

# POSITIVE SIGNS OF RECOVERY

Symptom	Why	Comments
<b>More coughing and bringing up of mucus or phlegm</b>	Millions of tiny hairs (called cilia) that line the air passages start to work again, clearing away the nasty residues acquired by smoking.	Fantastic. This is really good news. Your body can now remove the toxins that reside in your lungs. Remember this is only temporary and soon you will be breathing a lot easier.
<b>Dizzy/Light Headed, Tingling Sensations – A feeling of unreality.</b>	Your carbon monoxide intake has dramatically decreased since quitting so the delivery of oxygen around the body is suddenly a lot higher than it used to be.	This is an immediate health gain. You now have improved blood supply to the head, hand and toes. This will also ease the load on the heart. Expect a decrease in Heart Rate and Blood Pressure.
<b>Ill-tempered, extra sensitive, difficulty concentrating.</b>	All associated with the body adjusting to life without Nicotine. This is the nicotine receptors in the brain trying to get you to feed them.	This is temporary and WILL get easier as the nicotine receptors die off. Ask friends and family to be tolerant as you go through this difficult time. NRT can help alleviate these symptoms.
<b>Cold symptoms, mouth infections and ulcers, sore throat. Dry nasal passage.</b>	The bacteria content of the mouth is changing so your natural immunity is temporarily lowered.	Fantastic. Now, the lining of your mouth and airways are generating with fresh tissue. If you are experiencing major difficulties then consult your pharmacist.
<b>Sleep Changes – feeling tired or unable to sleep well.</b>	The bodies metabolic rate is changing as adjustments are made.	This is very common. A little exercise can help regulate sleep patterns. Remember to consult your Pharmacist before taking any additional medication.
<b>Weight Gain</b>	This is another effect associated with the changes in metabolic rate and the number of calories being burned.	Expect only a small gain (3-11lbs) if any. Drink loads of water and use glucose tablets to combat sugar cravings. You will soon feel a lot more energetic as your metabolic rate adjusts. Again exercise can really help with this problem.
<b>Feeling Hungry</b>	Smoking acts as an appetite suppressant and can adjust blood sugar levels which again is all linked into the metabolic changes that are occurring.	Glucose tablets can help side step those hunger cravings and drinking plenty of water will help. Try to eat fresh fruit and vegetables instead of snacking on sweets.
<b>Improved Taste and Smell</b>	Taste buds and sensors within the mouth and nose are coming back to life.	Fantastic. Smell those daffs and make the most of the new taste found in all sorts of food.

		Enjoy!
<b>Bowel changes – constipation or diarrhoea</b>	Smoking can stimulate bowel action so removal of nicotine from the system can slow things down. However, this can often be a psychological link as opposed to a physical effect.	Attention to diet can relieve this but drinking water will always be a great help. Consult your GP or Pharmacist if it becomes a big problem.
<b>Craving – An overwhelming desire both mentally and physically to smoke.</b>	Some of this is down to habit breaking but mostly it is due to the nicotine receptors in the brain screaming out for a fix. It can be intense to begin with but it will ease and will eventually disappear. Some times a lot sooner than expected!	NRT can alleviate these sensations and remember that these cravings only last a few minutes each time and get easier as time goes on. The more you resist, the more nicotine receptors you kill, which successfully brings you closer to your ultimate goal of being smoke free for good.

## **IMPORTANT**

**A third of people giving up smoking experience no symptoms at all. Most people will only experience a certain amount of discomfort and most symptoms disappear within about 2-5 weeks.**