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Quit smoking Think positive.

You might have tried to quit

smoking before and not

managed it, but don't let

that put you off. Look...

Make a plan to quit smoking.

Make a promise, set a date

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and stick to it. Sticking to the "not a drag" rule can really... Consider your diet. Is your after-dinner ...

10 self-help tips to stop smoking - NHS

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Talk to your GP. Many people don't realise that their GP can help them quit smoking. Your doctor can do a lot, such as enrolling you in a "stop smoking" clinic, and prescribing nicotine replacement therapy, such as

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patches and gum, or stop smoking medication such as Champix. 10 self-help tips to stop smoking.

Take steps NOW to stop smoking - NHS

Stop smoking for younger-

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looking skin. Stopping smoking has been found to slow facial ageing and delay the appearance of wrinkles. The skin of a non-smoker gets more nutrients, including oxygen, and stopping smoking can reverse

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the most effective lined guide to
smokers often have. Ex-smokers have whiter teeth and sweeter breath

Quit smoking - NHS

Start your stop smoking plan with START S = Set a quit

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date.. Choose a date within the next two weeks, so you have enough time to prepare without losing your... T = Tell family, friends, and co-workers that you plan to quit.. Let your friends and family in on your plan to

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quit... A = Anticipate and

*How to Quit Smoking -
HelpGuide.org*

Stop Smoking using Nicotine replacement therapy (NRT)
Treatment: This involves the

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smoker swapping cigarettes
for nicotine gum, patches,
inhalators, puffers, nasal
sprays, mouth sprays, or
lozenges. The therapy
therefore provides nicotine
but without the tar, carbon
monoxide and other poisonous

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Try nicotine replacement
therapy. NRT is one of the
most successful tools for

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Most Effective Guide To treating smoking addiction, with a 20% success rate. By chewing gums, eating lozenges, or wearing patches, you get the nicotine their bodies crave while gradually lowering the dosage, eventually weaning

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How to Stop Smoking

Instantly: 15+ Effective Ways to Quit ...

Varenicline (brand name Champix) is a medicine that works in 2 ways. It reduces

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cravings for nicotine like NRT, but it also blocks the rewarding and reinforcing effects of smoking. Evidence suggests it's the most effective medicine for helping people stop smoking.

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Stop smoking treatments -

NHS

Quit Smoking
Stop smoking aids help you manage nicotine cravings and other tobacco withdrawal symptoms. Find your local Stop Smoking Service Get free expert help from your

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local Stop Smoking Service
and boost your chances of
quitting by 3 times.

*Quit smoking - Better Health
- NHS*

News and tips to help you
stop smoking - The Sun Jump

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News and tips to help you

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stop smoking – The Sun

Quitting smoking means breaking the cycle of addiction and essentially rewiring the brain to stop craving nicotine. To be successful, smokers that want to quit need to have a

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plan in place to beat...
Most Effective Guide To

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What happens after you quit smoking? A timeline

How to Quit Smoking Method 1 of 4: Deciding to Quit Smoking. Think about if you want to quit smoking.

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Nicotine is incredibly addictive and... Method 2 of 4: Making a Plan to Quit Smoking. Choose a date for when your plan will start. Committing to a start date... Method 3 of 4: Carrying Out Your ...

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*4 Ways to Quit Smoking -
wikiHow*

Choose your quit date and prepare to stop smoking altogether on that day.

There are several ways to stop smoking, but

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ultimately, you need to
decide whether you are going
to: quit abruptly, or...

*Five ways to quit smoking -
Medical News Today*

Can e-cigarettes help me to
stop smoking? Growing

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evidence shows e-cigarettes may help people move away from smoking tobacco. E-cigarettes produce vapour from nicotine dissolved in liquid, propylene glycol or glycerine, but do not contain tobacco.

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*How do I stop smoking? |
Cancer Research UK*

NRT Stands for Nicotine Replacement Therapies which can help you stop smoking. These may include patches, chewing gum and mouth

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sprays. NRT products work by slowly releasing nicotine at a low rate...

How to stop smoking: Five ways to quit the habit this ...

Once you've smoked your last

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cigarette, toss all of your ashtrays and lighters. Wash any clothes that smell like smoke, and clean your carpets, draperies, and upholstery. Use air fresheners to get...

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13 Best Quit-Smoking Tips Ever - WebMD

In place of smoking cigarettes, try sunflower seeds, sugar-free lollipops, gum, carrot or celery sticks or another healthy snack if you're concerned about

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weight gain, smokefree.gov suggests. You can also switch your cigarette habit for a nut habit, and eat four nuts in their shell for every cigarette you want to smoke.

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Quit Smoking: 22 Ways to Stop Smoking for Good | The Healthy

Counseling Can help you make a plan to quit smoking. Can help you prepare to cope with stress, urges to smoke, and other issues you may

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face when trying to quit.

Quit Smoking

How to Quit / Smoking & Tobacco Use / CDC

The options include:

Prescription nicotine in a nasal spray or inhaler Over-the-counter nicotine

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patches, gum and lozenges
Prescription non-nicotine
stop-smoking medications
such as bupropion (Zyban)
and varenicline (Chantix)

*Quitting smoking: 10 ways to
resist tobacco cravings ...*

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Consider which of these might work for you: 1. Cold turkey (no outside help).

About 90% of people who try to quit smoking do it without outside support -- no aids, therapy, or medicine.

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