

Health Benefits of Quitting



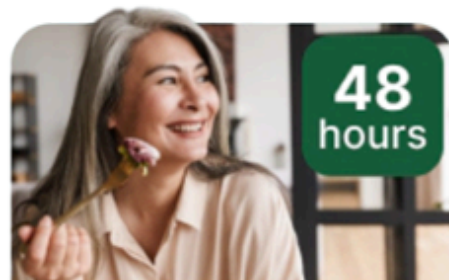
Blood pressure starts
to return to normal



Carbon monoxide
levels half



Carbon monoxide
levels usually
reach zero



Improved taste
and smell



Breathing becomes
easier and energy
levels may increase



Lung function and
circulation improves



Lung function
increases by up
to 10%



Heart disease, attacks or
a stroke is now half the
risk of a smoker

Common withdrawal effects and
tips to deal with them below



Headaches	If you are experiencing frequent headaches, make sure you are getting enough sleep, eating regularly, and partaking in physical activity. These lifestyle changes should help keep headaches at bay and/or lessen their severity.
Coughing	Staying hydrated is key to manage any coughing you may experience. A spoonful of honey, warm teas, juices, inhaling steam, and avoiding dairy are common “remedies” to deal with coughing.
Cravings	The 4Ds Strategy to Deal with Smoking Cravings
	1) Delay : set a time limit before you give in to smoking a cigarette. Delay as long as you can. If you feel that you must give in to your urge, move on to step 2.
	2) Deep breathing: take 10 deep breaths to relax yourself. The deep breathing should help relax you until the urge passes. If the urge does not subside, move on to next step.
	3) Drink water: drinking water is a healthy alternative to sticking a cigarette in your mouth. Water also helps flush out toxins to refresh your body. If you still crave for cigarettes, move on to next step.
	4) Distract yourself: do something else to distract yourself such as read, go for a walk, listen to music, watch TV- engage in any hobby other than smoking!
Increased appetite or weight Gain	Weight gain is one of the most common side effects responsible for derailing a smoker's attempt to quit. It is true that when you quit, you are likely to have a better appetite, and you may be tempted to replace cigarettes with food. However, you can avoid weight gain by making healthy eating choices (fruits, vegetables, and other healthy snacks), drinking lots of water and exercising more, all of which contribute towards a healthier lifestyle as well!
Mood changes (sadness, irritability, frustration, or anger)	Focus on the reasons you decided to stop smoking. Fill your head with happy, uplifting music to drown out the negative thoughts and emotions that you are experiencing. Remind yourself of all the benefits of quitting smoking; think of how much better you will physically feel, think of all the extra energy you will have.
Restlessness	The best way to deal with restlessness is to get up and move around! Engage in physical activity, go for a walk!
Decreased heart rate	See the NOTE below
Difficulty concentrating	The best way to deal with difficulty in concentrating is through your mind. Yoga, meditation, and mental imagery are great ways to focus on concentrating and regain your abilities to function normally. Think of it like exercising for you mind! The only way to improve concentration is to practice it! (Also see the NOTE)
Flu-like symptoms	As is with any case of the flu, or common cold, the best “medicine” is rest and hydration. Keep drinking water and making sure your body is getting enough sleep.
Insomnia	Relaxation methods and regular exercise are good for overcoming your sleeping problem. Common practices to overcome insomnia also include counting sheep, guided meditation, and self-guided imagery.
NOTE: All symptoms can be managed with a healthy lifestyle. Make sure you are eating and sleeping enough, take a multivitamin, exercise, make good eating choices, develop relaxation mechanisms (whether it’s utilizing a stress ball, deep breathing, yoga, or something of your own creation!), and reward yourself with things such as a new book or a hot bath to not only help relax you, but to also distract you from your current urges and cravings.	

Products that can offer **additional support** in managing withdrawal side effects



Visit us and chat with a pharmacist if you need assistance!

