

Preparing to Quit Smoking with Cold Laser Therapy

Pick a date and keep it

Some smokers like to quit on their birthday, anniversary or some other significant date in memory of a loved one. If you have an event coming up that you know will be stressful; either quit in plenty of time prior to the event or wait until after. Stress is a big culprit for tempting people to start up again.

Tell others that you are quitting

Let others around you know that you are quitting and need their support. Ask them to not offer cigarettes or other nicotine to you and to keep it out of your face. Ask any smoker living with you to quit with you. Professing your commitment to others helps you stick to your plan, that is, if you are a person who likes to keep your word. Post it on facebook.

Determine your reasons for quitting.

The best reason is your own reason, not someone else's reason for you, Health, expense, quality of life, wanting to be here for loved ones are all good reasons, but you have to know your own "why" Post photos on the frig or bathroom mirror To help you stay focused. Be aware of the negative matters of fact, but try to focus in the positive direction of improved health, etc.

Make a Positive Definite decision that you WANT to quit and are ready to be done with it. NO turning back.

Cigarettes are NOT your friend. What kind of friend would rob you of breath and life and drain your wallet? Whatever you tend to think on you will tend to act on. The laser is not a magic wand You still need to choose to be a non-smoker in order to stay a non-smoker no matter what method you use to help you quit. Beware of anyone who tries to tell you otherwise. Think for yourself about that.

Calculate how much money you spend on smoking/chewing

Figure out how much your habit costs you each week and month Think of something you would really like to purchase for yourself after quitting for a month. You might want to keep a jar on the dresser or counter and keep putting your nicotine money in the jar for that month so you can watch it accumulate. Go shopping and enjoy your reward. Figure out where that money needs to go for the rest of the year. Pay off a debt. When that is done, maybe it can go to a vacation, house or car payment, etc.; Bottomline - make note of what you can do with it rather than burning it up in Gigs

Take note of what triggers you to smoke.

Pay attention to what prompts you to smoke, is it drive time, after eating, talking on the phone, TV, coffee, alcohol, being in certain places at certain times? After your treatment you will be advised to avoid these things or to replace them the best you can. All of this pertains to the habit part of smoking which can be almost as addictive as the nicotine itself.

Find new activities.

Keeping your mind and hands busy will be a great help to replacing your habit.

You have been making hundreds of hand to mouth motions daily for hard telling how many years, Start thinking of what kind of things you can do to busy yourself after quitting. The more engaged your mind is with some hand activity the better, If you don't have a hobby, think about taking one up even if you have to force yourself to do so. Try to find something you can enjoy though, Have a "go to" activity you can do whenever a thought of Gigs crosses your mind.

Start Cleaning to get rid of the odor.

If you smoke in the house or car, try to stop that and only smoke outside. Once you quit you will be so much more aware of how bad smoke smells. That can be a trigger for making you want a cigarette. If possible, start cleaning the walls, ceilings, drapery, carpets, upholstery, clothing, etc. to get rid of the odor. You'll be shocked at what comes off of your walls. Anything you may have Packed away in storage tubs may have the odor also. We have a smokescreen deodorizing product available to help with your car and house. Get a nice clean fresh scent in your home. You'll be surprised at how much more you can enjoy the scent of Dowers after you quit,

Eliminate reminders.

Get rid of all ashtrays, cigarettes and lighters, pipes, cans, spit containers, or anything else that reminds you of your habit. DO NOT KEEP A HIDDEN STASH because you will think about it. It's worse than knowing there is cookie dough in the freezer!

Lifestyle Changes.

Quitting smoking needs to be just that-a lifestyle change. If your friends smoke you may have a tough time. You will have to be VERY determined & they will have to be VERY respectful and supportive of your choice, You can either encourage them to quit with you or you may need to find a new circle of friends if none of the above is going to work. You might consider making a group decision to quit and checking with us on a group rate. If one falls off the wagon though, don't let them wreck the whole wagon!

Beware of Temptation.

Stress and alcohol are the 2 biggest threats to an ex-smoker, Start thinking about how you respond to stress and start looking for other ways to cope with it, like exercise, relaxation techniques like music, or nutritional supplements. The rest of the population experiences the same types of stressors and manages to get through it without nicotine and you can learn to do if too. You th that smoking relieves stress, but in reality it is adding to your stress. Most of the clients we see in follow up visits say that they quit for a period of time, but that it was an alcohol related scenario that got them started again. It doesn't take much alcohol to alter mental judgment. There is usually a light-hearted, carefree spirit involved that makes a person think they are doing so well that they could probably just have one smoke or just smoke that night and not really start up again. WRONG! If only takes one puff to suck you right back in to the nasty habit, Worse than potato chips! Don't go there! Other drugs will also weaken your resolve to not smoke.

Replace hand to mouth habit.

Make wise choices about what you put in your mouth in place of that cigarette, Yes, you will gain weight if you use cookies or Tootsie Pops. Try carrots, celery sticks, apples, other fruit or veggies, seeds, nuts, raisins, sugarless gum, or even straws. Take a puff through the straw as you would on a cigarette. If that reminds you too much of smoking don't do it anymore. Inhaling that extra air may trick your mind into being satisfied as though you had taken a drag off of a cig. More oxygen is a good thing.

It's never too late to quit.

We've had much success at treating folks who have smoked most of their life and some as much as 4 packs a day or 3 cans of snuff a day. That is a HUGE amount of nicotine. Health improvement starts immediately so why wait? You are worth it. **Call now. 636-587-2551**