

Are You Struggling To Quit Smoking!!! 3 Ways To Keep The Urge Away.

Smoking has been a nasty habit for 20% of the u.s population as of 2023. Approximately 30% to 50% of U.S. smokers make an attempt at quitting smoking, leading to only 7.5% of attempts being a successful quit.

Not concerned about the statistics? How about the health issues acquired by smoking such as.

- Cancer (Lung cancer chances are increased to 14%)
- Heart Disease (cardiovascular disease leading cause of all deaths in the world)
- Diabetes (30%-40% more likely to get type 2 diabetes)
- Chronic Obstructive pulmonary disease (20% of all smokers develop)

By Now hopefully I have your attention. Now i can tell you 3 Ways you can stop the urge

1. Nicotine Replacement
2. Avoid Alcohol
3. Get Physical

These 3 Ways Are Guaranteed to increase your chances of Dropping that Nasty cigarette.

Nicotine Replacement

With Nicotine Replacement there are multiple different options you could choose from to increase your chances of quitting. Most of these options are cheaper and significantly better for you. For instance Gum, It Provides oral fixation, and flavor in your mouth keeping your mind at ease and distracting you from urges to taste a cigarette (especially cinnamon gum) causes cigarettes to taste even worse. If Gum isn't your forte, There are other options such as flavored toothpicks, lollipops, as well as prescribed medication such as varenicline and bupropion SR. These cause nicotine feelings in the brain without any nicotine interesting the body.

Avoid Alcohol

When it comes to smoking Alcohol is a sneaky enemy, Causing smokers to be triggered to smoke. While drinking it increases your tolerance, and intake needed to get that feel good

effect. Meanwhile increasing the feel-good level caused by nicotine, causing you to feel more of the cigarette affect the more you drink and feel less of the alcohol thats actually affecting your body(which could lead to unpredictability when knowing how much your body has actually had to drink. Staying away from alcohol can prevent over consumption of nicotine in one sitting.