

QUIT SMOKING HANDBOOK

Start Point

Reasons To Quit:

There are many great reasons to quit smoking in everyone's life. Consider yours!
For Example:

1. Prolonging life itself!
2. Avoiding serious diseases and illnesses.
3. Consideration for family members who are breathing in your smoke and who may actually care a great deal for you.
4. Hygiene – people may actually be turned off by your smell, appearances and by the addiction itself.
5. Using the income you spend on cigarettes for more meaningful and productive purchases.

The above are just a few, among many reasons why you should quit.

Understand why it is so difficult to quit

Remember that there are many aspects to your addiction. It's a habit that has become part of you and controls your overall mood. Your body, mind and soul have been programmed to think that there is a need for nicotine. Smoking gives you nicotine, which provides the body with an endorphin release, making you feel good because endorphins alleviate pain and stress.

Low Level Laser Therapy (LLLT)

At Advantage Laser Clinic we specialize in smoking cessation with low-level laser therapy also known as LLLT. By targeting different pressure points in the ear and body, we are able to suppress the physical addictions of nicotine. The application of the laser signals a release of endorphins by the body, which provides a relief of the withdrawal symptoms when trying to quit smoking. In combination with this treatment, behavior modification counseling is provided. The Treatment is painless and many quit with just a couple sessions. A normal smoke cessation program will include 2 laser treatments and a booster coupled with therapy to ensure the desired outcome and to monitor your success. We will provide you with an additional treatment after the application of the 2 regular laser sessions should you be experiencing the craving sensation.

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Commit to quitting with action

Once you have mentally prepared yourself to quitting consider the following:

- A start date – do not prolong it. Procrastination can lead to failure.
- Tell friends and family – When people who care about you know what you are doing, they can play an important role in helping you achieve your goal.
- Avoid places that involve smoking or that may have lead you to smoke in the first place. That also includes avoiding stressful situations and encounters that cause you anxiety.
- Consider the money you will save and maybe even put away the money you would have spent on cigarettes in a special place for a special purchase.
- Remind yourself constantly that smoking is an awful, toxic habit that has played a destructive role in your life.

Things to remember about the laser

- It is safe, fast, painless and effective
- No drugs used
- No side effects

List of the health benefits of quitting smoking you should keep in mind

Still not sure you should quit smoking? Below are 9 good reasons why you should...

1. In the first 20 minutes of quitting smoking your blood pressure will decrease or return to normal.
2. Within the first 8 hours, blood oxygen levels will increase in the body as carbon monoxide levels in your blood stream reduce by half.
3. In 48 hours your chance of having a heart attack decreases as the nicotine leaves your body.
4. Also in 48 hours post quitting you will notice an improvement in your sense of smell and taste.
5. In 72 hours you will experience improvement in lung function as cilia and bronchial tubes return to normal, and your energy levels will increase due to increased circulation.
6. In the first 9 months coughs and shortness of breath will decline as your lung capacity improves.
7. In 1 year your risk of having a heart attack will have dropped by half. (it actually takes 15 years for your risk of a heart attack to decrease to that of a non-smoker).
8. In 5 years your risk of experiencing a stroke returns to that of a non-smoker.
9. In 10 years your risk of cancer of the lungs, mouth, throat, bladder and kidney decrease to that of a non-smoker.

Success Depends on You! Be Strong!

Be confident and you will be smoke free and healthy!