

Ways of quitting smoking



I have always found New Years to be one of my favorite times of the holiday season. I especially get a chuckle at one of MANKINDS FAVORITE NEW YEAR REOLUTIONS, “ This year I am going to finally quit smoking”. Yes sure, they might seem sincere heck even determined and motivated that night, especially after one too many margaritas. But we all know the sad and harsh truth, even with a high degree of motivation and will power; the chances of success are limited at best. According to the American Lung Association approximately 460, 000 Americans die every year because of smoking related illnesses and cigarettes contain at least 43 cancer-causing chemicals in addition to the poisonous carbon monoxide that’s also inhaled. Every year approximately 46% of regular smokers attempt to quit, with only about 10% being successful in the short term¹Research has shown that only 3-5% of smokers are successful using will power alone (Hughes et al, 2004)

Smokers have an extremely difficult time to quit cigarettes because of the nicotine contained in the tobacco cigarettes. Nicotine is one of the most addictive substances known to man, and it acts directly on the pleasure centers of the brain by releasing dopamine which causes the individual to feel good, while also reducing anxiety, tension and appetite⁵. Regular use affects the brains reward system, so that when there is no nicotine, the dopamine levels will fall and withdrawal starts. The main withdrawal symptoms associated with smoking cessation are:

anxiety

nervousness

attention deficit

restlessness

Feeling low or depressed.

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trouble sleeping

hunger

frequent cravings

Trouble concentrating.

These nicotine withdrawal symptoms and not will power are the main reason smokers find it so difficult to quit. Although most symptoms subside within a few days to two weeks, the most troublesome one, the Cravings sometimes can last for years, and that's is the biggest hurdle. There are many alternatives available to help the smoker quit. The alternatives range from prescription drugs like Zyban (also an antidepressant) and Chantix which is supposed to target the nerve receptors from the effects of nicotine, to “nicotine replacement therapy” products such as gum, patches or inhalers. Unfortunately these products have had little success in achieving permanent smoking cessation from its users. The other main reason for its lack of success lies directly in the fact that these products provide a very low dose of nicotine administered over a longer period of time , which is totally opposite to the instant rush of nicotine a smoker feels within 7-10 seconds after inhaling a puff from a tobacco cigarette. So in simple terms, their craving for nicotine is not being satisfied.

Now there is a new product that seems to provide a safe, effective and healthier alternative to the common cigarette, the electronic cigarette. Basically the device looks like a normal cigarette but it is actually and electronic inhaler that vaporizes liquid nicotine into a fine mist that feels and looks like tobacco smoke, but has no smell since there is no combustion only a gentle ceramic heating element turning the nicotine into basically water vapor. Since nicotine itself has been proven in lab studies and tests that it's

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not a cancer causing agent, the cigarette itself does not harm the health of the user or bystander. Since there is no smell, tobacco, combustion or cancer causing chemicals it is completely legal to smoke indoors. . Its has been successfully used by millions in china and new Zeland to effectively quit smoking for good. In the states it's just staring to be marketed, and initial results and acceptance by the mainstream and medical establishment seems encouraging, and it truly does look like a viable and healthier alternative to the cigarette.