Techniques for Quitting Smoking



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 All systems are needed in your body, and one of the very important systems is the respiratory system. The respiratory lets people breath and stay alive. A common habit that people have is smoking. Smoking harms the respiratory greatly. Secondhand smoke harms others too. Even though people do not smoke, because they breathe the smoke from smokers, they get harmed too. Smoking harms smokers, non-smokers, and the environment. Some ways to quit smoking are: reducing the number of cigarettes you smoke each day, only smoke a little bit of the cigarette, and smoke in long intervals.

 Smoking is an unhealthy habit that affects your body greatly. Smoking causes problems for the mouth. Gum disease, bad breath, and weak teeth are examples of the result of smoking. Your teeth can also become yellow. Smoking also causes headaches. Smoke harms the bronchi and makes you cough. The risk of getting lung cancer is high for smokers. Also, smoking causes the heart to get damaged. Your kidneys are also harmed. The cause of the addiction to smoking is nicotine. It is a natural drug that makes people addicted. Nicotine makes people want to smoke more. This is why it is very hard to quit smoking. Smoking only causes harm to your body, and it also harms others who breathe the smoke. For their own health and for the health of others, quitting smoking is a good idea for smokers.

 First, a technique for quitting smoking is reducing the number of cigarettes you smoke each day. Even smoking only one cigarette per day helps. Every day or week, smoke one less cigarette each day. If someone smokes a large number of cigarettes every day, the lungs are affected greatly. After a while of using the technique, you get used to not smoking as much. This helps your body and the risk of dying of lung cancer or other diseases is lower.

 Another technique for quitting smoking is only smoking a little bit of a cigarette. More smoke causes more damage, and only smoking half or even less can help. If you normally smoke the whole cigarette, smoke only half or even less. This is better for your body and others too, because they do not breathe as much smoke. Controlling how much of the cigarette you smoke can make a big difference. Even better, smoking a little bit less of the cigarette every day would help. A very good technique would be to only breathe in smoke once and throw the cigarette away.

 Finally, smoking in long intervals is a technique for quitting smoking. If you smoke every hour, reduce it to every two hours, and the next day, three. Smoking less often is a good technique to get your body and mind used to not smoking as much. To quit smoking, your body and mind have to get used to not smoking. This may take a while, but after a long time, smoking only one cigarette per day can become easy. Constantly damaging your lungs by smoking increases the risk of disease.

 Smoking is harmful for smokers and non-smokers. It may be very hard, but quitting smoking will help you and others. Because of smokers, others have to suffer. Reducing the number of cigarettes you smoke each day, only smoking a little bit of a cigarette, and smoking in long intervals can help quit smoking. Using all these techniques at once will be very helpful in quitting smoking completely. It will also, of course, improve your health and other people’s health as well. Smokers need to quit smoking, and it will help everyone.

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