

QUIT SMOKING YOU CAN DO IT



Recommendations

You should avoid

FEEDING

Water and juices.
Simple meals.
Rich in fiber diet, fruits
and vegetables.
Low fat foods.
Eat 5 meals per day.



Fried or very salty food.
Spicy sauces.
Coffee.
Alcohol.

IF YOU ARE NERVOUS...

Drink infusions.
Keep your hand busy:
relaxing ball, pen...
Exercise regularly.
Relaxation techniques.



Coffee or caffeinated
drinks.
Alcohol.
Energy drinks.

IF YOU SUFFER FROM INSOMNIA...

Go for a walk.
Take a shower or bath.
Read.
Breathing techniques.



Coffee or caffeinated
drinks.
Energy drinks.
Excessive use of
electronic devices.

Other tips

- Remember the reasons that have led you to quit smoking.
- Tell yourself that the smoking desire will gradually decrease until it disappears.
- Follow the therapy for your tobacco dependence under the supervision and prescription of our doctor.