

WHY “GIVE UP” SMOKING?

If you weigh up the advantages and disadvantages of being a smoker or a non-smoker, you'll always come to the same conclusion - only an *idiot* would actually choose to be a smoker. This is something that all smokers know, even if they continually protest about free choice and the like. The trick is to always remember this fact now that you are a *non-smoker*. You are not making some sort of sacrifice, because ***smoking does absolutely nothing for you at all*** - other than destroy your health, empty your pocket, make you smell and considerably shorten your life. You are already aware of the benefits to be gained from quitting the habit, otherwise you would not have thought of doing so in the first place; the trick is never to have any doubt about how much you wanted to give up, otherwise you'll make yourself feel thoroughly miserable, wishing you could have a cigarette. *And even more miserable if you DO have one!*

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

Even though you've had the benefit of hypnosis to help you stop easily, you might possibly experience *some* sensation of craving or need during the first few days... that feeling of 'I wouldn't mind a cigarette'. If it exists at all, it will be far less than if you were trying to quit by will-power and will last for only a few seconds if you really want to stop. This is because the body can only maintain any sensation if it is constantly stimulated; instead of saying to yourself: 'I'd really love to have just one cigarette,' say: 'Thank goodness I've stopped smoking.' *If you really want to stop, you'll find this easy, and any feeling of craving will simply disappear like magic.*

Don't try not to think about cigarettes - it's impossible, because in order to try not to think about something, you've got to think of it in the first place to know what it is you're trying not to think about! You might think about cigarettes - and you might not. If you find yourself not knowing what to do with your hands, take a pen and a piece of paper and write 'I do not smoke' several times, to occupy yourself. It's also worth remembering that you can get rid of any craving feeling in the mouth by simply rinsing out with iced water...

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

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

Don't forget your Vitamin C and Vitamin B - you can get these from any good health-food shop. Ask for: **1000mg controlled-release Vitamin C tablets** (take 3 or 4 a day of these - they are perfectly safe) and also a good **Vitamin B complex** which should contain B₆ and B₁₂. The Vitamin B complex helps you to deal with stress, while the Vitamin C not only helps to make quitting easier, it also bolsters your immune system, which will have been damaged by smoking. Many people, in fact, take Vitamin C on a daily basis (two or three a day) to ward off colds and other minor ailments.

Information on Constituents of Tobacco Smoke

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

CADMIUM	CARBON MONOXIDE	CARBON DIOXIDE
AMMONIA	PROPANE	METHANE
METHANOL	NICKEL COMPOUNDS	BENZENE
ISOPRENE	HYDROGEN SULPHIDE	ACREOLIN
ACETONE	HYDROCYANIC ACID	HYDROGEN CYANIDE
CREOSOL	METHYL NITRATE	NITROGEN OXIDE
DDT	PYRIDINE	TAR
FORMALDEHYDE	BUTADIENE	NICOTINE

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

Benefits of stopping smoking

Time stopped	Benefits
Within first 20 minutes	Blood pressure drops to normal Pulse rate drops to normal Temperature of hands and feet returns to normal
Up to 8 hours	Carbon monoxide level in blood drops to normal Oxygen level in blood increases to normal
Up to 24 hours	Chance of heart attack decreased
24 to 48 hours	Nerve endings start to re-grow Smell and taste improved
2 weeks to 3 months	Circulation improves Exercise, including walking, becomes easier Lung function increased by up to one-third
1 month to 9 months	Cilia re-grow in lungs and airways, increasing lung's self-maintenance Energy levels increase overall Coughing, sinus problems, tiredness, shortness of breath all decrease
1 year to 1½ years	Excess risk of heart disease is halved Recovery rate from heart/bypass surgery almost doubled.
2½ years to 5 years	Lung cancer death rate for average former smoker almost halved Risk of mouth and throat cancer halved
5 years to 10 years	Risk of stroke similar to non-smoker
10 years on	Lung cancer death rate the same as for non-smokers Pre-cancerous cells have been replaced Risk of cancer of mouth, throat, bladder, kidneys, pancreas decreases
10 years to 15 years	Risk of heart disease is that of a non-smoker

Low risk indicators:

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

High risk indicators:

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

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