

There Is Hope for Quitting Smoking!

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Quit smoking cigarettes and take your life back today! Our bodies are amazing and miraculous things that can heal themselves given the right break. Spend some time thinking about all the things you would do if your health were complete, if you could inhale deeply and exercise without coughing. Think about what you would do with all the money you would be saving. Then think about what you're actually doing to your body every time you smoke another cigarette.

It is time to become your own cause- quit smoking right now and do whatever it takes to become a non-smoker. In the United States alone there are 443,000 smoking related deaths every year, and that's not the most terrible part of it; of those, 49,000 are caused by second hand smoke. Every time you smoke near someone else you could be contributing to his or her premature death. Those two statistics are reason enough to try every program out there, take all the information about quitting smoking you can get your hands on and put it into your efforts to become smoke free.

There is an great amount of information about how damaging smoking is. Every smoker is aware of the harm they are doing. But lets quickly review a few of the facts:

1. Nicotine is a natural pesticide put out by a tobacco plant as protection against bugs; it is a toxic poison. You do not want that in your body.
2. There are almost 4000 other chemicals and compounds that are drawn into your lungs every time you smoke a cigarette.
3. Smoking will take just about 12 years off your life. It increases the amount of time someone lives with a disability by two years.

Keep in mind: "There are only 2 good reasons to take a puff once you quit smoking cigarettes. You decide you want to go back to your old level of consumption until smoking cripples and then kills you, or you decide you really enjoy withdrawal and you want to make it last forever. As long as neither of these options appeals to you, the solution is as simple as...NO NICOTINE just one day at a time. NEVER TAKE ANOTHER PUFF!"

THERE IS HOPE!

These facts are dismal and disheartening and can take the wind out of anyone's sails. But there is hope! There are good reasons to be optimistic. Every day people are successfully quitting because they became their own cause. Get hopeful about taking back your life and the strength that you are being robbed of. The best thing about quitting is that your body will begin to heal itself immediately. Within 20 minutes your blood pressure begins to stabilize. Other healing changes begin to take place very promptly. Within just a few years your lungs will wholly return to their pre-smoking condition.

There are all sorts of stop smoking methods out there. Many of them still put nicotine into your body and require a considerable cash expenditure for patches or gum. But what if there is something else that would work for you? Quit smoking hypnosis is a comparatively economical way to stop smoking instantly. If you have not yet tried hypnosis for smoking cessation give it some consideration. Quit smoking hypnosis has a very high success rate and it can be done unobtrusively in the privacy of your own home.

For more information on the benefits of quitting smoking please visit and bookmark <http://www.squidoo.com/reasonstoquitsmoking> . That way you can return and read all the great things that your body will do when you quit smoking. There is also some information about quit smoking hypnosis programs.