

Nicotine and Withdrawal Symptoms

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To smoke or not to smoke is everybody's choice. There are various reasons some men consider smoking as a part of their daily routine. But doesn't everybody know that smokers have become addicted to cigarettes because of nicotine? It is necessary to study about this substance known as nicotine and withdrawal symptoms one may go through when deciding to quit smoking.

What is nicotine?

Nicotine is the addictive ingredient found in cigarettes or tobacco. Just like coffee and drugs such as cocaine and amphetamines, nicotine acts as a stimulant that increases the brain's activity.

Symptoms from nicotine withdrawal

Deciding to stop the consumption of these cigarettes loaded with nicotine and withdrawal symptoms experienced by an individual may prove to be a great challenge for a person. To quit smoking is to refuse the intake of nicotine and withdrawal symptoms may not be pleasant at all.

The following are some discomforts experienced by an individual from avoiding nicotine and withdrawal symptoms that are proven to have been observed from these smokers:

Depression

Anger and mood swings

Always feeling tired

Frustration and loneliness

Irritability and boredom

Dry throat and cough

Cravings for cigarettes

Headaches

Dizziness

Sleeplessness or insomnia

Weight gain due to increased appetite

Gas and constipation

Tightness in the chest

It may take around 6 months for a person to get used to his new lifestyle as a non-smoker. He has made a decision to give up nicotine and withdrawal symptoms for the first 8-12 weeks maybe difficult. An ex-smoker may require a lot of emotional support from his family and friends during the process.

A smoker considers cigarettes as his best buddies and taking them away from him will cause some emotional and physical disturbances to his usual lifestyle. His ways of coping up with this loss are observed from his rejection of nicotine and withdrawal symptoms reactions. However, it's good to know that these behaviours are only temporary and an indication that he is responding well with the change in his system.

The following tips are ways to cope up with these mental and physical reactions during the nicotine withdrawal period:

- 1. Distract yourself. Do something to keep your hands and mind busy.**
- 2. Drink plenty of water. It helps to take in lots of liquid to fight off the cravings to smoke.**
- 3. Share your feelings with a friend or a family member or with a support group.**
- 4. Do regular exercise and take naps.**
- 5. Try some nicotine replacement therapy products such gums, nasal sprays, lozenges instead of cigarettes.**

It requires a lot of control and discipline to quit smoking. However it pays off in the end. You may be off from the list of the numerous cancer patients suffering from the effects of these nicotine-filled cigarettes. Saying goodbye to nicotine and withdrawal symptoms a smoker gets to experience is the best decision you will ever make for yourself.

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