

You CAN Quit Smoking

Nicotine is the addictive drug in tobacco smoke that causes smokers to continue to smoke. However, along with this addictive nicotine, smokers also inhale about 4000 other chemicals, harming nearly every organ in the body and causing disease.

"Do YOU want these toxic chemicals floating around in YOUR body?"

☠ Tar

☠ Carbon monoxide

☠ Hydrogen cyanide

☠ Free radicals

☠ Metals

☠ Radioactive compounds

"But I've been smoking for so long now, it won't make any difference if I quit...."

Wrong! Quitting at any age will reduce your risk of heart disease, cancer, stroke, chronic bronchitis and many other smoking-related health conditions.

"Someone told me you feel worse when you try to quit – is that true?"

When you quit smoking, your body can still crave nicotine, causing you to suffer from withdrawal effects such as irritability, anxiety, loss of concentration, hunger and sleepless nights.

"So how do I stop this from happening?"

NRT (Nicotine Replacement Therapy) can help you to control withdrawal symptoms, while focusing on breaking the smoking habit.

Benefits of NRT products:

✓ Do not contain all the poisonous chemicals found in cigarettes

✓ Less addictive than cigarettes

✓ Reduce nicotine withdrawal symptoms and help resist the urge to smoke

✓ Allow you to gradually reduce your dose of nicotine

✓ Mild side effects

NRT products come in all different types, shapes and sizes to suit your individual needs:

• Patches

• Lozenges

• Sublingual tablets

• Chewing gum

• Inhalers

So come and visit your local Jadin Chemist for some advice TODAY, because you CAN stop smoking and it is NEVER too late to benefit!

Information contained in our Health Advice articles is the opinion of Jadin Chemist Group Only. Individuals should seek advice from their healthcare professional before acting on any information contained above

Sources used include: Better Health Channel – Smoking – quitting tips, Smoking – effects of your body, PSA self care fact card – Nicotine Replacement Therapy, www.quitnow.info.au