

Download Cease Smoking Easy Therapies Medical Treatments To Quit Smoking

Medicines to Help Quit Smoking Nicotine replacement therapy includes nicotine gum and lozenges, nicotine patches, nicotine nasal spray, nicotine inhalers, and other prescription drugs. The features of each therapy are discussed. To note I am still a non-smoker! I had tried other methods to quit smoking before. None worked. I had smoked for 35 years and after taking one treatment I walked away not smoking and I have not looked back. I recommend your method to anyone who really wants to quit smoking. Follow all the instructions carefully and I believe you could be like me. Several treatments exist to help you quit smoking by getting you past your craving for nicotine. These include prescription medications; nicotine replacement products such as gums, patches, lozenges and nasal sprays; as well as acupuncture, hypnotherapy or other alternative therapies. The aim of hypnotherapy in smoking cessation is to decrease the desire to smoke or strengthen the will to stop smoking. 36 The patient is guided by the hypnotherapist to respond to suggestions for changes in the smoking experience. Treatment success can be influenced by the therapeutic relationship or the hypnotisability of the patient.