Lung diseases. emphysema bronchitis | Pregnancy complications. miscarriage early delivery (or premature delivery) still birth sudden infant death syndrome (or SIDS) low birth weight

In addition, smoking is not only harmful to your own body. In the long run, it will take its toll on the people surrounding you, through second hand smoke. So if you care about your own health and for others as well, don't get started with the habit. If you're a cigarette smoker, try and quit the habit. Your body will thank you for it.

The writer, Abbey Grace Yap, is an active advocate for health consciousness and disease awareness. She possesses a deep passion in discovering new health-related information and sharing it to her readers. Choose Variety of High Quality Medicines at [Online Medicines](#) Enjoyed Reading this article? More here: [Pharmacy Articles](#) <http://www.americapharmacyworld.com/>

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