

# Best Way To Quit Smoking - No Pills or Patches Required

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Most of smokers will be quite shocked after reading this statement but apparently best way to quit smoking is not related with some miracle medicine in form of pills, patches, chewing gums or other so called alternatives for addictive component of cigarettes mostly known as nicotine.

In fact nicotine is not main reason why you are addicted to smoking habit. The tobacco companies and even health care industry want you to believe that this is true but there is another component in patent protected list of thousands of chemicals inside every cigarette that actually is responsible for addiction. And unless correct countermeasures are taken against this ingredient all attempts to quit smoking are ten times more difficult which results in higher rate of failure for those who are trying.

This is quite beneficial for both tobacco companies and health care industry because high fail rate in trying to get out of addiction leaves more customers for both as they get through endless cycles of addictive smoking and attempts of curing this unhealthy habit. And curing programs that require taking medicine for several months like swallowing Zyban pills or chewing nicorettes are nearly doubling monthly expenses of a smoker.

The best way to quit smoking is to find out what exactly is responsible for addiction and how to get rid of it as well as opening eyes to how marketing companies are trying to promote false information to ensure that most smokers never quit. Also planning out exactly when that last cigarette will be smoked and exact plan of actions how to replace that urge for another smoke and sticking to this plan will ensure success.

This isn't as easy as it sounds because just reading few facts and especially finding that will power to follow plan of actions isn't going to work if not done correctly. Trick here is to overcome years of being programmed by advertising of smoking as cool way of life and disregarding most of discouragements about health problems as low risk issues which is hardest part because planning how to replace current habits that involve smoking might require just imagining ahead what alternative action can be done instead of having a smoke like drinking water, chewing some gum and etc.

There are several methods that try to clear up mind from false information and help to get rid of bad daily habits that involve smoking and I have tried many of them including ones with hypnosis and neural-linguistic programming but only one was solid and complete in all aspects with long term affects that did help me overcome 30 years of non-stop smoking 2-3 packs per day.

To find out more about best way to quit smoking visit [QuitSmoking](#) right now and learn how to stop spending money on unhealthy lifestyle that might shorten your life by 15 years or even more.