

## Stop Smoking Methods - Why Some Work And Some Do Not

Smoking is quite easily the most widespread addiction in the world today, and at the same time, the ways to stop smoking outnumber the ways to curb any other form of addiction. Here is a synopsis of some of the ways and why all of them do not work equally effectively.

For some reason, nicotine replacement therapy has become one of the most popular ways to stop smoking in the world today. The main principle of this method is to replace the addictive ingredient in the cigarettes, i.e. nicotine with an agent that is less harmful and less addictive. Naturally, the replaced substance must be similar to nicotine in taste, or it would not be an ideal replacement at all.

In most cases, the Indian tobacco, i.e. lobelia is used. Indians have been smoking beedis (i.e. herbal cigarettes with lobelia wrapped in betel leaves) for centuries, without any addiction. Also, these herbal cigarettes do not contain any tar. Nicotine replacement therapy uses several products such as lozenges, gums, cigarettes, patches, etc. with substances similar to nicotine.

The main intention of the substances used in all kinds of nicotine replacement therapy is certainly to gradually wean away the person from the addiction and protect him or her from pumping dangerous tar and carbon monoxide in the body. They have attained a degree of success and popularity too, and indeed doctors have also been prescribing these methods for hardened smokers.

However, the fact is that in these therapies, nicotine is not kept away from the body actually. In cases like nicotine patches, nicotine is used in the treatment itself. When this is done, the addiction is not treated at all. Tar is kept away, but still, intake of nicotine is still present. Hence, there exists a very high possibility that the person gets back to smoking once the patches are discontinued.

Hence, a person must wear the patch for the whole of his or her life. It causes other complications also. They can cause irritation in sensitive skin and may be the reason for discontinuing it. It also causes nightmares and vigorous dreams while having the patches on at night. Hence, there is no guarantee whatsoever that these therapies will actually work.

Even the medications are not all that effective when it comes to stay away from smoking. The medicines used also double up as antidepressants. These medications only help the people by resolving the anxious moments that they experience after they quit smoking. These medicines do not have the ability to set right the organs that are damaged due to the excessive smoking. Antidepressants are not suggested by the doctors, as they are pretty dangerous.

With such disfavor for most smoke cessation methods that exist today, the herbal remedies are making their presence felt as effective ways to stop smoking. These are made from natural herbs, which do not have side-effects on the body, and can be used by most people, even with health conditions. Herbal remedies wean people away from their addiction and also repair the damage that has been caused in their body due to long years of smoking.

Several herbal ways to stop smoking are popular today, like the SmokeRX, which is a kit of herbal supplements aimed at bringing results within as less as seven days. Hundreds of herbal remedies are available today, and they are also showing good results. Herbal remedies work because they address all the problems smoking causes, and do not target just one of the problems. They can be used against the addiction, depression as well as for the repair of the tissue and cell damage already caused.

### About the Author

Serious about stopping smoking? Then you must try the amazing all herbal [stop smoking pill](#) which helps you quit in just 7 days. Guaranteed.

SmokeRx is the ultimate in [stop smoking aids](#) and has helped numerous people to quit. Forget nicotine patches, gum and sprays. Why fill your body with nicotine when you want to get rid of it? All herbal SmokeRx works. Guaranteed.

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