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## Other Ways to Quit Smoking

No one should smoke cigarettes, and every effort should be made to get smokers off all forms of tobacco and to prevent everyone – especially youth – from starting to use any tobacco product. Smokers are strongly advised to use proven cessation methods, such as prescription medications and counseling, to quit smoking. You may hear or read about other tools or methods to quit smoking besides [nicotine replacement therapy](#)<sup>1</sup> or [prescription drugs and whether they can help people quit smoking](#).<sup>2</sup>

### **Cold turkey and gradual withdrawal**

There's no one right way to quit. A lot of smokers quit cold turkey – they stop completely, all at once, with no medicines or nicotine replacement. Some may start by smoking fewer cigarettes for a few weeks before they quit.

Another way is gradual withdrawal – cutting down on the number of cigarettes you smoke a little bit each day. This way, you slowly reduce the amount of nicotine in your body. You might cut out cigarettes smoked with a cup of coffee, or you might decide to smoke only at certain times of the day. It makes sense to cut down before your quit date in order to reduce withdrawal symptoms, but this can be hard to do.

### **Filters**

Filters that reduce tar and nicotine in cigarettes do not help people quit smoking.

### **Smoking deterrents**

Other methods have been used to help stop smoking, such as over-the-counter products that change the taste of tobacco, stop-smoking diets that curb nicotine cravings, and combinations of vitamins. At this time there's no scientific evidence that any of these work.

## **Electronic cigarettes (e-cigarettes)**

E-cigarettes and similar devices are not approved by the FDA for use as smoking cessation aids. This is because there's just not enough research or evidence yet.

Some people who smoke choose to try e-cigarettes to help them stop smoking. Stopping smoking clearly has well-documented health benefits. But smokers who switch to e-cigarette use still expose themselves to potentially serious ongoing health risks. It's important to stop using all tobacco products, including e-cigarettes, as soon as possible both to reduce health risks and to avoid staying addicted to nicotine.

Some people choose to use both cigarettes and e-cigarettes at the same time on an ongoing basis, whether they are trying to quit or not. This is known as "dual use." The dual use of e-cigarettes and tobacco cigarettes can lead to significant health risks because smoking any amount of regular cigarettes is very harmful. People should not use both products at the same time and are strongly encouraged to completely stop using all tobacco products.

To learn more, see the [American Cancer Society Position Statement on Electronic Cigarettes](#).<sup>3</sup>

## **Tobacco lozenges and pouches**

The FDA has ruled that lozenges, strips, and sticks that contain tobacco and small pouches of tobacco that you hold in your mouth are types of [oral tobacco products](#)<sup>4</sup> much like snuff and chew, and are not smoking cessation aids.

There's no evidence that these products can help a person quit smoking. And we know that oral tobacco products like snuff and chewing tobacco cause cancer.

## **Other forms of nicotine not approved by the FDA**

Nicotine has been added to drinks, lollipops, straws, and lip balms which are marketed as quit tools. None of these are approved by the FDA, and, in fact, some are illegal in the US. None have been shown to help people quit smoking. They also pose a risk for children and pets if they are not well-labeled, carefully stored, and disposed of safely.

## **Hypnosis**

Hypnosis methods vary a great deal, which makes it hard to study as a way to stop smoking. For the most part, reviews that looked at controlled studies of hypnosis to help

people quit smoking have not found that it's a quitting method that works. Still, some people say that it helps. If you'd like to try it, ask your health care provider to recommend a good licensed therapist who does hypnotherapy.

### **Acupuncture**

This method has been used to quit smoking, but there's little evidence to show that it works. Acupuncture for smoking is usually done on certain parts of the ears.

### **Magnet therapy**

Magnet therapy to quit smoking involves 2 small magnets that are put in a certain spot, opposite each other on either side of the ear. Magnetism holds them in place. There's no scientific evidence to date to suggest that magnet therapy helps smokers stop. There are many on-line companies that sell these magnets, and they report various "success" rates. But there's no clinical trial data to back up these claims.

### **Cold laser therapy**

This is also called *low level laser therapy*, and is related to acupuncture. In this method, cold lasers are used instead of needles for acupuncture. Despite claims of success by some cold laser therapy providers, there's no scientific evidence that shows this helps people stop smoking.

### **Herbs and supplements**

There's little scientific evidence to support the use of homeopathic aids and herbal supplements as stop-smoking methods. Because they are marketed as dietary supplements (not drugs), they don't need FDA approval to be sold. This means that the manufacturers don't have to prove they work, or even that they're safe.

Be sure to look closely at the label of any product that claims it can help you stop smoking. No dietary supplement has been proven to help people quit smoking. Most of these supplements are combinations of herbs, but not nicotine. They have no proven track record of helping people to stop smoking.

### **Mind-body practices**

Some studies have looked at cessation programs using yoga, mindfulness, and meditation to aid in quitting smoking. Results were not clearly in favor of these methods, but some did show lower craving and less smoking. More research is needed, and

studies of these practices are still going on. Cognitive processing methods (cognitive-behavioral approaches) are also being studied.

## Hyperlinks

1. [www.cancer.org/healthy/stay-away-from-tobacco/guide-quitting-smoking/nicotine-replacement-therapy.html](http://www.cancer.org/healthy/stay-away-from-tobacco/guide-quitting-smoking/nicotine-replacement-therapy.html)
2. [www.cancer.org/healthy/stay-away-from-tobacco/guide-quitting-smoking/prescription-drugs-to-help-you-quit-smoking.html](http://www.cancer.org/healthy/stay-away-from-tobacco/guide-quitting-smoking/prescription-drugs-to-help-you-quit-smoking.html)
3. [www.cancer.org/healthy/stay-away-from-tobacco/e-cigarette-position-statement.html](http://www.cancer.org/healthy/stay-away-from-tobacco/e-cigarette-position-statement.html)
4. [www.cancer.org/cancer/cancer-causes/tobacco-and-cancer/smokeless-tobacco.html](http://www.cancer.org/cancer/cancer-causes/tobacco-and-cancer/smokeless-tobacco.html)

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Last Medical Review: May 6, 2016 Last Revised: November 21, 2019

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