

Cigarrest helps smokers stop smoking

Cigarrest Chewable Tablets and Gum have helped millions of people quit smoking

Are you a smoker? Do you wish you could stop smoking? Have you heard of Cigarrest and the benefits to this program over many others? It has never been more important than right now to quit smoking. Smoking is a very dangerous and addicting habit that affects millions of people throughout the world. 45 million people in the USA alone are addicted smokers. This breaks down to 21 % of the USA population. Of these 45 million, 70% said they wanted to quit.

The best way to quit is to never start. Education plays a huge roll in making sure the next generations of American™s can beat this habit before they even start. However, if you are already addicted to cigarettes, and you want to quit, there are a large number of options for you.

Studies show that to quit smoking requires a 5 step process. These 5 steps will help you quit smoking; for good. You have the best chance of quitting smoking if you use them together.

Step One: Set a quit date. Change your environment and review the times you tried to quit the first time. Do not set the quit date too far out in advance. Set the date within a couple of days. Most people find that if they set a date a few weeks out then they are really not ready to quit smoking. Once you quit, do not smoke again—not even once.

Step Two: OK, you have stopped—now what? Get support and encouragement. Let people you are close to in on your smoking addiction and tell them you are trying to quit. Swallow your pride and tell them this is going to be difficult and that you would appreciate their encouragement and support. Avoid smoking hang-outs for the next few weeks while you are adjusting to life without smoke! Seek advice from your health care provider. Get support from individual, group or telephone counseling. Studies have shown that counseling doubles your chances of success.

Step Three: Get a hobby! Learn new skills and behaviors. Try to distract yourself from the urge to smoke. Go for a walk, develop a new skill or hobby. Do something to reduce your stress such as taking a hot bath, reading or exercising. Drink a lot of water and other fluids.

Step Four: Get Medication and Use it the right way! Medications can help you stop smoking and lessen your urge to smoke. Consult your health care provider for advice and carefully read the package. Nearly everyone who is trying to quit can benefit from using a medication. In addition to traditional medicine such as Nicotine gum or patches, there are herbal, more natural options available:

Herbal Gums and Tablets

CigArrest Chewable Tablets and Gum from <http://www.cigarrest.biz> have helped millions of people quit smoking. The 30 day supply chewable CigArrest tablets will help you overcome the urge to smoke whenever the urge strikes. The chewable tablets are the original formula developed by CigArrest. CigArrest also has a 30 day supply of gum. The gum will help control your cravings and replace the oral fixation of smoking.

The Cigarrest formula contains a blend of herbal ingredients to safely treat your smoking habit. The active ingredients are all-natural and are the same in the tablets, the gum and the lozenges. The ingredients in Cigarrest work to make the smoker feel more comfortable while trying to quit. They relieve the nervous tension, irritability and those cravings most people associate with trying to quit smoking.

The CigArrest product contains: Lobelia inflata, Cinchona officinalis, Daphne indica, Plantago major, Calcareo phosphorica and Nux vomica. These herbs combined together in CigArrest are what helps you achieve your goals to quit smoking.

The length of time you stay on the CigArrest program will depend on your personal smoking behavior and your dedication to stopping. In addition, a CigArrest smoking counselor is available to help you should you need help.

The CigArrest program has been sold for over 20 years and during that time they have not had any serious reactions or negative side-effects ever reported. The CigArrest product is safe.

Step Five – Be prepared for a relapse or difficult situations. Most relapses will occur within a 3 month period. However, if you are prepared you can fight the need to relapse. Don't get discouraged if you start smoking again. Instead, start the process over. Don't give up.

<http://www.cigarrestblog.com>