

## **HOW TO QUIT SMOKING CIGARETTES WITHOUT SPENDING A LOT OF MONEY**

Here is a method that will allow you to quit smoking if you have made up your mind to do so. There is no great magic in this. It is just that you have to make up your mind in order to be successful. You can't depend on a drug such as Prozac, Wellbutrin, Zyban, an acupuncturist or and outside force to come out of the heavens and make it easy for you. It does take some effort. Here is the method:

Calculate how many cigarettes you smoke in a day, multiply that number by 3 and that will be the amount of days that it will take you to quit. So for example, if you are smoking a pack of 20 cigarettes a day, multiply that number by 3 which equal 60 days that you will be able to quit. What you have to do is the following:

The plan is that you will cut down by 1 cigarette every 3 days. You have to mark a calendar with the number of cigarettes you are going to smoke on a given date. For example, the first day you will smoke 1 less, which is 19, the next day 19, and the day after that 19. After the 1<sup>st</sup> 3 days you will go down to 18. You will have marked this on your calendar and it will give you a schedule that will go out for 60 days. You have to have your quit day marked. If you don't mark your calendar and your quit day, you will not be successful. The biggest key to quitting smoking is commitment.

I have had hundreds of people use this method and have it work over the years. On television, there are advertisements for allsorts of computer gadgets and aids and all they do is tell you that can have so many cigarettes a day. They will promote gradual withdrawal. The Zyban product is a Prozac type drug called Wellbutrin in disguise and it calms down your anxiety so that you can get off your cigarettes. Patients have been addicted to this new drug and don't want to get off the Wellbutrin. I have seen very few long-term successes on the patches. The patches are expensive; they cost almost \$400-\$500 to complete the program. The success rate that I have seen long-term has been few and far between.

If you fail the above method, it means that you haven't made a big enough commitment to want to quit cigarettes. If you have set a new plan, mark your calendar "quit day" and restart from the new number of cigarettes you smoke per day. Usually patients get stuck at 5-10 cigarettes a day and have to start over.

**GO FOR IT!!!!!! Even if you don't make it on the first try, YOU CAN DO IT AGAIN**

Thank You

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