

Just the facts about... **Smoking**

Fact 2 - What you are really giving up

Giving up cigarettes means ‘giving up’ a cocktail of nasty chemicals. The 4,000 different chemicals a cigarette generates includes 43 known carcinogenic (cancer-causing) compounds and 400 other toxins

Source: Don't Stop Smoking Until You've Read This Book, Dr H Alder & Dr K Morris

Surely any perceived smoking benefits are completely outweighed by the risks. The decision to stop is a very sensible one to make. The list below covers just some of the better-known toxic substances:

- Ammonia: household cleaner
- Angelica root extract: known to cause cancer in animals
- Arsenic: used in rat poisons
- Benzene: used in making dyes and synthetic rubber; linked to leukaemia
- Butane: gas, used in lighter fluid
- Carbon monoxide: poisonous gas as in car exhausts, and a popular suicide method
- Cadmium: used in batteries; linked to lung and prostate cancer
- Cyanide: well known deadly poison
- DDT: a banned insecticide
- Ethyl furoate: causes liver damage in animals
- Formaldehyde: used to preserve dead specimens and embalming
- Hydrogen cyanide: used in gas chambers
- Lead: poisonous in high doses, and outlawed as a constituent in many products
- Methoprene: an insecticide
- Methyl isocyanate: its accidental release killed 2,000 people in Bhopal, India in 1984
- Naphthalene: ingredient in mothballs
- Nickel: causes increased susceptibility to lung infections
- Polonium: cancer-causing radioactive element.

The substances listed above are just the tip of the iceberg - are they really losses when you give up smoking? Smokers often have a strong resistance to cease often resulting from a lack of true facts.

- As long as a smoker thinks that he or she will have to give something up *of value*, the chances of quitting are considerably reduced.
- They view giving up as a sacrifice and a personal cost. And that smacks of willpower — a function of the conscious mind — which happens to be one of the least effective methods of quitting.

None of the poisons listed above can be thought to be of value, and so giving them up by quitting smoking can hardly be considered a loss.

Becoming a non-smoker is very feasible – with the right methods.

Just Facts 2 smoking

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