

Forum:[Hack Forums](#)

Thread: [Quitting Smoking](#)

SheSmokes - September 23, 2018, 9:36 am

Question for those who have quit smoking, how did you overcome it personally?

device - September 23, 2018, 10:21 am

Cold turkey, bought some mint gum and chewed whenever I was craving bad. I've quit for 2 years now. Good luck buddy.

SheSmokes - September 23, 2018, 11:22 am

(Sep 23, 2018 10:21 AM)The Worker Wrote: [\[CITE\]](#) Cold turkey, bought some mint gum and chewed whenever I was craving bad. I've quit for 2 years now. Good luck buddy.

About the same way Ive had results with, I also drank a lot of Iced Tea. Thanks for your reply.

Networkboss - September 24, 2018, 7:52 am

I longer i stayed away from smoking and smokers the easier my life became.

Robbie - September 24, 2018, 8:00 am

I still am working on it myself. I switched over to vaping, which is still not great but I can tell the health differences. I haven't smoked in over 2 years because of it.

I will say I'm still addicted to the action of smoking, but if I can't vape, I don't have nearly as many withdrawals as I did with smoking. Good luck man!

Edit: QuitNow app is awesome as a motivator!

Networkboss - September 24, 2018, 8:43 am

What i meant is "The"... thanks.

SheSmokes - September 24, 2018, 8:46 am

(Sep 24, 2018 08:00 AM)Robbieava Wrote: [\[CITE\]](#) I still am working on it myself. I switched over to vaping, which is still not great but I can tell the health differences. I haven't smoked in over 2 years because of it.

I will say I'm still addicted to the action of smoking, but if I can't vape, I don't have nearly as many withdrawals as I did with smoking. Good luck man!

Edit: QuitNow app is awesome as a motivator!

Yeah I think that's where most people have success , is in vaping. Nicotine is tough habit to break, to say the least.

(Sep 24, 2018 07:52 AM)Networkboss Wrote: [\[CITE\]](#) I longer i stayed away from smoking and smokers the easier my life became.

I've heard people say that aswell, Im sure that could help.

ProfitableFlip - September 24, 2018, 9:33 am

Replace it with weed, it's healthy a lot better and actually helps you RELAX, unlike that cancerous bullshit.

Please make sure you don't smoke blunts, try and use a bong or a pipe, I have the bad habit of always smoking 8ths on them backwoods, don't do what I do. :)

Ømen Xiii - September 24, 2018, 9:35 am

You could go to the doctors and get prescribed Chantix for a couple weeks, that's helped a lot of people I know.

PerfectStorm - September 24, 2018, 9:40 am

Something I will not have to do fortunately.

Sick - September 24, 2018, 9:44 am

Have strong willpower !!! I have been stopped for over 10 year now i didn't use any gum or patches etc i just said enough is enough don't get me wrong it was very difficult ..

Good luck tho OP

SheSmokes - September 24, 2018, 9:48 am

(Sep 24, 2018 09:44 AM)Wr?ith Wrote: [\[CITE\]](#) Have strong willpower !!! I have been stopped for over 10 year now i didn't use any gum or patches etc i just said enough is enough don't get me wrong it was very difficult ..

Good luck tho OP

Thanks, I appreciate it. Appreciate everyone's input.

monstermaash - September 24, 2018, 9:53 am

been smoking weed instead haha

Carta Production - October 6, 2018, 7:13 pm

Smoking releases thousands of chemicals into your body. The result isn't only damage to your lungs, but also your heart and many other body structures.

But even if you've smoked for many years, you can reverse these effects and experience health benefits from the first hours you stop smoking to the decades after you quit.

Tempr5 - October 6, 2018, 7:14 pm

Not very easy from what I hear.

EzzyT21 - October 7, 2018, 5:18 am

This is a little contradictive, but try electronic cigarettes at first really help the whole smoking part and nicotine buzz is a add on. It's eaiser to quit a electric cigarette thank an actual one simply because you can control how much milligrams of nicotine in your vape juice.

TheGoldenRelik - October 7, 2018, 5:20 am

I tried reducing it first and then cut it for some months. I wasn't a heavy smoker so it was slightly easy