

# Best Way To Stop Smoking

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There is no one best way to stop smoking.

Some have had success with the cold turkey route, others with natural methods or accupuncture, and still others have quit smoking with medication, nicorette or the nicotine patch.

There seems to be a new “best way to stop smoking” every week especially as technology changes. However, many of these methods do not address the physical habit of hand to mouth. The electronic cigarette does allow the user to continue this motion while slowly reducing the amount of nicotine intake over time.

This is done by moving from high to low nicotine cartridges over time. How fast you make that move is, of course, totally up to you. It may not be the best way to quit smoking for everyone, but then again, it may be just that for you