

# *Guide To Quitting Nicotine Completely*



Though many like to switch to an alternative source for nicotine, such as electronic cigarettes, not everyone is moving to them with a plan to continue using them. In fact, some switch as a way to wean themselves from it. I would never encourage any person(s) to continue using nicotine, but for those who do enjoy it and wish to continue, we recommend electronic cigarettes as the primary source. For those who are looking to quit, we simply recommend our (what we believe) perfect and easy guide to quitting nicotine completely.

Electronic Cigarettes aren't only a great way to continue using nicotine without the 4,000 chemicals found in tobacco cigarettes, but it's also a great source for removing nicotine from your life completely. We believe that weaning yourself from nicotine, while at the same time taking the same approach with the actual act of smoking, is the best plan of action, rather than other methods like going cold turkey, patches, pills or gum. Electronic Cigarettes provide the same smoking cessation and gives you the ability to move at your own pace by allowing you to select the nicotine dosage. Follow this guide and you'll be nicotine free in no time!

## 1. Construct a Plan

First, you'll want to construct a plan. By following this guide, you'll need to purchase an [electronic cigarette](#), multiple sample bottle sizes of [e-liquid](#) in your selected nicotine dosage amounts (milligrams), and set a start date and end date.

Here is an example of our plan:

- Today for 10 days: 24mg

- 11th – 19<sup>th</sup> day: 18mg
- 20th – 25<sup>th</sup> day: 11mg
- 26th – 28<sup>th</sup> day: 6mg
- 29th – 31<sup>st</sup> day: 0mg

Your plan can be much longer. Whatever length of time you feel more comfortable with and depending on how long you've smoked and how much you smoke will need to be a major factor in your choosing. Above is just an example of how you would wean yourself from using nicotine while using electronic cigarettes.

## 2. Choosing an Electronic Cigarette

Choosing the right electronic cigarette can be a make it or break it deal for your switch from tobacco cigarettes. Some say that the disposable e-cigarettes from retail chains and gas stations work great, while others disagree. It's up to you to choose an electronic cigarette that you think will hold you over and give you a satisfied experience throughout your time.

## 3. Choosing E-Liquid and Nicotine Dosage

The e-liquid you choose is very important to being successful with electronic cigarettes as you first use them. Being that you're a smoker, you'll want to probably go with a tobacco flavor being that you're more used to it than other fruit, candy and beverage flavors. If you're a menthol smoker, choose an e-liquid that has menthol in it so you'll feel more comfortable. Depending on how long you've planned this out (for example, start using e-cigs on the first day of and ending it at the end of the month.), will be how much e-liquid to purchase. For using an electronic cigarette for 1 week, I would suggest a 15ml to 30ml bottle depending on how much you previously smoked.

Choosing your nicotine dosage is easy when purchasing your e-liquid. Typically electronic cigarettes have many mg. to choose the nicotine strength (dosage). These strengths are usually 24mg (milligrams) being the highest, 18mg, 11mg, 6mg, and 0mg being the lowest. Choosing what dosage to start at will depend on how much you previously smoked. For a 1 1/2 to 2 pack a day smoker, I would suggest 24mg strength. For a 1 pack a day smoker, I would suggest 18mg strength.

You do not have to purchase all the e-liquid at one time, but you will need to purchase them in advance to your date set to start using certain nicotine strengths.

## 4. Start Using Electronic Cigarettes

Being that you're used to smoking tobacco cigarettes, you'll still get some sense of cravings, but don't get discouraged, they're not nicotine cravings. The cravings you'll receive are from all the other chemicals in tobacco cigarettes that you're used to and now not giving your body. With each person, these cravings differ in length of time. To become successful with this plan, do not pick up another cigarette, not even 1 or 2 pulls from one. No matter how bad you may want a tobacco cigarette, just force yourself to use the e-cigarette instead. I promise, once you're past the first day or two, this will become much easier.

## 5. Continuing With Your Plan

At times you may want to give up because it's much easier or you're having trouble with your electronic cigarette and think it's too frustrating... coming from a now electronic cigarette user of over 2 months, my advice would be to of course continue.

## 6. Nearing the End

You're getting closer to the end of your planned date and things are much easier now. If you've already started using your electronic cigarette without nicotine in your e-liquid, it may be a bit tough getting used to. If you're not comfortable with removing yourself from the act of using your e-cig, then its okay to continue using it until you feel comfortable stopping. Surprisingly, there are many electronic cigarette users who use e-cigs without nicotine, simply because they enjoy it.

## 7. Our Goodbyes... or Maybe Not

We're glad that you found our Guide to Quitting Nicotine Completely interesting and we hope that you've accomplished your plan easily and comfortably. If you've found that you're more comfortable to keep using the electronic cigarette without nicotine, then I hope you'll read more of our articles and reviews about these amazing devices we call e-cigs. If this guide has helped you in any sort of way, please let everyone know, it helps to motivate other smokers in their plan. Also, we would love to see some feedback... what worked, what didn't? Is there any part of this article that you think we should change or should we add something else? – We look forward to hearing from you and thank you for visiting 1<sup>st</sup> Place Trophies & Engraving for your Vaping needs.

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