



# FIRST FEW SMOKE-FREE DAYS

## THE SIGNS OF RECOVERY

Nicotine is a very powerful drug. When you quit smoking your body will begin to recuperate from the effects of the nicotine and other chemicals found in tobacco. The signs that your body is recovering start about **one to two hours after your last cigarette** and are most intense for the next two or three days.

Here are some of the things you might temporarily experience when you quit smoking:

### COUGHING

Smoking deadens the movement of the tiny hairs (cilia) in your lungs. Coughing is a sign that the cilia are recovering and working to clear the accumulated tar.

### SLIGHTLY SORE THROAT

As the “numbness” goes out of your mouth and throat, you may get a sore throat for a couple of days. Try throat lozenges, cough syrup, or a lemon and honey drink.

### HEADACHE OR DIZZINESS

You may feel dizzy as the oxygen level in your blood increases to normal. There’s also a chance you’ll suffer from headaches, dizziness, or nervousness from caffeine in beverages like coffee. Less caffeine, extra sleep, fresh air and massage can help.

### TIREDNESS

Because nicotine acts as a stimulant, you might find that you’re more tired than usual for the first few weeks.

### LACK OF CONCENTRATION

After learning to associate smoking with certain tasks, it may be difficult to maintain your concentration. Try taking frequent breaks or try deep breathing.

### NERVOUSNESS

You might seem on edge for a while -- drink lots of water, walk, swim or bathe to help flush the nicotine out of your body.

### CONSTIPATION OR DIARRHEA

After quitting, your digestive system may be a little disturbed. Eat prunes, dried fruit or bran to get rid of constipation. Avoid caffeine to help prevent diarrhea.

### SLEEP DISTURBANCE

It’s very common to dream that you’ve been smoking or to have more vivid dreams in general after you quit. You might also wake up earlier than usual. Try deep breathing or relaxation exercises.

### SUGAR CRAVING

Many ex-smokers get strong cravings for sweets. Whatever the reason for it, it’s a good idea to keep lots of healthy food around, drink lots of fluids and exercise.

On the bright side, your body will start to heal itself as soon as you put out your last cigarette! There are many health benefits you can look forward to.