

trancesolutions

tips for ex-smokers

7 tips to staying smoke free

1. Drink - plenty of water, at least 6 glasses a day, this helps flush the body of toxins and assists in the recovery of cell
2. Change - the pattern of how you start your day, doing things differently helps to set new patterns
3. Chew - sugarless gum, carrot sticks or something similar for the first few days
4. Listen - to your Smoke Free CD daily for the first two weeks after you quit, then twice a week for a month
5. Practice - your self-hypnosis exercise
6. Reaffirm - daily the reasons you have chosen a smoke free future
7. Remember - you have the power of choice

Alcohol

Nicotine and alcohol

When you drink your urine becomes acidic and this acid causes nicotine to be drawn from the blood more quickly. Thus, the more you drink, the more likely you are to experience uncomfortable withdrawal symptoms. If possible, refrain from drinking alcohol during the first few days after quitting.

Medication

May need adjustment

Ending the influence of the many hundreds of chemicals present in tobacco (including nicotine) may have an effect on how you react to your medications. If you notice any change, you should always consult your prescribing doctor; they be pleased to hear you have quit smoking.

Caffeine

Reduce your caffeine intake.

Nicotine indirectly causes caffeine to metabolize at a rate of over 200% that of non-smokers. If you are a heavy caffeine user and continue using caffeine as you used to, you may find yourself unnecessarily agitated as well as having difficulty sleeping. Mental relaxation can be as simple as slowly clearing your mind of all other thoughts by focusing on a single colour or object. Using your Smoke Free CD will also help.

Food

Food and nicotine

Introducing nicotine into your body through smoking causes you brain to release adrenaline into your body, this in turn prepares the body for the "fight or flight" response by pumping stored fats and sugars into the bloodstream acting as an appetite suppressant.

Once you stop smoking this process ceases and if it was your habit to skip meals and have a cigarette, your blood sugar levels can become low and affect your concentration. To counteract this it isn't necessary to eat more, simply to eat differently. Simply spread your normal food intake over the entire day. Women would be advised to eat something every 3 hours and men every 5 for the first few days until the body re-adjusts. Fresh fruit juice can help in maintaining adequate blood sugar levels. Remember, this is not about eating more simply eating differently.

If you were in the habit of smoking a cigarette after meals, this may have become a conditioned signal to the brain that the meal was over; this cue no longer exists for you. Its absence may lead to a tendency to continue eating when the meal is over. Develop a new cue, this could be using a toothpick, brushing your teeth, or even taking a deep breath and slowly releasing it.

Now you have stopped smoking you will:

- ▶ be financially better off: if you were an average smoker, you will save about \$3,400 every year
- ▶ enjoy better health, you will significantly reduce your risk of lung cancer and heart disease
- ▶ feel good about your achievement and feel proud of your ability to stay in control

And remember, you are one cigarette away from a pack a day - so don't have the first one. You always have a choice.

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