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chevron circle right icon. bupropion.

Combine Medications.

chevron circle right icon. Use a long-acting

form of NRT (nicotine

patch) together with a

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short-acting form (such

as nicotine gum or

lozenge). Compared to

using one form of NRT,
this combination can
further increase your
chances of quitting.

Top of Page.

How to Quit | Smoking & Tobacco Use | CDC

Nicotine replacement
therapy. There are
several types,
including nicotine gum,
patches, inhalers,

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sprays, and lozenges.

They work by giving you nicotine without the use of tobacco. You may be more...

Ways to Quit Smoking: Cold Turkey, Nicotine Replacement ...

13 Best Quit-Smoking Tips Ever

1. Find Your Reason
2. Prepare Before You Go 'Cold Turkey'
3. Consider Nicotine Replacement Therapy
4. Learn About

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Prescription Pills 5.

Lean On Your Loved
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Ones 6. Give Yourself a
Fully Revised And

Break 7. Avoid Alcohol
Updated

and Other Triggers 8.

Clean House 9. Try and

Try Again 10. Get ...

13 Best Quit- Smoking Tips Ever - WebMD

Start your stop
smoking plan with
START. S = Set a quit
date. Choose a date
within the next two
weeks, so you have

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enough time to prepare without losing your motivation to quit. If you mainly smoke at work, quit on the weekend, so you have a few days to adjust to the change. T = Tell family, friends, and co-workers that you plan to quit.

How to Quit

Smoking -

HelpGuide.org

One or two of the stop smoking pills are taken

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a day, or as otherwise directed by the prescribing physician, starting one or two weeks before the planned stop date.

How to Stop Smoking - Top Tips & Best Ways | Allen Carr

Choose your quit date and prepare to stop smoking altogether on that day. There are several ways to stop smoking, but

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**Five ways to quit
smoking - Medical
News Today**

In place of smoking
cigarettes, try
sunflower seeds, sugar-
free lollipops, gum,
carrot or celery sticks
or another healthy
snack if you're
concerned about
weight gain.

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smokefree.gov
suggests. You can also
switch your cigarette
habit for a nut habit,
and eat four nuts in
their shell for every
cigarette you want to
smoke.

**Quit Smoking: 22
Ways to Stop
Smoking for Good |
The Healthy**

People who use
telephone counseling
have twice the success
rate in quitting

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smoking as those who don't get this type of help. Call the American Cancer Society at 1-800-227-2345 to get help finding a phone counseling program in your area. Support groups have helped many people who smoke quit.

How to Quit

Smoking - American Cancer Society

Here are some tips to help you outsmart

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some common smoking triggers: Throw away your cigarettes, lighters, and ashtrays if you haven't already. Avoid caffeine, which can make you feel jittery. Try drinking water instead.

Steps to Manage Quit Day | Smokefree

Quitting smoking: 10 ways to resist tobacco cravings 1. Try nicotine

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replacement therapy.

Ask your doctor about nicotine replacement therapy. ... Short-acting nicotine... 2.

Avoid triggers. Urges for tobacco are likely to be strongest in the situations where you smoked or chewed tobacco... 3. ...

Quitting smoking: 10 ways to resist tobacco cravings ...

Quit Smoking. Related Pages. For support in

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How To Stop

quitting, including free

quit coaching, a free

quit plan, free

educational materials,

and referrals to local
resources, call

1-800-QUIT-NOW

(1-800-784-8669).

no icon. How To Quit.

stack icon. Cessation

Materials for State

Tobacco Control

Programs.

Quit Smoking |

Smoking & Tobacco

Use | CDC

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The mere sight of weed and smoking kit can flare up your craving for it. Get rid of the pots, matches, lighters, roach clips, bongos, or containers; remove all of them from your vicinity [2]. You can burn away or flush the remaining weeds down the toilet. It is good to remove the pictures, posters, and photos you have of smoking.

How To Quit

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Smoking Weed? 10 Tips For Quitting Weed

Carrying Out Your Plan

1. Prepare the night before quitting. Wash your bedding and clothes to get rid of cigarette smells. You should also get... 2. Ask for support. Your family and friends can be extra support in your cessation journey. Let them know your goal and... 3. Know your triggers, Many ...

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4 Ways to Quit Smoking - wikiHow

The best way to stop smoking is to stop desiring a cigarette BEFORE you actually stop smoking.

How to Quit Smoking Naturally Even if You Love Cigarettes ...

Go cold turkey. This is the most common, and seemingly the easiest, method for quitting

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smoking because it

requires no outside aid.

You simply stop

smoking and commit

yourself to being

smoke-free. While

those who quit

abruptly are more

successful than those

who quit gradually,

How to Stop

Smoking Instantly:

15+ Effective Ways

to Quit ...

The decision to quit smoking is clear. Learn

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More. Benefits of
Quitting. Quitting
smoking can help most
of the major parts of

your body: from your
brain to your DNA. How
to Manage Cravings.

When you have a
craving, it's important
to have a plan to beat
that urge to smoke.

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