

6 Great Ways To STOP SMOKING

If you're thinking about quitting cigarettes on No Smoking Day, why not try one of these tried and tested methods to kickstart the process?

1 JOIN THE CLUB!

Becoming a member of an NHS smoking cessation programme and using nicotine replacement therapy almost quadruples your chances of successfully quitting.

Support is provided either one-to-one or in a group. You'll receive help from specially-trained advisors, who will help you devise your personal stop-smoking plan. You'll also find out about the nicotine replacement products and stop smoking medications that can help in the early stages of quitting, many of which are available on prescription, including chewing gum, patches and Zyban.

Call the NHS Stop Smoking Helpline on 0800 022 4332 or visit www.smokefree.nhs.uk

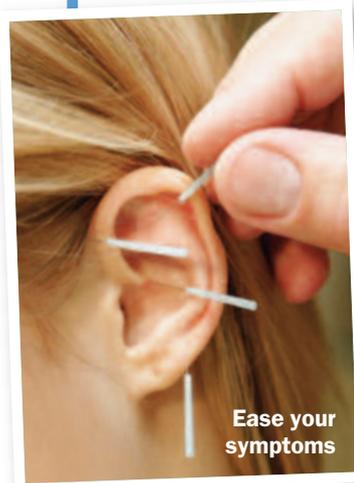


for information about stop-smoking services offered in your area.

2 LOOK INTO MY EYES...

Hypnotherapy doesn't involve the "showtime" variety of hypnosis. It's about using hypnotic techniques to bring about changes, including breaking bad habits such as smoking.

After gently leading you into a deeply relaxed state where your brain is much more receptive to new ideas, a hypnotherapist will teach you how to use the power of your mind to reduce the desire to smoke while also increasing your determination to quit.



Ease your symptoms

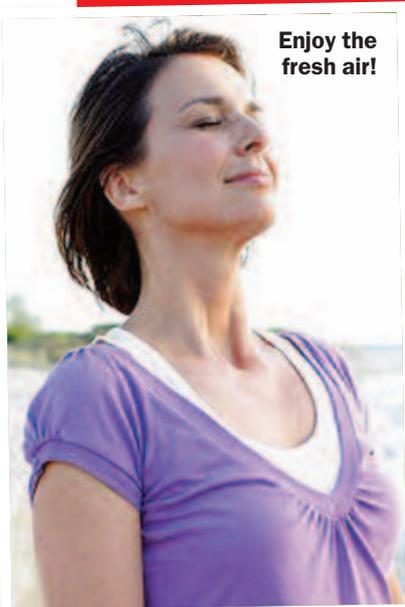
4 Get Straight To The Point

Using fine needles on five specific acupuncture points in the ear, auricular (ear) acupuncture can reduce withdrawal symptoms, boost willpower and relieve stress. "To enhance the effects between treatments, press studs or magnets can be placed on two of the points," explains acupuncturist and British Acupuncture Council member Rachel Peckham.

3 MAY THE FORCE BE WITH YOU

Laser therapy is an increasingly popular way to stop smoking and adopts the same basic principle as acupuncture – only using a laser beam instead of needles.

A harmless, cold laser beam is fired at specific energy points to release endorphins. These feel-good hormones help combat the symptoms of nicotine withdrawal, including cravings, irritability and stress.



Enjoy the fresh air!

WHAT HAPPENS TO YOUR BODY WHEN YOU STOP SMOKING?

After 20 minutes

Your blood pressure has returned to normal.

After 8 hours

Oxygen levels in your blood have returned to normal; nicotine and carbon monoxide levels have halved.

After 24 hours

Your lungs are beginning to get rid of all that tar.

After 48 hours

There's no nicotine left in your

body – and your senses of taste and smell are recovering.

After 72 hours

Breathing is easier and your energy levels have increased.

After 2 weeks

Your circulation has improved.

After 3-9 months

As your lungs have room for 10% more oxygen, wheezing, coughing and breathing problems have all decreased.

After 1 Year

Your heart disease risk will have halved.

After 5 years

Your stroke risk's the same as a non-smoker's.

After 10 years

Your heart attack risk is the same as the risk facing a non-smoker, while your risk of developing lung cancer is only slightly greater than that of a non-smoker's.



“I’VE NOT HAD A CIGARETTE FOR ELEVEN MONTHS”



Lasers worked for Lorraine

“I used to smoke over thirty cigarettes a day but, thanks to laser therapy, I’ve not had a cigarette for eleven months,” reveals Lorraine McEvoy (58).

“Having unsuccessfully tried all the conventional methods of stopping smoking, I had four laser therapy sessions in two weeks with top laser therapist Anne Penman (www.annepenman.com).

“Anne zapped my fingernails, brows, temple and behind my ears with a piece of equipment that looked like a bar-code scanner! The laser therapy removed my cravings for a cigarette and, by time the effects eventually wore off, the nicotine was out of my body and I was a non-smoker.”

You don't need it

TIP!

Practice saying “No thanks – I’m a non-smoker”. You can say it when offered a cigarette, and you’ll convince your brain that you no longer smoke

5 FAKING IT!

If your hands feel redundant without a cigarette, why not try a nicotine inhalator? As well as keeping your hands busy, these cigarette-shaped devices also provide just enough nicotine to control cravings and, by gradually reducing the dosage,

can be a good way to break the addiction to this chemical.



6 Herbal Happenings

“My favourite stop-smoking product is **Napiers Lobelia Cough Syrup**,” reveals medical herbalist **Dee Atkinson**. “The herb lobelia contains constituents that mimic nicotine – these occupy nicotine receptors in the brain and cut down cravings. Lobelia also helps to clear the lungs and deals with the cough that most people who stop smoking develop as their lungs start to clear. “To ease tension and anxiety, I use this with **Napiers Skullcap Oat and Passionflower Compound**.”



Use flowers to banish the weed!

WORDS: WENDY GLASS PICTURES: REX FEATURES, ALAMY, JUMPFOTO