



14 Stop Smoking Tips



KICKING THE BUTT!



You will never regret quitting!

After a while you will:

Be able to enjoy the delicate flavors of your food again!

Be able to smell the fragrances of flowers or fruit.

Your body and clothes will be fresh and free of tobacco smell!

Your family will be freed from the stench of tobacco!

You will not be slave to a paper tube of weed!

Remember the words of Jesus: "If the Son shall make you free, ye shall be free indeed!"

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These tips can help you win the fight with the tobacco addiction. Yes, smoking is an addiction to the drug 'Nicotine.' Understanding this will help you win back your freedom!

Always remember to make a positive choice to quite, then, Ask God in prayer and He will break the chains of habit and set you free!

Afraid to make a positive choice?

You can pray for the strength to make the choice, then pray for the power to follow through!

TIP #1

DRINK- lots of juice, herb teas and especially water. (Distilled if at all possible) to assist the body in flushing out the nicotine. All smokers are extremely dehydrated. As you become re-hydrated, your jangled nerves will be soothed as well.

TIP#2

Hot baths and showers also help with this as do whirlpool baths and saunas. Try soaking in a bath with 1 cup Epsom salts and 2 cups Hydrogen Peroxide added. Cleanses out the poison and also Very relaxing!

TIP #3

Walk in the fresh air for 30 minutes twice daily or more, breathing deeply. The air cleanses the lungs and soothes your nerves.

TIP #4

Get extra rest and sleep. Your body does most of its cleansing and repairs while you sleep!

TIP #5

In most cases it is better to stop completely than to taper off as your body will dump the nicotine quickly and you'll feel better sooner. Tapering off prevents the body from cleansing and prolongs your discomfort! It is like the guy who felt sorry to have to cut puppies tails and cut off only an inch at a time to be kinder!

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TIP #6

Avoiding coffee, tea and caffeine containing soft-drinks such as colas, helps a lot as caffeine being similar to nicotine stimulates the cigarette craving. Alcohol in all forms must be shunned as well as it stimulates craving and weakens your resolve!

TIP #7

Your diet should consist of lots of fresh, raw fruits and salads, fresh juices, lightly steamed or stir-fry veggies and things like baked potatoes or yams, and whole grains.

Keep flesh foods and animal products to a minimum or do without.

Replace rich, spicy foods with lighter natural, whole foods.

Again, REMEMBER to DRINK- DRINK- DRINK!

Water; Minimum 3 quarts a day.

Fruit juice, herb teas, raw veggie juices i.e. Carrot juice; Wash your way to freedom!

TIP #8

Get a plastic lemon with juice in it and carry it with you. When the urge to light up hits you, squirt a little juice into your mouth. It really relieves the craving and it is good for you as well! Carry it with you always for a while.

Also a plastic or wooden object to chew on is helpful, try the large size flavored toothpicks.

TIP #9

Get fresh lemons and squeeze the juice of one into a pint of distilled water. Drink this on rising in the morning instead of your usual morning puff. Very refreshing & the Vit. C which all smokers lack, will do you good!

TIP #10

If you are one who likes moral support, Try a group. If you know of a class like "Breath-Free", you can join with it or get together with some friends who want

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to quit, share your 'Tips' and encourage one another. Remember to ask God for victory!

TIP #11

What about nicotine gum and skin patches?

Although these may be useful to some, we feel that by following these healthy tips, you will assist your body to cleanse and repair the damage done by the tobacco. By using nicotine products you prevent the body from doing this and so you postpone your recovery!

There is another factor to gums and patches to consider; when a body is very toxic, it will dump any poisons into the lungs as a way of removing them, so putting the poison on or in the body somewhere else, does not necessarily keep it out of the lungs.

TIP # 12

Non-caffeine Herbal teas such as relaxing formulas, kidney, or liver herbs and other simple products are helpful and can be used freely.

TIP #13

A hand puzzle or some device to fiddle with in the fingers is helpful to smokers kicking the habit. Smokers report that as they are quitting they find they don't know what to do with their hands especially in social situations. A device that gives the hands something to do, aids in combating the nervous fidgets.

TIP #14

Avoid the situations and social occasions where you usually do the most smoking as much as you possibly can. You may find it advisable to choose some different friends to socialize with, especially avoiding those who belittle or joke about your determination to quit. Choose friends who are serious about improving their health rather than those who don't seem to care.

Don't be slave to a weed! --KICK BUTT!!