

Title:

Alternative Methods to Quit Smoking

Word Count:

542

Summary:

The article talks about the different methods that can be used in helping individuals who want

Keywords:

quitting smoking

Article Body:

It is estimated that 70 percent of smokers want to quit, it's no wonder that there are many qu

Acupuncture

Medical studies show that acupuncture may increase the levels of endorphins in the body. Endor

Herbal remedies

There are no herbs that contain nicotine. However, there are herbs like chamomile that has a c

Hypnosis

Smokers have natural cigarette triggers. Factors like driving, eating, watching TV, and stress

Exercise and nutrition

Regular exercise may improve blood flow and help individuals deal with tensions and stress in

Massage

Having a massage may promote better moods and less anxiety which may lead to fewer and less ni

There are many scientifically proven quit smoking products and alternative methods that are av

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