

Giving Up Tobacco

Giving up smoking isn't an event. It's a process involving many reactions over a period of time. Some of these reactions are psychological, emotional, and physical. The severity of physical withdrawal symptoms depends on the degree to which a smoker is addicted.

Link your goal with rewards. See this process as a challenge.

Your metabolism slows down while your body is re-normalizing itself. Expect these conditions: nervousness, hunger, anxiety.

Drink H₂O. Extracellular fluid flushes out nicotine quicker if you drink water; use it as a delay tactic.

Use positive aspirations: "I deserve to be healthy." "I did it before; I can do it again." Write a self-talk statement when you have an urge.

Re-learn a life-long habit—there is no magic cure. These activities work—it takes a lot of effort to change a major habit in your life. Major changes lead to self-confidence and in this case, good health.

Physiological Effects:

Lung disease as a consequence of inhalation of fumes and vapors has been well documented. Cigarette smoke produces inflammation of the respiratory tract, and in susceptible individuals, allergic disease as well. Regular inhalation of cigarette smoke can result in gradual loss of all aspects of pulmonary function. The resulting clinical entity is a type of bronchitis—emphysema syndrome.

It has been shown in several studies that the risk of a smoker dying from lung cancer to be as high as 14 times that on a non-smoker. The studies concluded that cancer of the lung is clearly a disease of cigarette smoke.

How do you help yourself quit smoking cigarettes? Suggestions: First of all, the process is successful through a gradual weaning process. Progressively cut down the number of cigarettes smoked per day. Because the habitual smoker's body fluids have high concentrations of nicotine, when these concentrations lessen, you crave more nicotine. Solution:

a. Drink more fluids and eat fruits during the first few days of not smoking to help excrete the nicotine rapidly, thus reducing the withdrawal time. The acids in juices such as orange juice increase excretion. NOTE: Nicotine is excreted in sputum, urine, saliva, and sweat.

b. When craving strikes, take slow, deep breaths. This maneuver allows adequate oxygen supply and helps you relax.

It takes perseverance and patience, but **you can do it.**

