

Tips for Helping You Quit Smoking

These are suggestions to assist you on your path to quit smoking.

- Keep track of any cigarettes you have and how much of it you smoke.
- Cut down on coffee and liquor to help control your urges for nicotine.
- It takes approximately four days for the nicotine to leave your system completely.
- As the nicotine leaves your body, calcium also leaves your body, so it is important to replace this calcium.
- Sugar also drops as the nicotine leaves which increases the cravings for nicotine. Eat oranges or pink grapefruit (3 a day if possible) or some other form of natural sugar to alleviate this. Eating small meals throughout the day instead of 1 or 2 larger meals will also help with this.
- Smoking is a nervous habit and nicotine settles the nerves so you may feel some stress. Vitamin B-Complex is a good supplement to help with stress. Deep breathing is also a great way to calm your nerves. Take vitamin B-Complex for at least 10 days.
- Any time you feel the urge to smoke, try EFT and/or deep breathing. Think about the rewards of quitting and how much you want it – how important it is to you and to your health.
- **THE RUBBER BAND METHOD:** This method is actually backed by research. You wear a rubber band around your wrist and snap it against your skin when you feel the urge to smoke. Be sure that the rubber band is loose enough so it doesn't block blood flow or leave a mark on the skin when it is removed.

Websites with Good Information:

www.smoking-cessation.org

www.quitnet.com

<http://www.nlm.nih.gov/medlineplus/smokingcessation.html>

<http://my.webmd.com/medical-information/condition-centers/smoking-cessation/default.htm>

If you are ready to quit now, give us a call at 763.633.9364.
We can provide the support you need to be successful.

*Infinite
Light*
Wellness Center