

## HELP TO STOP SMOKING%0A

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Get help to quit smoking - Canadian Cancer Society  
Get exercises, tips and tools to help you quit and join our online support group to share your experiences. Or call us a quit coach can answer your questions, help you develop a personal quit plan or refer you to programs and services in your community.

Quitting Smoking: Help for Cravings and Tough Situations

Call a friend, family member, or a telephone stop-smoking help-line when you need extra help or support. Eat 4 to 6 small meals during the day instead of 1 or 2 large ones. This keeps your blood sugar levels steady, your energy balanced, and helps prevent the urge to smoke.

How to Quit Smoking - HelpGuide.org

T = Talk to your doctor about getting help to quit. Your doctor can prescribe medication to help with withdrawal symptoms. If you can't see a doctor, you can get many products over the counter at your local pharmacy, including nicotine patches, lozenges, and gum.

Five ways to quit smoking - Medical News Today

Self-help materials likely increase quit rates compared with no support at all, but overall, individual counseling is the most effective behavioral support method.

Get help to quit smoking - Canadian Cancer Society  
Walk or Run to a Smoke-Free Life. Walk or Run to Quit can help you quit smoking by learning to walk or run 5 km! The program is for all fitness levels and our simple step by step approach makes it easy to quit smoking by becoming more active.

Where To Get Help When You Decide To Quit Smoking ...

Many health care professionals can be good sources of information about the health risks of smoking and the benefits of quitting. Talk to your doctor, dentist, pharmacist, or other health care provider about the proper use and potential side effects of nicotine replacement products and other medicines.

10 Foods and Drinks That Can Help You Quit Smoking

10 Foods and Drinks That Can Help You Quit Smoking - Shutterstock  
Besides the fact that nicotine is addictive, it's very difficult to let go of the routine of taking a smoke break.

How To Stop Smoking Weed: Treatment, Tips & Benefits [2019]

If all else fails, think back to the day you thought how to stop smoking weed and how you searched the internet for the answer. And how you read this article. And how you

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read this article. This flashback will bring everything back to help you keep going.

[The Best and Worst Ways to Quit Smoking | Everyday Health](#)

These stop-smoking aids are popular tools to help kick the habit, but some work better than others. Find out which methods give you the best shot at quitting smoking for good.

[Smoking and Tobacco | the lung association](#)

Counseling, medications, and other supports can help you quit. The most effective way to quit is to have a plan and proper support. Pick a quit date, talk to a smoking cessation counselor and see if any nicotine replacement therapy or medications will help you.