

Family Chiropractic

*Courtesy of Harbourfront Family Chiropractic
by Dr. Warren Gage*



Going up in smoke

You've tried time and again to stop. New Year's resolutions go unfulfilled year after year. Your kids are on your back and let's face it - not many people want to be around it anymore. Not to mention that there are fewer and fewer places that actually allow it. You want to quit, but you simply don't know how.

Why do people find it so hard to give up smoking? Well, for one thing, addiction to nicotine is as powerful as addiction to many drugs. Some people say they smoke because it calms them down when they are under stress. Others smoke when they drink alcohol. Some even claim it gives them something to do with their hands and helps to settle their nerves in social situations.

Aside from the cost of cigarettes today, there are many health-related reasons to quit smoking. Did you know that there are more than 4,000 chemicals in cigarettes? These chemicals can damage every organ in your body, including your heart, lungs, kidneys, bladder, and skin. Those who smoke are prone to illness, particularly respiratory type illnesses such as bronchitis, cancer, and emphysema.

Smoking in women contributes to miscarriage and still births; their babies are at greater risk for birth defects and Sudden Infant Death Syndrome (SIDS). Smoking in men is linked to impotence and infertility. Quitting smoking is one of the health-

iest choices you can make – for you and those around you who are exposed to the dangers of second-hand smoke.

Tips To Help You Quit Naturally

- Rid your home, car and work-space of all smoking paraphernalia, including cigarettes, ashtrays, matches, lighters, etc. Do not allow others to smoke in your home. Avoid places where smoking is a temptation, like bars or clubs.

- Drink lots of water to release toxins in your body caused by the chemicals in cigarettes.

- Eat plenty of fresh fruits and vegetables. They make cigarettes taste bad.

- Avoid alcohol and caffeine – beverages that go hand-in-hand with smoking.

- Enlist the help and support of family and friends. You'll need it!

- Take a walk, sit in a relaxing bath or exercise when a craving hits you. It *will* pass.

- Join a smoking cessation support group, or even try hypnosis.

- Reward yourself for important smoke-free milestones, such as a week, a month, 6 months, etc. Think of the money you are saving!

Just remember one thing: like any addiction, it may take more than one attempt to get it right. Don't think of yourself as a "failure" if you don't succeed the first time. Keep at it... your health is depending on you, and your body will thank you!