



LAKELAND CHIROPRACTIC

▪ LIFETIME FAMILY WELLNESS ▪

QUIT THE HABIT

- 1) Try getting down to a smaller number of cigarettes before you quit.
- 2) Pick a date and stick to it.
- 3) Know that it will be difficult and prepare for what is ahead.
- 4) Avoid areas, places, people, habits that are associated with your smoking, ie; your favorite chair, bar, smoking friend, food, etc...
- 5) Replace cigarette with a healthy alternative: ie; gum, deep breathing, jolly rancher candies, water, etc...
- 6) Start a multivitamin/multi mineral ASAP, this will help many things especially the chemical addiction.
- 7) Increase water intake to 2 gallons a day minimum, this will help flush your system and shorten addiction symptoms.
- 8) Add one healthy activity to your day: ie; walking, pushups, sit-ups, deep breathing, yoga, etc...
- 9) Write down the most positive effect of being a none smoker to you: ie; seeing your children having children, being able to enjoy life as you age, being alive to see your grandchildren graduate, etc...
- 10) Write what you hate about smoking: ie; cost, smell, unable to breath normally, yellow hands and skin, coughing in the am, etc... Keep # 9 and 10 close like in a wallet or purse, when you get weak or need your spirits raised read this paper, it will remind you what is important in your life.

**** Who do you know that could benefit from Chiropractic Care? ****

SHARE WITH FRIENDS, FAMILY, AND CO-WORKERS

▪ LAKELAND CHIROPRACTIC IS DEDICATED TO SERVING THE COMMUNITY THROUGH CONSERVATIVE CARE AND PATIENT EDUCATION ▪

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