

## A Reason to Quit

### Your Last Puff

If you have decided that it was your last puff, you are right on the money. As soon you realise that the nicotine in tobacco is the wrong stimulant, you will of course need something else to fill the gaps. Nicotine can as a matter of fact make you feel more alert, but that is only over a very short period. There are hundreds of other healthier ways to boost your energy levels and make you feel more alive. If you are in a position to measure your pulse rate for example, you will find that after a smoking session your pulse become more erratic, which means that your heart is working as hard, if not harder, than it would after a proper work out in the gym.

Another way of testing the negative effects of nicotine on your heart rate is, after you had your smoke, try lying down as if you are going to sleep and feel you heart racing. That cannot be a very reassuring sign. There are various Clinics around the country where you can get help and support in reaching your goal. There is one requirement though; you must be the one to challenge the habit. Without your total commitment, the best in hypnosis or drugs just won't work.

It is going to be a life style change and will take a lot of willpower and determination, but with the help of the professionals at the Healing Laser Clinics Quit Smoking Laser Clinic or at Stop Smoking Florida you will have the advantage and comfort that there are people who care. The latest in treatments are what is now called Low Level Laser Therapy. Visit their website for more information and don't delay in contacting them or one of the many other Quit smoking facilities that offer the quit smoking laser. Boredom is one of the biggest culprits in today's lifestyle. Start doing something positive that you really enjoy so you can stay occupied. It is so easy to reach out and light up if your hands are idle, but what about spending some time with a good book. A walk in the park or just down the road will do. When last did you take walk to the shop on the corner?

Then there are the enormous amounts of money spend on this unhealthy habit of yours. Take some time and calculate the amount of money that you spend on tobacco products per week. A packet per day adds up to roughly 365 packets over 12 months. Not very difficult to see what you are wasting. Another motivating factor in your fight is the health of those around you. Once you start realizing that your bad habit can cause them, the non smokers at your home especially, lung cancer and various other diseases that will make them suffer in later years, you can overcome the challenge. Don't shy away from the challenge; make up your mind now and join a Quit smoking Laser Clinic like Healing Laser Clinics of Florida and you can start enjoying a full life after your last puff.

### About the Author

Mark Marino is president of Healing Laser Clinics. After 20 years of smoking, he was able to successfully quit smoking with low level laser therapy and has been helping others to do so ever since. [Quit smoking laser](#). Find more information about [Stop smoking laser](#) here.

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