



uQuitSmoking Program



Introduction

This program was originally created to help people quit smoking using their iPhone. I realized the iPhone could be used as a powerful tool, to help someone quit smoking. When you battle an addiction the most important thing is what is at the forefront of your mind. You will only want a cigarette, when your thinking about smoking one. I thought, instead of pulling a pack of cigarettes out of your pocket, whip out your iPhone and use the uQuitSmoking iPhone App to divert the mind from wanting a cigarette.

I created this document for those individuals that don't have an iPhone, but want to quit smoking. I tried to put enough material in the app, to provide the user with plenty of opportunities to use it. I suggest that you do not go through the program in one day. Cover only enough material to divert your mind from having a cigarette. The information in this document is very similar to the iPhone App, it has all of the educational info, website links, and relaxation techniques. When you want a cigarette, read the material in this document and the materials available on the websites. The relaxation techniques are modified and are still possible, without using an iPhone. If you have a computer or laptop you can use that device in a similar way. Instead of having a cigarette use your computer or laptop to distract your mind from wanting a cigarette. As time progresses the urge to smoke will go away. Do whatever it takes to get your mind off of wanting a cigarette.

The Science to Conquer the Addiction.

This program will prepare you to quit in the PREP section. The first step is to change your diet so you can increase serotonin levels by eating the right foods at the right time, improving your mood and reducing the amount of weight you gain when you actually quit. The next step is to manage stress in a healthy way. Exercise and Relaxation techniques

will help you manage stress in a positive, fulfilling way. After these steps are established, we will begin to end the addiction to nicotine. Preparing to quit will start to change your thought process and give you powerful tools to "reprogram" your mind and actually deal with the triggers that cause you to smoke. The Diet, Exercise, and Relaxation techniques help you deal with the mental addiction. The steps in conquering the physical addiction involve reprogramming the sense of taste and smell to realize cigarettes stink and taste bad, and possible solutions to what to do with the fidgety hands. Finally, the HELP the section will provide additional resources and tools to help you quit. It may take more than one attempt, but know that each attempt you make will be better than the last. Statistically, your chances of quitting go up 5 % each time you quit. If at first you don't succeed, try Try again.

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Preparing to Quit

The Science of the addiction.

Nicotine is the active ingredient in cigarettes. Serotonin is one of the feel good chemicals in the brain. Sufficient levels of Serotonin make you feel calm, happy, energetic, and appetite is suppressed. When you smoke you are physically manipulating your serotonin levels in the brain. That is why smoking feels relaxing and reduces stress.

When you quit smoking, serotonin levels drop causing you to feel irritable, have anxiety, increased hunger and often times feeling like you just can't think straight. Many people begin to eat to manipulate their brain chemistry, often ineffectively by eating the wrong things which causes weight gain and often leads to depression causing the person to start smoking again.

This section will help manipulate your feel good chemicals through a special diet with snacks. It will help you manage the stress in your life in a healthy way, by exercising and certain techniques to help you relax.

The Diet

THE SCIENCE BEHIND THE DIET Tryptophan is the amino acid that enters the brain and is converted to Serotonin. Sufficient levels of Serotonin make you feel calm, happy, energetic, and appetite is suppressed. When you eat certain carbohydrates, insulin is released into the blood stream, causing amino acids to be pushed into the brain. Other amino acids from proteins can get in the way and block Tryptophan, the larger molecule, from entering the brain. Fats slow the digestion process and add calories. For this reason, it is important that the carbohydrate snack contain minimal amounts of fat and protein, consuming complex carbohydrates maximizes the amount of Tryptophan entering the brain. The recommended carbohydrate to protein ratio is 4 to 1. Simple sugars will also increase Tryptophan uptake, but not fructose. This is probably one reason why sweets are craved and consuming them makes you feel good. Mood and hunger can be controlled by diet and eating certain snacks at certain times. When you quit smoking following the diet will help you feel better, reduce anxiety and minimize weight gain.

The diet and the snacks are from the book "The Serotonin Power Diet" written by Judith J. Wurtman, PhD, and Nina Frusztajer, MD. The diet is Phase 1 - The Serotonin Surge Diet presented in the book. All of their recommendations are based on clinical research trials. To order the book go to www.serotoninpowerdiet.com.

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THE SNACKS

Nutrition Guide

Calories: About 120

Carbs: 30 grams

Protein: less than 5 grams

Fat: less than 3 grams

Time of Snacks

Snack 1: 1 hour before lunch

Snack 2: 3-4 hours after lunch

Snack 3: 3-4 hours after dinner

Recommended Snacks:

Pita Bread, Pretzels, Rice Cakes, Crackers, Reduced Fat Triscuits, Licorice, Fat Free Hot Chocolate, Fat Free Fig Newtons, Fat Free Graham Crackers

THE DIET

BREAKFAST :

Protein Serving: 2 - 3 ounces

Recommended: 1/2 - 3/4 cup Cottage Cheese
2 - 3 slices very lean ham
2 - 3 slices smoked salmon
1 - 1 1/2 cups fat free yogurt

Complex Carb Serving: 30 - 60 grams

Recommended : 1 - 2 slices of bread
3/4 - 1 cup cereal
1 english muffin or bagel

Fresh Fruit Serving: 20 - 30 grams

Recommended: Apple, Orange, Banana, Pear

LUNCH :

Protein Serving: 4 - 6 ounces

Recommended: Turkey, Fish, Chicken, Beef, Pork

Carb Serving: 2-3 cups Vegetables

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DINNER :

Complex Carb Serving: 1/2 cup of beans, peas, or lentils
 1/2 cup of rice, barley, pasta, polenta, or quinoa
 2 slices of bread

Vegetable Serving: 2-3 cups

The Snacks are the most important. They will boost your serotonin levels, helping you feel better. Foods high in Tryptophan include turkey, shrimp, tuna, halibut, salmon, sardines, cod, and scallops. A 4-ounce serving contains between 250-400 mg of L-tryptophan per serving. Turkey and Shrimp have the highest content.

The diet is important but it is flexible. If you need protein at dinner, remember the 4 to 1 carbohydrate to protein ratio and try to have about 4 ounces of a protein high in Tryptophan. The reduction in protein and large amount of complex carbs are to help boost serotonin levels and the large amount of vegetables have the fiber to keep you feeling full. The diet is designed to boost serotonin levels helping reduce the symptoms of nicotine withdrawal, reduce food cravings and weight gain. The effects of Serotonin are felt within 20-30 minutes. Maintain the snacks and the diet for at least a month. Maintain the snacks for as long as needed.

Vitamin Supplements

Recommended: Super B Complex for Healthy Nervous System
 Omega 3 Fish Oil /Flaxseed For Heart and Brain Health

These are recommended by the author of the uQuitSmoking Program for good health, not the authors of The Serotonin Power Diet. Please consult your physician before you start to take them. The effects of the supplements may take several weeks.

If you are diabetic, consult your physician or dietician before starting the diet. You may want to just try the snacks, always check your blood sugar and adjust the portions to the recommendations of your doctor and your dietician.

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Exercise

Stress is one of the greatest triggers to smoking a cigarette. Exercise is the healthy way to manage stress. By exercising you metabolize and remove stress hormones such as Cortisol and Norepinephrine from the blood stream. In addition when you exercise your body releases endorphins, which make you feel good. Overall, exercise is the best way to relieve stress and clear the mind. Good exercise habits will help you maintain your weight, relieve stress, reduce anxiety, boost self esteem, promote better sleep and keep you feeling good. If you don't exercise, you need to start. If you have any health problems, consult your medical doctor before starting any exercise program. Start slowly with a walk or a bike ride. If ten minutes is all you can do, Great, you have to start somewhere. Take it easy don't over do it, but continue to increase the time period. If you feel pain stop and consult a physician. Try to develop a healthy exercise routine, exercising three times a week, 30 minutes a day. Aerobic exercise is highly recommended, increasing your heart rate and breathing will improve circulation and oxygenate your blood more. This type of exercise is the best to rehabilitate a smoker. In less than one year, you will regain your lung function and your blood pressure will lower. You will feel healthier and have a lot more energy. After you have quit smoking you may want to lift weights in addition to aerobic exercise to build and tone your muscles. This will also help you maintain your weight. The more muscle mass a person has, the more calories are needed to provide energy to them and maintain them.

Relaxation Techniques

These techniques will help calm the mind, body and spirit.

Deep Breathing Exercise

This breathing exercise is also known as the 4-7-8 breathing exercise. You inhale for a count of 4, hold your breath for 7 seconds, then exhale slowly to a count of 8. It is very relaxing. When you learn this exercise, sit in a chair with your back straight. Place the tip of your tongue against the ridge of tissue just behind your upper front teeth. You will be inhaling through your nose quietly to a count of 4, inhale deeply extending the lower part of the abdomen as far as you can. Hold the breath in for a count of 7. Then exhale slowly through the mouth, for a count of 8. When you exhale put your lips together so that you make a whooshing sound. Exhale completely. Do this for a total of 4 breaths. After doing this technique for a month you may increase the breath count to 8. In the beginning, if you have difficulty with the timing, try to keep the ratios the same. The exhale duration should be twice the inhale duration. The more you practice, the deeper your breathing will become. Do this exercise whenever you think you want a cigarette. After you quit, continue to do this when anything upsets you or when ever you need to relax. It is also great to do, right before you go to sleep.

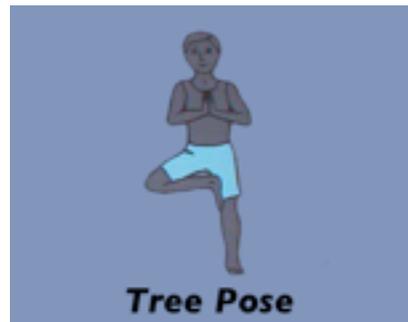
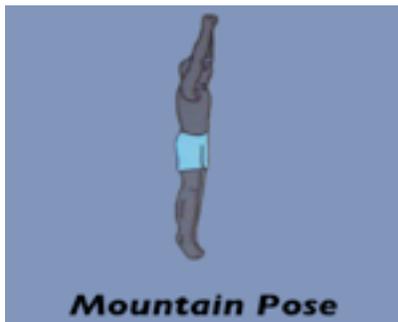
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Extending the lower abdomen as far as you can stimulates your nervous system (Vagus nerve) and acts like a natural tranquilizer to the nervous system and internal organs. After doing this technique for a month you may increase the breath count to 8. If you feel light headed when you learn this exercise, don't worry. The deep breathing is highly oxygenating your blood and your brain, remain seated until it passes.

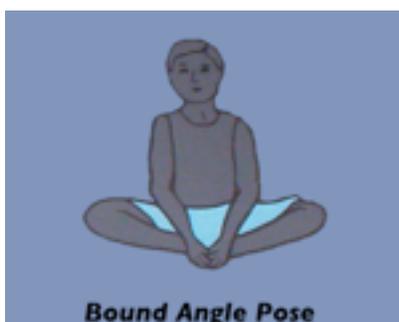
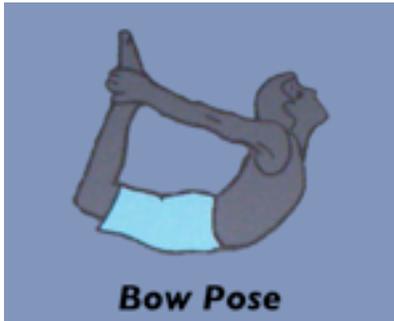
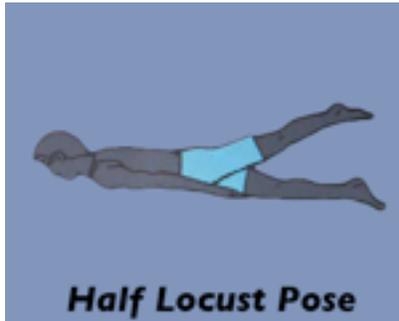
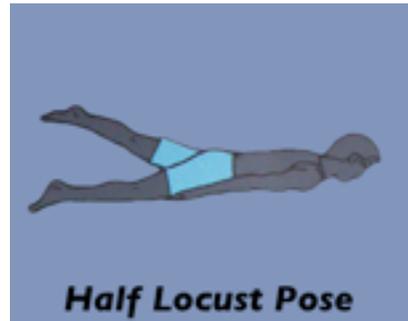
Yoga



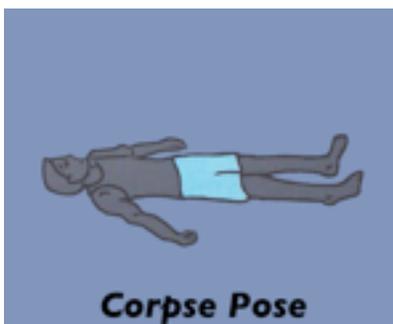
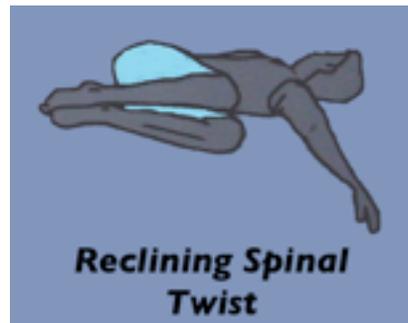
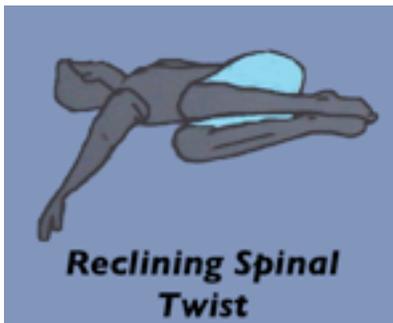
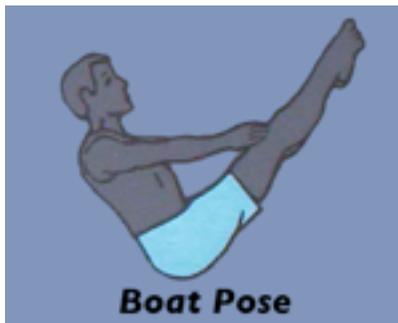
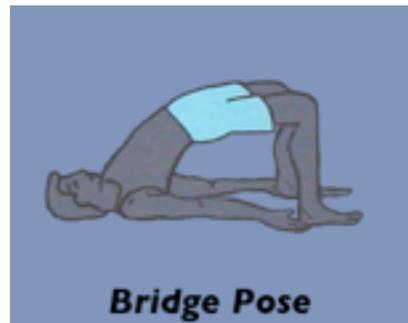
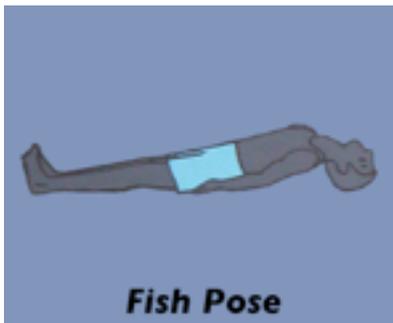
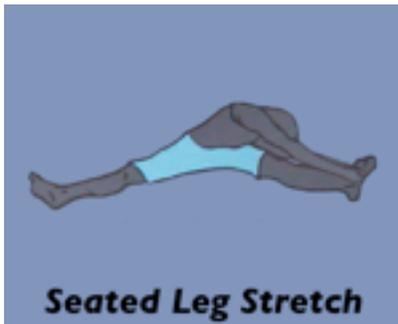
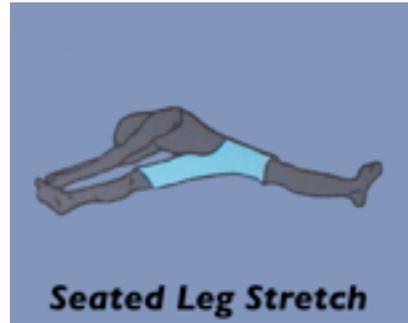
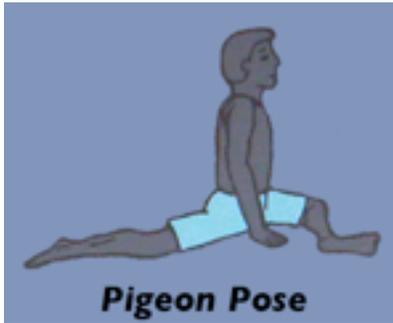
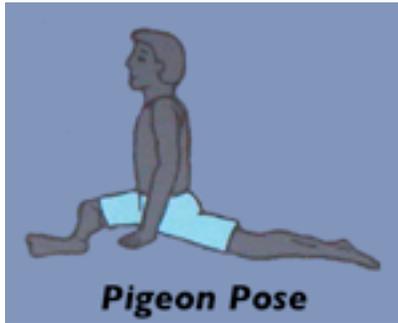
Yoga teaches you to control your breath, body, and mind. Yoga is complex, if you are interested in Yoga seek out a teacher to guide you and teach you. This exercise will introduce you to beginning yoga poses. The person positions the body in the pose and practices certain breathing techniques and/or meditations. Try to hold the pose for about a minute. There are many different breathing techniques in Yoga. The 4-7-8 breathing technique can be used. There are different poses for stretching, meditation, and physical strength. Some poses are physically demanding, don't strain yourself or hold the pose if it hurts.



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Emotional Freedom Technique

The Emotional Freedom Technique combines ancient chinese acupuncture with modern psychology. This version is specifically designed to help you quit smoking. The meridian tapping and the verbal statements help focus the mind to help you quit smoking. The verbal statements are used first to bring the negative situation or emotion into focus and then to identify the problem. Next, empowering statements are made followed by positive affirmations, accompanied with tapping certain meridian points, and deep breathing. By tapping during these statements you are stimulating energy pathways and restoring the body's energy balance, which allows healing. The deep breathing allows you to relax. **THIS TECHNIQUE WORKS GREAT.** You want to do this technique in the PREP-RELAX phase, and also in the QUIT phase until the urge to smoke disappears. This technique can be easily modified by changing the statements, to help relieve emotional pain, trauma, compulsions and addictions. Use this technique anytime to help you reduce stress and/or anxiety. Many therapist use this technique.

Verbal Statements

STEP 1: IDENTIFY THE PROBLEM

SAY: Smoking cigarettes is bad for me. I am addicted to nicotine.

STEP 2: CONSIDER THE PROBLEM

SAY: Smoking cigarettes is an unhealthy way to relax. Smoking cigarettes is an unhealthy way to relieve stress. Smoking cigarettes is unhealthy.

STEP 3: SELF-EMPOWERING STATEMENTS

While Tapping Specific Point Say Empowering Statement.

Then do breathing exercise 4-7-8 (1 cycle) then go to the next statement and next point.

Self Empowering Statement 1 - Even though I want a cigarette, I choose not to smoke.

Self Empowering Statement 2 - Even though I'm a smoker, I know it is bad for me, and I choose to quit for my health.

Self Empowering Statement 3 - Even though I'm a smoker, I choose to quit, so I can live a healthier lifestyle.

Self Empowering Statement 4 - Even though I'm a smoker, I choose to quit, so I can live longer with my family.

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STEP 4: POSITIVE AFFIRMATIONS

Say Positive Affirmations while tapping specific point, then do the deep breathing (4-7-8) technique. Tap rapidly, about 3 times per second using your 4 fingers. Tap with your finger tips, NOT your fingernails. Tap forcefully but not too forcefully where you may hurt or bruise yourself. Use both hands on Points 1, 2, 3, 4, 7, 8. The statements should be spoken in a loud enthusiastic voice. If you can stand in front of a mirror, please do so.

Positive Affirmation Statement 5 - I choose to no longer want a cigarette.

Positive Affirmation Statement 6 - The Deep Breathing Exercise is very relaxing.

Positive Affirmation Statement 7 - The Emotional Freedom Technique is freeing me from my nicotine addiction.

Positive Affirmation Statement 8 - I choose to no longer be addicted to nicotine.

Positive Affirmation Statement 9 - I choose to no longer be addicted to cigarettes.

Positive Affirmation Statement 10 - I no longer want a cigarette, I am calm.

To see a video demonstrating the technique. You can go to YouTube and search EFT or go here:

<http://www.youtube.com/watch?v=IWu3rSEddZI>

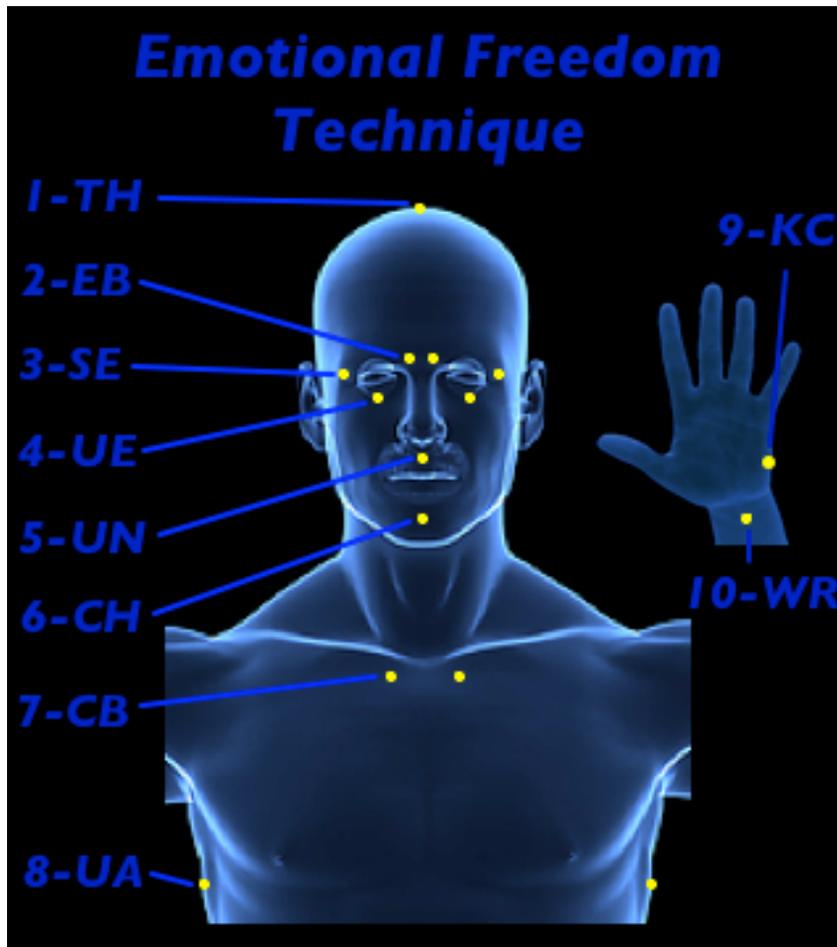
For additional info goto the following websites:

<http://www.thetappingsolution.com/>

<http://eft.mercola.com/>

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TAPPING POINTS



1-TH: Top of Head
Located down the center of the skull, tap with both hands with fingers back to back.

2-EB: Eyebrow
Located at the inner edge of the eyebrows, closest to the bridge of the nose.

3-SE: Side of the Eye
Located between the eye and the temple on the bone.

4-UE: Under the Eye
Located on the cheekbone about 1-inch under the eye directly under the pupil.

5-UN: Under the nose
Located between the bottom of the nose and the upper lip.

6-CN: Chin

Located at the center point between the bottom of the lip and the chin.

7-CB: Collar Bone

Located right below the hard ridge of collar bone, where the sternum and first rib meet.

8-UA: Under the Arm

Located on the side of the body about 4 inches below armpit.

9-KC: Karate Chop Point

Located on the edge of the hand, about 1-inch above the wrist.

10-WR: Wrists

Located on the inside of the wrists, just beneath the hands. Tap both wrists together.

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Watch a Video



Watch a video on [GodTube](#) for inspiration

Watch a video on [YouTube](#)

Watch an Underwater Scuba Diving Video with Fish Identification



[Angelfish](#)



[Barracuda & Butterflyfish](#)



[Soft & Hard Corals](#)



[Crystal River Fish](#)



[Crystal River Kings Bay](#)



[Crystal River Manatees](#)

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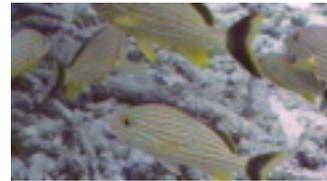
[Damselfish & Wrasse](#)



[Florida Spiny Lobsters](#)



[Groupers](#)



[Grunts](#)



[Hogfish](#)



[Pufferfish](#)



[Sea Creatures 1](#)



[Sea Creatures 2](#)



[Sea Turtles](#)



[Snapper](#)



[Tangfish](#)

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Listen to Music

Listen to some relaxing music or an audiobook.

Postpone

When you want a cigarette, Postpone having one. Keep track of the time between cigarettes with the Postpone Log at the end of this document. When you want a cigarette, say NO...postpone having a cigarette. Try to lengthen the time between cigarettes. This will help you build your willpower to say "No, I don't want a cigarette" When you can postpone having a cigarette for 2-4 hours...its time to Quit Smoking!

Replace

You need to replace ritual cigarette times with a healthy habit. Instead of having a cigarette when you wake up or after meals, brush and floss your teeth.

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Time to Quit Smoking

Its time to quit smoking, you need to remove the physical triggers that may cause you to want a cigarette. One of the worst things that can lead to having a cigarette is having an alcoholic drink. Abstain from alcohol and places where alcohol is served for at least 2 months.

Motivation to Quit Smoking

- The #1 reason to quit smoking, is so you will live longer and be able to spend more time with your loved ones.
- You will feel healthier.
- Your breath will smell better, not like an ashtray.
- Your body and clothes will no longer stink and nonsmokers will give you bigger and better hugs.
- Taste and Smell senses are dulled by smoking, when you quit smoking, food will taste better and you will actually begin to smell aromas again.
- Quitting smoking will reduce the risk of cancer, heart disease, stroke, and respiratory diseases including chronic bronchitis, pneumonia, and emphysema.
- You will regain your lung capacity.
- The nicotine stains on your teeth and fingers will go away.
- You will have more money for fun activities.
- With the money you save, you can start a 529 College Savings Plan for your children's education

Cigarettes are Bad for You!

Cigarettes cause lung cancer and heart disease because they contain the following harmful and possibly carcinogenic substances!

Acetone: organic solvent
Methanol: used in rocket fuel
Naphthalene: moth repellent
Cadmium: heavy metal in batteries
Vinyl Chloride: in plastics
Ammonia: poison and a cleaner
Toluene: industrial solvent
Dibenzacridine: carcinogen
Polonium 210: radioactive element
Butane: lighter fluid
Acetic Acid: vinegar
Radon: radioactive gas

Naphtylamine: carcinogen
Pyrene: carcinogen
Nicotine: herbicide/insecticide
Carbon Monoxide: in car exhaust
Cyanhydric Acid: cyanide a poison
Urethane: carcinogen
Arsenic: poison
Hexamine: fuel tablets
DDT: insecticide
Stearic Acid: in candle wax
Methane: sewer gas

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The Sense of Smell and Taste

The Nose

One of the strongest and long lasting triggers to want to smoke a cigarette is the smell of a cigarette. This section will help you remove that trigger. A smoker thinks smoke from a cigarette is pleasant and doesn't realize cigarettes actually STINK! It may take several weeks or months to remove this trigger. When you are repulsed by the smell of cigarettes, realize this trigger has been removed. I recommend you stay out of smoked filled rooms and stay away from people that smoke until this happens. This may seem extreme, but do it...the quicker this trigger is removed the better!

PREPARATION :

Get a small jar that has a waterproof lid, a baby food jar will work. Before you quit smoking use this as an ashtray, put 2-3 butts in it with ashes and then fill jar half way with water. Put lid on jar tightly, set aside for a week or so.

PROCEDURE :

Begin this procedure the day you quit. Put cologne or perfume of your choice on the inside of the wrist of your left hand. When you want a cigarette, smell your left wrist with the perfume or cologne on it and say out loud "THAT SMELLS GOOD." Then pick up the jar with the cigarette butts and water in it in your right hand. Remove the lid with your left hand. With your right hand bring the jar up to your nose and inhale through the nose, saying out loud

" CIGARETTES STINK !!! "

" CIGARETTES STINK !!! "

" CIGARETTES STINK !!! "

Put lid back on jar and set it down. Then bring your left wrist to the nose and smell the cologne or perfume with your nose, saying " THAT SMELLS GOOD. " Repeat this procedure each time you want a cigarette or several times a day. I call the scent in the cigarette butt jar, the lick the ashtray smell. It should really stink, smelling worse than cigarette smoke does. Remember to say out load, YES OUT LOUD, the verbal affirmations that "CIGARETTES STINK !!!" and that the cologne or perfume you have on "SMELLS GOOD." It doesn't matter which hand you use, just don't lift the jar that stinks with the hand that has the cologne or perfume on it. You don't want to smell both scents at the same time.

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The Mouth

Instead of having a cigarette, chew gum or have a hard candy. I recommend chewing a quality gum, choose a gum that doesn't lose its flavor in a matter of minutes. Gums that have their sugar in the form of alcohol, sugar alcohol, will last the longest. No, the sugar alcohol is not the same alcohol that is in alcoholic beverages. If your jaw muscles become fatigued, have a hard candy instead. Do this until your urge to smoke is gone, then slowly reduce the amount of gum you chew or candy you consume to normal amounts.

The Hands

You may feel fidgety or have restless hands. If the physical act of putting gum or hard candy in your mouth isn't enough activity for your hands, you may want to get a stress ball that you can squeeze for several minutes. Something in the hand like a coin, pen, or ball that you can manipulate may help. There is a Buddhist technique that may help, put your hands up with palms facing away from you. Take the tip of the thumb and place it on the tip of the index finger and rotate the thumb around the tip of the index finger in a circle. Combining this technique with the 4-7-8 breathing exercise will bring a pleasant feeling of relaxation and stress relief.

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Additional Tools to Help you Quit Smoking

Nicotine Replacement Therapy

NRT is used to help a person quit smoking cigarettes by changing the delivery system of nicotine to the body by using a patch, inhaler, lozenge, or gum. The addiction is not broken, only the method of delivery changes. After quitting smoking, you slowly reduce the amount of nicotine consumed by gradually reducing the consumption of the NRT product. Eventually you quit using the product. Behavior counseling to change smoking-related behavior is usually recommended.

Consult your doctor before starting nicotine replacement therapy and follow the product's directions.

Nicoderm CQ Patch

<http://www.nicodermcq.com>

Nicotrol Inhaler

<http://www.nicotrol.com>

Nicorette Gum or Lozenges

<http://www.nicorette.com>

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Prescription Cessation Aides

Please consult your doctor about using Prescription Smoking Cessation Aides.

It is up to you and your doctor to determine if it will benefit you and you are able to take the medication. There are many precautions and side effects. Some people are recommended not to take the drug because of physical health problems or mental health concerns. Educate yourself so you can recognize adverse reactions, which can be both physical and mental, so you can act accordingly. Please look at website links and the manufacture's prescribing information to educate yourself before and after you talk with your prescribing medical physician.

CHANTIX (VARENICLINE) is a nicotinic receptor partial agonist drug approved by the FDA and manufactured by Pfizer. It is indicated for use as an aid to smoking cessation treatment. It actually binds to some of the receptor sites in the brain where nicotine would normally bind, inhibiting the effects of nicotine at that specific site. By blocking the effects of nicotine, smoking no longer produces the desired effects. If smoking is no longer pleasurable, it is easier to quit. In clinical studies 44% of patients using Chantix quit smoking in 9 - 12 weeks.

Pfizer Prescribing Information

<http://www.chantix.com/>

MedicineNet Article

http://www.medicinenet.com/varenicline_chantix/article.htm

ZYBAN is an antidepressant medication approved by the FDA and manufactured by GlaxoSmithKline, GSK. The active ingredient is Bupropion. The drug is a reformulation of Wellbutrin to allow for a sustained release. It is prescribed as a smoking cessation aide. The actual mechanism of how it works to reduce the urge to smoke is unknown, it is presumed that the mechanism of its actions is mediated by noradrenergic (Norepinephrine) and/or dopaminergic (Dopamine) mechanisms. It is thought to balance the neurotransmitters in the brain. The effects of the antidepressant may help treat the symptoms of depression and anxiety caused by nicotine withdrawal.

GSK Prescribing Information

http://us.gsk.com/products/assets/us_zyban.pdf

MedicineNet Bupropion/Zyban Article

http://www.medicinenet.com/bupropion_sustained_release-oral_smoking_deter/article.htm

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Resources Available to Help you Quit Smoking

American Cancer Society

<http://www.cancer.org>

Toll-free hotline:

**1-800-ACS-2345
(1-800-227-2345)**

American Lung Association

<http://www.lungusa.org>

Toll-free hotline:

**1-800-LUNGUSA
(1-800-586-4872)**

MedLine Plus Smoking Cessation Resources

<http://www.nlm.nih.gov/medlineplus/quittingsmoking.html>

National Cancer Institute

<http://www.smokefree.gov>

Toll-free hotline:

**1-877-44U-QUIT
(1-877-448-7848)**

National Network of Tobacco Cessation Quitlines

<http://www.naquitline.org>

Toll free hotline:

**1-800-QUITNOW
(1-800-784-8669)
TTY: 1-800-332-8615**

**National Institutes of Health Clinical Trials on Smoking Cessation
[Clinical Trials](#)**

American Heart Association

[Quit Smoking Resources](#)

Center For Disease Control

[Health Effects of Cigarette Smoking](#)

uQuitSmoking Program

If you quit smoking please let us know about, email us!

iQuit@uQuitSmoking.info

Please visit the Website to ***Comment*** or make ***Suggestions*** about the program:

[**www.uQuitSmoking.info**](http://www.uQuitSmoking.info)

The iPhone App uQuitSmoking is on the Apple iTunes Store for purchase.



Preview the App

<https://itunes.apple.com/us/app/uquitsmoking/id580851114?mt=8>

Purchase App in iTunes

<http://itunes.com/apps/uquitsmoking>

If you have any friends trying to quit smoking, please tell them about it.

Follow me on Facebook

<http://www.facebook.com/pages/Uquitsmoking-Program/122530327910997?fref=ts>

Tweet me on Twitter

<https://twitter.com/uQuitSmoking>

Please use the Notes section to record your progress. If you fail remember, it may take more than one attempt, but know that each attempt you make will be better than the last. Statistically, your chances of quitting go up 5 % each time you quit. If at first you don't succeed, try Try again.

