

## 800 Pound Gorilla

Okay, so let us talk about the 800 pound gorilla in the room; the issue that so many smokers do not want to talk about: weight. Countless smokers continue to feed their habit not because they have continued to like or need the cigarette in their hand, but because cigarettes are their diet. This is especially true of women who use Camels as they would diet pills, forgoing a snack, or worse, a meal, in order to stay slim.

Take some time to observe other smokers and see how they use cigarettes and the fulcrum against the food they eat. They will cut their meal short; not finishing what is in front of them and then they will slip a cigarette into the middle of the meal, often to curtail their appetite. They will forgo their hunger and use the cigarette and coffee as a way to keep their energy levels up, they can even do the same at lunch, and how many smokers do you know that actually has breakfast. Most smokers are quite content with their coffee and cigarette in the morning are they not?

While cigarettes may indeed help these dieters starve themselves and miraculously prevent them from fainting on any given day, no one can seriously say that this is doing any good, can they?

The fact is that smoking dieters trade their size small for a grab bag of potentially heinous health problems, not the least of which is that their bodies **NEED FOOD!**

Here is a news flash; you need some of this thing called food every day and at least a few times a day. Starving yourself, or put more accurately, using cigarettes as your meal, is going down the wrong road.

What it boils down to is that many smokers need to deal with the underlying issue. Take on their weight, mano a mano so to speak.

If you find the willpower to quit, a monumental, even a Herculean achievement, then you will locate the stamina, the drive, the determination to lose whatever weight you put on post-quit. Also, recognize that chances are, in the long term, you will lose the weight you may put on naturally.

Imagine this lovely image for a moment: You have gotten the monkey off your back, you have successfully quit, and you have also peeled off the weight you put on to rid yourself of your addiction. It sounds fantastic, you have broken a disastrous cycle, you will feel better (which means the ability to live better, to exercise more, etc.) which all serves to keep weight off on a permanent basis. Does it make sense now, giving up and still staying slim, is not that the real icing on the cake.

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### About the Author

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