

Enjoy Health Benefits Immediately When You Stop Smoking

By Gayle North

If you are still smoking or chewing tobacco, you probably plan to stop in the future. Most people do stop – sooner – or later.

Health experts have said for years that it's never too late to give up smoking. While studies have shown the effect on lung cancer rates can be dramatic, a recently published study in the British Medical Journal gives the clearest evidence yet of how beneficial it can be.

Because widespread smoking started earlier in Great Britain than other countries and Britons started quitting en masse first, Britain is experiencing the largest decreases in lung cancer deaths. Widespread dropping of the habit has halved the number of lung cancer deaths that otherwise would be occurring according to Sir Richard Peto who led the Oxford study. If the British trends in stopping are mirrored worldwide over the next decade or two, Peto says that about one third of the tobacco deaths expected by 2020 would be avoided.

Britain is also experiencing the most rapid decrease of any country worldwide in all premature deaths from tobacco. Britain has led the world in stopping smoking chiefly because the original study identifying the risk involved British doctors, who promptly started giving up the habit and telling their patients to do the same.

The demand for easier ways to quit smoking in Britain prompted the development of the most advanced hypnosis and NLP (Neuro Linguistic Programming) techniques for smoking cessation. This has made it easy for thousands of Britons to stop their habit and the techniques are now available in the United States and available in this area.

Peto's findings show that the risk of dying from tobacco related disease is decreased by more than 90 percent for those who stop before they turn 35. Even people who stop smoking at 60 will reduce their risk of lung cancer by 62 percent as compared to those who continue smoking after 60 into old age. Tobacco has been linked to 20 other diseases and kills half of lifelong smokers.

The many benefits of stopping smoking at any age have now been well documented. According to published reports:

Within 8 hours after stopping smoking, blood pressure begins to return to normal.

Within 24 hours, the chance of having a heart attack is cut in half.

Within one week, lung capacity increases by as much as 30%.

Within two weeks, circulation markedly improves.

Within three weeks, coughing should disappear.

Within four weeks, the lungs begin to regenerate and shortness of breath, fatigue and sinus congestion decreases or goes away all together.

At this point, overall energy is usually tremendously increased along with the joy of whiter teeth, fresher breath.

A new feeling of personal pride, self-worth, and confidence settles in as mastery over an aspect of life that was out of control is realized.

All of these health benefits plus a longer healthier and happier life are waiting for anyone who chooses to stop the poisoning. Wouldn't these benefits be enough? But in addition – every person who stops the habit gets to save thousands of dollars each year that they can invest, take a super vacation, pay for an education, a new car, or anything else they wish to do.

Whatever their reasons for smoking or chewing tobacco – tobacco users know they are just excuses. Their loved ones who are increasingly concerned about them wish they could make up their mind for them – but they can't. They have to do it for themselves because they want the benefits. As soon as they make up their mind, they can start enjoying all the benefits immediately!

Help is available. There are lots of ways to go about it.

Gayle North offers Personal Coaching for Positive Change using recently developed empowerment technologies to clear mental and emotional blocks that keep people stuck in unhealthy habits and prevent them from performing at their highest potential in school, sports, relationships, work and finance. Call 406-837-1214 to learn how you can STOP SMOKING IN ONE HOUR and for coaching in person or by phone.

changeiseasy@montanasky.net

www.PositiveChangeInstitute.com