

5 Top Methods To Stop Smoking

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Nicotine addiction is one of biggest problems in modern days and there is no surprise that people are looking for easy and effective methods to stop smoking without any side effects.

Let's review some most popular methods to stop smoking which many smokers have tried possibly even several times.

1. Nicotine replacement therapy - This method is based on assumption that main addiction reason is one of tobacco ingredients nicotine because of which human body is in need for more. Most common replacement ways are nicotine patch that delivers it through the skin, nasal spray or chewing gum. Main advantage of this method is that it reduces painful cravings and withdrawal symptoms but it is quite risky if overdosed or used while smoking which can cause bigger health problems than smoking alone. This method rarely works as long term solution if used without other ways that help getting rid of addiction.

2. Acupuncture - This method is quite effective if used together with awareness counseling as it can bring up to 40% success rate for even heavy smokers while if used alone barely 20% rate was achieved. Acupuncture uses small needles of different lengths and sizes to stimulate the skin in a particular area of the human body. It increases your body's production of mood-enhancing endorphins which alleviate withdrawal symptoms.

3. Hypnosis - Possibly one of best methods to stop smoking amongst all popular ones with success rate going up to 60% but requires very good specialist with proper experience in this which might not be is easy to find. Usually involves changing awareness of addictiveness in subconscious level of human brain where therapist finds reasons why patient wants to smoke and if properly done can have long term effects. In some cases might require replacement course to reduce withdrawal symptoms.

4. Cognitive Behavioral Therapy - This method involves changing awareness of smoking benefits and lifestyle. Most common approach is to replace any situation triggers and occasions which involve smoking with different action like drinking water or chewing gum. Also can be used with fading technique that requires counting amount of cigarettes smoked daily and reducing it gradually. Changing brands to lower quality or doing excessive chain smoking to increase disgust feeling from this process. Usually used quite chaotically without any proper plan of action which results in quite high fail rate.

5. Cold turkey method - This is used by those smokers who believe that they can quit smoking on their own without help of any medicaments or therapy. It requires very strong will and commitment to stop smoking. Success of this method depends greatly on individual character and rarely has long term success as it doesn't involve any quick changes in awareness. For those who smoke a lot daily this method can cause quite painful side effects after sudden loss of nicotine and other tobacco ingredients.

All of these methods are quite popular ways to stop smoking but most of them have quite low success rate and as researched only one third of attempts on average are successful but if we remember that not all of them have

long term effectiveness then actual numbers taking in account longer period of time is even lower. Thing is that each of them are more effective for particular individual cases but others are useless for same people so choosing the right one might ensure better results.

Fortunately

there are quite high success rate methods which involve combination of these popular ways and can cause up to 90% of successful results with long term affects. Usually these are custom programs developed by clinics who specialize in curing addictions.

To find out more about one of best methods to stop smoking visit "Quit Smoke Right Now" and learn about one of easiest ways to stop smoking within matter of 3 weeks while continuing usual lifestyle but without smoking.

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