

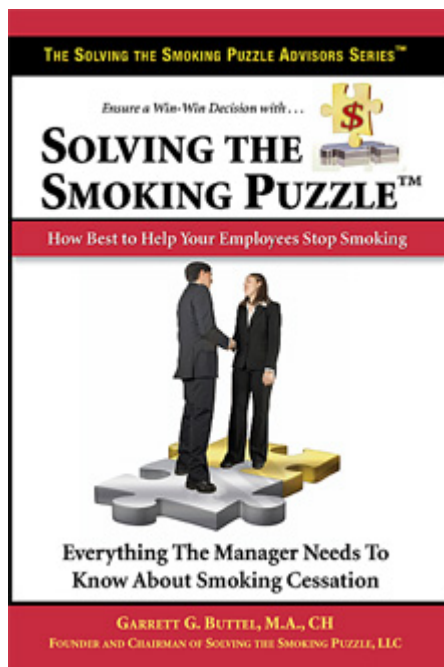
SMOKING CESSATION

Smoking cessation is the phrase usually used by the medical world as concerns stopping smoking. It is a very good description of the process of permanently stopping the intake of nicotine. Quitting smoking is a much less powerful term and is used predominantly by smokers. Smokers quit over and over again whereas smoking cessation promotes the idea of finality. Consulting hypnotists also use the phrase smoking cessation which describes what they do in a precise manner.

The Thompson/Gale Oncology Encyclopedia describes it this way: Smoking cessation is the medical term for quitting smoking. It is a vital part of cancer prevention because smoking is the single most preventable cause of death from cancer. As early as 1982, the Surgeon General reported that tobacco causes more cancer deaths in the United States than any other factor—30% of all cancer deaths, including 87% of deaths from lung cancer. Although people think of smoking most often in connection with lung cancer, smoking is also associated with cancers of the mouth, throat, voice box (larynx), esophagus, pancreas, kidney, and bladder. Women who smoke increase their risk of cancer of the cervix. Quitting smoking, however, significantly reduces the risk of cancer; 15 years after quitting, a former smoker's risk is almost as low as that of someone who has never smoked.

Unfortunately smokers looking to find information on quitting or stopping smoking usually don't think of the term smoking cessation.

More information about smoking cessation can be found by clicking on and purchasing the book below.



If you need to talk to Mr. Buttel directly please call 732.495.6780

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