

Tips To Help You Quit Smoking - Giving Up Slowly

It has been found that most of the smokers are afraid to quit their smoking habit as they fear that they may gain weight in the process. Is this really true? The following article gives the explanation.

It is a very commonly believed that stopping smoking will cause a gain in weight. This is not entirely false. However, there are also methods and ways in which smoking can be stopped and even weight gain can be prevented. The best tip on stopping smoking that anyone can ever give you is how to bypass gain of weight while stopping smoking.

It is a fact that smoking is a calorie-burning activity. It is proved that a chain smoker who smokes a pack of cigarettes a day will burn at least 200 calories in a day. That is the reason why a person who indiscriminately gives up thinking will actually gain weight as soon as he or she gives up the habit. This weight gain will not be apparent in mild smokers, but if the person is a heavy smoker, then indeed the augmentation in weight will be clearly visible.

There are reasons because of which stopping smoking causes a gain of weight. In the old techniques used for stopping smoking, which are also practiced today, smokers were and are made to drink or eat something as and when they have the urge to smoke. Drinking or eating will indeed help in curbing the smoking urge. But always, there are repercussions of everything. Smokers, to overcome the urge, eat things such as potato chips or snacks that increase the intake of calories or they would drink coffees or colas.

Although the smokers would have succeeded in their attempt to reduce the addiction to cigarettes they would have drastically gained weight. And there are also some cases where they smoker will not be able to give up on cigarettes as well as the high calorie food leading to double trouble.

Thus, the most valuable stop smoking tip will be to give up smoking with a safe, tried and tested method, or else you will risk becoming obese and give an invitation to a host of diseases. Stopping smoking by indulging yourself in eating is not the solution. Many people are understanding this supplementary problem that might come up, and so they are leaning more and more on herbal remedies. Herbal stop smoking methods do something very important - they act as natural antidepressants and help the smoker to fight against the excessive cravings that may come on. As a result, the smoker is able to give up the habit without getting addicted to anything else.

The herbal formulation SmokeRX, which is used for overcoming smoking habit, is the most effective technique used in stopping smoking. It works in itself and completely too. It does not get rid of smoking by creating another habit and nowadays, this is the way with which most of the herbal remedies are made.

Keep in mind the given tip for cessation of smoking: use natural, safe and logical techniques for your stop smoking task. There are about hundreds of techniques out there, however, you ought to play safe and be careful and not fall to another addiction, right after giving one up.

About the Author

Serious about quitting 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 assisted numerous people to quit. Forget nicotine sprays, gum and patches. Why fill your body with nicotine when you want to get rid of it? Smokerx works. Guaranteed.

Source: <http://www.tipsbin.com>