

# How I Gave Up Smoking Without Putting On Weight And Without Using Patches Or...

Quitting smoking is one of the best things you can do for your health. But, let's be honest, it's not easy. One of the biggest concerns for people who want to quit is weight gain. After all, nicotine is a known appetite suppressant. So, when you quit, you may find yourself eating more and gaining weight.



## 100 Days: How I Gave Up Smoking Without Putting on Weight, and Without Using Patches or Other Drugs

★★★★★ 5 out of 5

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Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 80 pages  
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I know this firsthand. When I quit smoking, I gained 20 pounds. I was miserable. I felt like I had traded one addiction for another. But, I was determined to quit smoking and I was not going to let weight gain stop me.

I did some research and I found that there are a number of things you can do to avoid weight gain when you quit smoking. Here are a few tips:

- **Eat a healthy diet.** When you quit smoking, your body will crave sugar and fat. It's important to resist these cravings and eat a healthy diet that is rich in fruits, vegetables, and whole grains.
- **Exercise regularly.** Exercise is a great way to boost your metabolism and burn calories. It can also help to reduce stress and improve your mood.
- **Get enough sleep.** When you're sleep-deprived, you're more likely to make poor food choices and overeat.
- **Avoid alcohol.** Alcohol can increase your appetite and make it harder to stick to a healthy diet.
- **Find a support group.** Joining a support group can provide you with motivation and encouragement from others who are also trying to quit smoking.

Quitting smoking is not easy, but it is possible. If you're determined to quit, don't let weight gain stop you. Follow these tips and you will increase your chances of success.

### **Additional Tips for Quitting Smoking Without Gaining Weight**

In addition to the tips above, here are a few more things you can do to help you quit smoking without gaining weight:

- **Use nicotine replacement therapy (NRT).** NRT can help to reduce cravings and withdrawal symptoms. It is available in a variety of forms, including patches, gum, and lozenges.

- **Use a prescription medication.** There are a number of prescription medications that can help to reduce cravings and withdrawal symptoms. These medications are typically used in combination with NRT.
- **See a therapist.** A therapist can help you to develop coping mechanisms for dealing with cravings and withdrawal symptoms. They can also provide you with support and encouragement.

Quitting smoking is a journey. There will be ups and downs along the way. But, if you're determined to quit, you can do it. Don't give up on yourself. Believe in yourself and you will succeed.

I hope this article has been helpful. If you have any questions, please feel free to leave a comment below.

And remember, you're not alone. There are millions of people who have successfully quit smoking. You can do it too!

Wishing you all the best on your journey to becoming smoke-free!



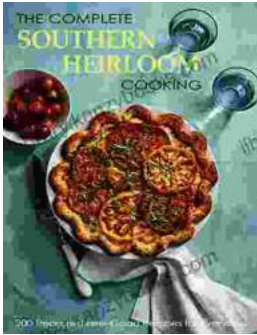
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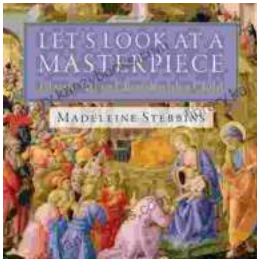
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