

Title:

Alternative Ways To Help Quit Smoking

Word Count:

531

Summary:

The methods used to help a person quit smoking are as varied as smokers themselves. Some people

Keywords:

Article Body:

The methods used to help a person quit smoking are as varied as smokers themselves. Some people

Acupuncture: Acupuncture originated in China. It is the practice of inserting long, thin needles

Hypnosis: Another method that many smokers try to use when attempting to quit is hypnosis. It

There are also several changes to lifestyle that can be made in order to increase the amounts

Despite these methods and their levels of success, however, it is important to note that the k

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