

The Battle Plan



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How to Defeat the Tobacco Demon the New Way • Emil Stephen

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The Great New DIY Stop Smoking Plan

Emil Stephen

How to Defeat the Tobacco Demon **the New Way**

by

Emil Stephen



Fultus™ Books



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Welcome to the NEW WAY stop smoking plan

You have opened this book because you want to STOP smoking. NEW WAY will show you how to do just that. How to stop and stay stopped. You won't be asked to buy anything else, like cassettes or videos or attend any expensive clinics. All you will need is this book and your serious decision to stop, which is what YOU really want to do, let's face it. So what are you waiting for?

This is how the program works

The NEW WAY to stop smoking is simplicity in itself, so simple in fact, that to understand how it works will only take you a few minutes. But understanding how easy something is and carrying it through to its successful conclusion are not quite the same thing. Knowing how many miles long a marathon is and being able to run it are two very different matters.

By following the New Way program you will live through a process which will last around two months, so its effects will also be lasting, making it highly unlikely you will ever want to start smoking again.

Look at the Battle Plan Chart on the next page to understand how New Way works.

Day 13, Green Smoke Free day 3 of 4



Thought for the day:

Myths are sometimes just that - myths

MYTH NUMBER ONE TO BE BUSTED:

WHEN YOU STOP SMOKING YOU PUT ON WEIGHT

Not true. At least it doesn't have to be true. This is definitely not something that happens automatically and that you have no control over, as though "depriving" your body of nicotine somehow affects your metabolism and leads inevitably to weight gain. This is really a Megamyth, it must be the mother of all stop smoking myths.

Of course it's very possible to put on weight if you just continue eating normally and then add on uncontrolled binge snacking every time you crave a cigarette. Yes, it *is* true that some people do put on weight when they stop smoking, but it's not rocket science to understand why, and how to avoid that trap.

For starters, when you stop smoking you are not giving anything up, so nothing needs to be compensated for. You are *gaining*. *Gaining* health, *gaining* vitality, *gaining* protection against the risk of future life-threatening illnesses. But if you think of stopping smoking as giving something up which then has to be compensated for and choose binge eating as that compensation, overloading your system with high fat, high sugar junk foods, you will certainly put on the kilos, and how!

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Ok, you find that your appetite has increased. Well that's a positive, healthy sign, isn't it? But that does not mean you have to go crazy and eat all the things that would make *anyone*, smoker or not, put weight on. So now that you are making such a positive change in your life, why not give a little thought to what you eat anyway, and try to LOSE some weight instead? How's that for a positive thought?

It might not be such a bad idea to pay a bit of attention to the whole question of healthy eating now that you are making such a radical and positive change in your life. Here, of course, we enter a minefield. There is so much conflicting information in magazines, bookshops, on the internet, wherever you look, all of it by highly qualified 'experts', that it is very hard not to lose one's way completely in this jungle of good advice. It is easy to get confused when hundreds of health gurus promise you miraculous weight loss in record time if you follow *their* magic formula, and by making your life a hell of suffering and near starvation while you are doing it.

In a London bookshop I counted over 120 different books on dieting, filling three complete shelves! With such a wealth of good advice on tap we should all be walking round like size zero matchsticks, *but quite the reverse seems to be the case*. The government is losing sleep (or should be) over the startling realisation that we are becoming a nation of obese roly-poly's. Statistics on the increasing number of obese and overweight children and adults in England make us wonder what is going on, with so much good dietary advice on hand.

If you decide to lose some weight instead of gaining some, try to steer clear of those weirdo fad diets that sometimes become all the rage for a year or two, but are very often without a sound medical basis and can even be downright dangerous, leading to the dieting yo-yo of on/off binge/starvation game. Cutting edge thinking on diet and nutrition in recent years has moved more and more in the direction of suggesting ways of eating that can become our normal day to day habits over the long term rather than crazy diets that no one can keep up for more than a short time.

How to Defeat the Tobacco Demon. The New Way

An alternative, pill-popping approach

Many thousands of years ago the primitive people living in the Kala desert of Africa, with the inspired understanding of the ancients, made a remarkable discovery. They found that the Hoodia Cactus (*hoodia gordonii*) gave them the feeling of having a full tummy if they chewed a bit of it. The San bushmen still find it useful when they go on long hunting trips when food is scarce and they have to go a long time without eating. There is quite a lot of interesting information about this useful little plant and its properties and availability in the west on the internet.

Try this exercise:

Walk down the street. Count how many lean, trim non-smokers you see. And how many fat smokers. You'll be surprised.

Weigh yourself and record your weight below. If by the end of the program you haven't managed to lose a little, or at least stay more or less the same, ask yourself what you can do about it. Smoking is a pretty self destructive, self defeating way of controlling your weight if that's why you smoke, so clearly the best thing to do would be to find other ways, and there are plenty. Some of course require a bit will-power of, but that's just what you've been developing and strengthening during this program

MY HEIGHT ____ MY WEIGHT ____ WHAT I'D LIKE TO WEIGH ____