

The Bright Side of Withdrawal

Being prepared and knowing what to expect is a key step in establishing strong footing on your path to smoke-free success.

COMMON NICOTINE WITHDRAWAL SYMPTOMS

Quit smoking side effects are inevitable, but manageable. Don't allow yourself to use the TEMPORARY discomfort as an excuse to feed your addiction. Instead, use it as an affirmation that your body is healing itself and returning to its original non smoking state.

- Mood Swings (Irritability)
- Headaches
- Difficulty concentrating
- Nausea
- Fatigue, drowsiness, and insomnia
- Anxiety
- Depression
- Dry Mouth (Thirst)
- Increased Appetite (Improvement of Taste Buds)
- Mild to Sever Cough (Cleansing of the Lungs)

These are usually only experienced during the first week of quitting and are rarely serious, but if things don't improve after a few weeks and you feel concerned, consult your doctor.

FIVE HABITS TO ACQUIRE TO IMPROVE YOUR CHANCES OF SUCCESS

1. Drink plenty of **water**.
2. Incorporate **exercise**. Daily walking will make you feel better through dopamine increase, and offset the food intake that sometimes comes after quitting.
3. Have **healthy snacks** available to avoid sugar substitute.
4. Practice **stress reduction** methods. (deep breathing, meditation)
5. Add a **vitamin C-rich food** to every meal. (yellow bell peppers, guavas, kale, kiwi, broccoli, strawberries, oranges, cooked tomatoes, peas, and papaya) Vitamin C is an antioxidant that helps fight cell damage.

