

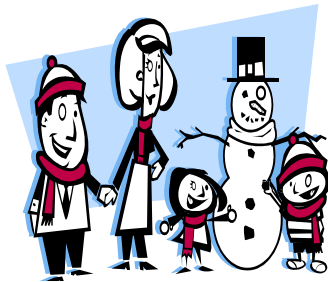
Wanting to be Tobacco Free

A Publication of Doctors Direct Healthcare, Inc.

No matter where you are in your battle to be tobacco free we are here to encourage and support you. There are many resources just a phone call or click away that will help you be successful. Please feel free to contact us at any time for assistance @ 877-503-0388 extension 245.

Where to start?

Stage 1: Contemplation. When you are first thinking about quitting smoking, chewing or dipping, you are not sure, but the reasons to quit are adding up.



Family



Health



Financial

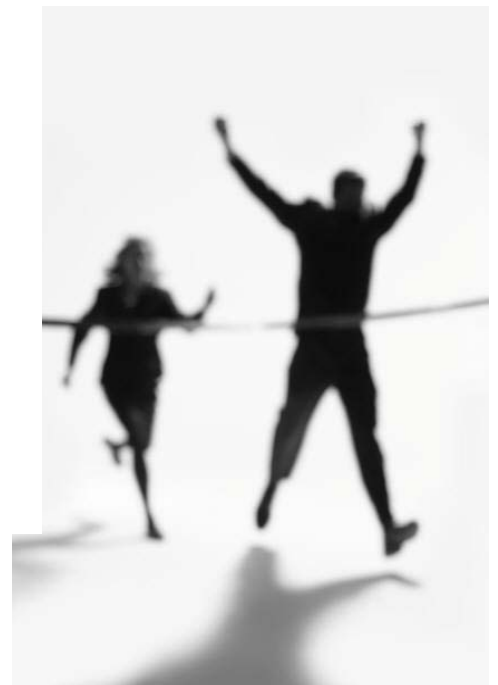
Stage 2: Preparation. You think of quitting, of a plan, whether you will quit on your own or get help.





Stage 3: Action. This is when you put your plan in action and begin to follow through. You buy the healthy foods; throw away your cigarettes, dip or snuff and tell your friends to get their support. This is also the stage where nicotine withdrawal begins to kick in. This stage may last a very long time, weeks for some.

Stage 4: Maintenance. The last stage, but so important. Here is where life slowly begins to change and is going back to normal bit by bit. You are dealing with urges. There is risk at this stage, people start to feel overconfident and may relapse. **HANG IN THERE!!**



Don't give up! Don't expect new habits to take the place of tobacco right away. It often takes several times to quit for good. Try Again. Remind yourself of why you want to quit to begin with. These reasons have not changed. You are worth the effort and time it takes to give it up. You are stronger than nicotine!