

Want to stop smoking?

Each January, thousands of Britons resolve to stop smoking. But which is the best way? Which of the many stop smoking methods available is most effective?

Tips from the charity Quit may help:

- Pick a date to stop and stick to it
- Throw away your cigs, lighters and ashtrays
- Accept that withdrawal won't be pleasant, but is a sign your body is recovering
- Treat yourself, using the money you're saving on fags
- Take it one day at a time

COLD TURKEY

Graphic designer Jesse Brown is trying sheer willpower

"Before new year, I was smoking 10 a day - 20 on the weekends. I've been puffing for more than 10 years now, and have given up several times, tended to start again because I got bored with trying not to smoke.

"Now most of my friends don't smoke. I'm not feeling any younger, and the effects of smoking are becoming more apparent. My hangovers are worse, my chest hurts a bit more each morning, and I definitely feel it difficult walking up stairs.

ACUPUNCTURE

Ulyssa MacMillan will undergo acupuncture treatment at Neal's Yard Remedies.

"I'm a hardened smoker of many, many years who is fed up and wants to stop. I've tried a number of methods over the past few years.

"Willpower lasted about 2 hours before climbing the walls. Patches lasted all the way to Mexico (you can't smoke on planes).

"Allen Carr's book, *Easy Way to Stop Smoking*, lasted four weeks. I was pretty impressed with myself and then made the mistake of going to the pub. I then tried the book another three times, patches again, twice, and hypnotherapy. It didn't last, so then I went to stop smoking clinics three times

"Why do I want to quit? I've promised myself a shopping spree to New York in a year's time with all the money I'll save. That's at least £2,000... oh, and it's a filthy habit."

BBC News Online

Saturday, 10 January 2004

By Gary Fitzyalk