

Smoking Cessation Helpful Tips

Congratulations on your decision to quit smoking. As you know, you have made a very important choice towards improving your health.

Although acupuncture can help reduce withdrawal symptoms, manage cravings, and boost willpower, your success is ultimately up to you. Here are some important guidelines to help you achieve your goal.

Support Person - The decision to stop smoking can elicit uncomfortable emotions. Ask someone who is available to you in the next few weeks to act as a sounding board and provide encouragement when needed.

Affirmation - An affirmation is a positive statement repeated often to create desired changes in your life. Repeating the affirmation helps not only to remind you why you are no longer smoking but imprints a new image of health so that the body can then produce health. Examples: "I am a non-smoker. I make healthy choices in my life."

Setting Boundaries - Set up contracts with other smokers to refrain from smoking in your presence. This includes spouses. When possible, stay away from smokers until you feel more confident with your nonsmoking health status.

Drink water - Research shows that dryness causes cravings. Sip water frequently throughout the day.

Refrain from drinking coffee - Research shows that coffee causes cravings and dehydrates the body.

Food choices - Eat a lot of carrots, celery, and other vegetables throughout the next few days. Candies upset blood sugar level, which can aggravate smoking-withdrawal symptoms. Sugar substitutes such as NutraSweet are sweeter than sugar and cause further sugar cravings.

Managing cravings - Cravings feel like they will last forever but actually fade in two minutes. Plan what you will do during a craving. Examples: repeat your affirmation; breathe deeply; walk to another place; sing a song; dance; call your support person.