

# Easy Way Stop Smoking

QUIT SMOKING WITHOUT STRESS OR CRAVINGS

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## Best Way To Stop Smoking Cigarettes

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### Best Way To Stop Smoking Cigarettes

**What's the best way to stop smoking cigarettes** you've probably been wondering? Well, that depends upon what you mean by the best way. You might mean, best way to stop smoking without using drugs or aids of any kind. Or, you might mean, the best way to guarantee you'll stop smoking permanently. You might also mean, the best way to stop smoking without cravings, or without having to quit cold turkey. Or maybe you mean all of the above.

**The best way to stop smoking cigarettes** for you, will be determined by a number of factors, not the least of which is understanding what you mean as we've already mentioned in the previous paragraph. However, there is an overwhelming amount of evidence to suggest quitting cold turkey is the only sure way to guarantee success.

That being said, I realize not everyone has the "willpower" to quit cold turkey. That's where the right kind of quit smoking aids come into play. However, the sad fact is, nearly all quit smoking aids that rely upon a nicotine replacement product have a tremendous long-term-failure-rate. The vast majority of smokers (96%) who try to quit smoking using a nicotine replacement product revert to smoking again within 6 to 12 months. Even more bad news is that the prescription drugs like Chantix and Zyban, which give the impression that they are highly successful yet have only short-term success rates, with more than 84% reverting back to smoking within a year. Even worse news, is that those drugs have some very serious side effects that can be life threatening, including increased risk of suicide.

As an example of one way that can definitely be eliminated from the category of best way to stop smoking, let's take a look at **the most frightening drug of them all Chantix**. Varenicline (Chantix in the USA and Champix in Canada, manufactured by Pfizer) was given fast track approval by the FDA in February of 2006, only to later be required to carry the FDA's strongest safety warning in July of 2009 "BLACK BOX WARNING" due to the **extremely dangerous side effects** caused by the drug, including large scale suicides.

### The best way to stop smoking, is to avoid products with serious unsafe side effects that also have a very high rate of recidivism.

There is a **safe and easy way to quit smoking**, and it's far safer than any quit smoking drug or nicotine replacement product presently available, and that is hypnosis.

While I highly recommend hypnosis to anyone wanting to quit. I realize many people, for many different reasons, are either very skeptical or downright afraid of hypnosis and will refuse that path.

So, for those who believe they need a quit smoking assistive product, but would prefer not to take a potentially dangerous drug or allow themselves to be hypnotized, there is another quit smoking aid available that shows some real promise...**the electronic cigarette**.

Rather than reinvent the wheel regarding the merits of electronic cigarettes, I've found a very well written article on the subject of quitting smoking using the electronic cigarette included below. I just have to say though, that you probably won't really quit smoking using the device. What's more likely to happen is that you'll use it with the intent to quit smoking, but since it will be less expensive than real cigarettes, and less harmful to you and the others around you, that you'll probably just replace your smoking habit with an e-cig habit.

On the other hand, should you seriously wish to try **the electronic cigarette** as a means to quit smoking, I'd highly recommend that you simultaneously use a **quality quit smoking hypnotherapy program**, to literally guarantee your success.  
"What is the Best Method to Stop Smoking?"

By [Victor Shallow](#)

A question that most smokers who are considering quitting smoking ask is "What is the best method to stop smoking?" There are millions of people who want to stop smoking. The health problems that smoking can cause are well known, but people are not able to quit because of the highly addictive nature of nicotine, which is in tobacco. Common quit smoking aids which replace the nicotine without smoking, include gum, lozenges, and patches. These aids which are referred to as "Nicotine Replacement Therapy Products" do help satisfy the craving for nicotine.

The problem for many is, the habit of smoking is an overall "experience". It's not only the nicotine. Smokers also like the sensation of raising a cigarette to their mouth and inhaling and exhaling the smoke. The act of smoking gets linked to a pleasurable experience like having a smoke with a good cup of coffee, or after a good meal. The "experience" along with the nicotine, make cigarette smoking an extremely difficult habit to break.

There is a fairly new product on the market that is gaining in popularity. It's called an electronic cigarette and I think it makes a lot of sense as a method to stop smoking. The electronic cigarette is a battery operated cigarette that gives smokers the feeling of smoking a regular cigarette without all the harmful toxins. The electronic cigarette looks and feels very similar to a regular cigarette. It has a chamber that turns pure liquid nicotine into a puff of vapor giving the sense of smoking a regular cigarette, without all the chemicals that are present in regular cigarette smoke. Smokers get the nicotine and the smoking "experience" without all the health risks of cigarette smoking.

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We Highly Recommend  
**The Non-Smoker's Edge**  
**Medical Hypnosis Program**



- ✓ Quit without weight gain or irritability
- ✓ Drug-free
- ✓ Best quit rate available today, with or without a prescription
- ✓ Seven audio CD program
- ✓ Quit in the privacy of your own home
- ✓ Comprehensive program developed by a licensed psychologist
- ✓ Give up the excuses and start living your life today
- ✓ Best quit rate of any hypnosis program
- ✓ Guaranteed to work or you get a complete refund

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Electronic Cigarettes contain nicotine cartridges which are interchangeable and available in different strengths. This allows a person to gradually reduce the amount of nicotine they consume by switching to cartridges with less nicotine content. The cost of electronic cigarettes is much less than regular tobacco products.

Although electronic cigarettes are much healthier than tobacco, nicotine is very addictive. If you're not a smoker, I definitely would not start. If you're an adult who already smokes and you're looking for a way to reduce the amount, or quit, I would recommend looking into e-cigarettes.

Vic Shallow has researched methods to stop smoking and also different brands of electronic cigarettes. For more information please visit <http://www.methodstostopsmoking.info>

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Once again, the **best way to stop smoking** by far is by using the electronic cigarette if coupled with a quality quit smoking hypnotherapy program. It is the best bet for anyone lacking the willpower to quit smoking without help. However, truthfully, you really only need hypnotherapy to succeed.

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