

Istituto Salute Unveils Free Smoking Cessation Program

Innovative free method to quit smoking, offering a comprehensive and supportive approach for a healthier, smoke-free life.

NEW YORK, USA, NEW YORK, July 8, 2024 /EINPresswire.com/ -- Recently [Istituto Salute](https://www.einpresswire.com/) has launched an innovative method to support individuals in their journey towards a healthier, smoke-free life. This method synthesizes the [latest research and techniques](#), offering a comprehensive guide for those determined to break free from nicotine addiction.



Why Quit Smoking?

The benefits of quitting smoking are both immediate and long-term, positively impacting various aspects of life:

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Quitting smoking is one of the best decisions you can make for your health. This free innovative method offers the support and tools needed to help anyone achieve a smoke-free life.”

Luca Mercandino

Health Benefits: Reduced risk of heart and lung diseases, improved breathing, and younger-looking skin. The healing process begins almost immediately, enhancing respiratory function and overall vitality. Circulation improves within weeks, and lung function increases. Over time, the risk of coronary heart disease, stroke, and lung cancer significantly decreases.

Economic Benefits: Significant financial savings, potentially

amounting to hundreds or thousands of euros per year. Quitting smoking frees up resources for other important areas of life, such as health, education, and leisure activities.

The Innovative Free Method

This new method combines best practices and proven strategies into a comprehensive, free program accessible to everyone. Here’s an outline of the process:

Step 1: Preparation

Assess Smoking Habits: Understanding smoking patterns and identifying situations that trigger the urge to smoke is crucial. Keeping a journal can help pinpoint specific times and scenarios where smoking is more likely.

Set a Quit Date: Choosing a meaningful date to quit and using the lead-up time to gradually reduce smoking helps in mentally preparing for the change.

Involve Friends and Family: Communicating the decision to quit and asking for support from those around is essential. Social support is crucial for encouragement and accountability.

Utilize Tools and Resources: Leveraging nicotine replacement therapies, apps, and professional counseling to manage withdrawal symptoms can be highly effective.

Step 2: Strategies for Quitting

Cold Turkey vs. Gradual Method: Deciding whether to quit abruptly or gradually reduce smoking depends on individual preferences. Both methods can be tailored to fit personal needs.

Stress Management: Incorporating physical exercise, mindfulness, meditation, and engaging hobbies helps in reducing stress and curbing cravings.

Breathing Exercises and Meditation: Practicing diaphragmatic breathing and box breathing techniques effectively manages stress and cravings.

Step 3: The First Month

Day-by-Day Guidance: Following a structured plan for the first month, focusing on staying busy, preparing healthy snacks, and involving social support, is vital. Detailed daily plans provide a roadmap to navigate the initial challenging period.

Dealing with Withdrawal Symptoms: Recognizing common symptoms like irritability and cravings, and using strategies like deep breathing, physical activity, and hydration to cope, is essential.

Step 4: Overcoming Relapses

Understanding Causes: Identifying triggers such as stress, emotions, social situations, and daily routines that may lead to relapse is key. Knowing triggers helps in developing strategies to avoid them.

Prevention and Handling Strategies: Planning ahead, managing stress, and seeking social support to prevent relapses is crucial. If a relapse occurs, accepting the mistake, analyzing the situation, and renewing the commitment is important.

Step 5: Maintaining Long-Term Success

Healthy Routines: Establishing regular physical activity and a balanced diet to maintain energy

levels and reduce cravings is beneficial.

Continuous Support: Participating in support groups and seeking professional counseling to maintain high motivation is recommended.

Recognizing Benefits: Monitoring and celebrating physical, economic, and emotional improvements regularly acknowledges progress and provides motivation and satisfaction.

This comprehensive, free method by Istituto Salute is designed to support anyone determined to quit smoking, offering a structured and research-backed approach to achieving a smoke-free life. The program is accessible to everyone, ensuring that individuals have the resources and support they need to succeed in their journey to quit smoking.

By offering a comprehensive, free method, Istituto Salute ensures that every individual has the opportunity to overcome [nicotine dependence](#). The program's holistic approach addresses the physical, psychological, and social dimensions of smoking cessation, providing a well-rounded support system that empowers individuals to achieve and maintain a smoke-free life. This dedication to accessibility and thorough support makes Istituto Salute's method a beacon of hope for anyone looking to quit smoking and embrace a healthier, more fulfilling life.

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