

Why did you think of quitting tobacco?

I wanted to quit Ghutkha long time back since I know the effects of Ghutkha.

One day I was in my car and tuned to a FM radio station. There was anti tobacco campaign aired on this FM station, where in a patient from Tata memorial hospital was addressing that he has been diagnosed with oral cancer and he is undergoing operation. Where in doctor has confirmed that he will loose his voice. It was unfortunate that post the operation, this patient has died.

That day I have decided that life is more important that tobacco, and made it sure to listed to this anti-tobacco campaign time and again so that I can digest the fact of "**Tobacco Kills**".

How did you do it?

Quitting tobacco Habit was not that easy. there was lot of efforts and planning went in. Here are my experiences:

1. I wanted to quit this tobacco habit long time back, I used to stop for couple of days and then used to restart the habit.
2. I then started the phased reductive manner. which means, I used to reduce the tobacco intake quantity every week. I was successful in reducing the quantity, but never able to get-out-of habit. Since when the quantity was reduced for some days, then it used to increase immediately.
3. Since both the above approached were failed, I have decided to move out of India where I thought I will not have access to Ghutkha and hence I can come-out of this habit. Unfortunately, which ever the countries I have been to, I found Ghutkha there and I was not able to came-out of this habit. I have moved to 14 courtiers to come-out of this habit, but was unsuccessful.

The Success Story:

Quitting Tobacco Habit is simple "It is all there with you, all you need is strong will power". I was looking for reasons to quit the Tobacco, I travelled all over the world to quit this habit, but failed. But the problem is with me and not with the place, so I have decided to fight with me and not with any one else and not even with Tobacco. "The fact is Tobacco is not eating me, I am eating Tobacco"

I thought, Simply deciding and quitting Tobacco will not help in getting out of Tobacco addiction. Hence I have made the below plan and executed the same.

1. I have done extensive study on effects of tobacco, especially on Oral cancer.
2. Before quitting the tobacco habit, I have made-up my mind, that I have oral cancer and I will die with this cancer.
3. I have made enough financial planning for my family for my treatment and for their survival post my death (which I thought I would die-off)
4. Once the financial capabilities were built, I was mentally relaxed that though I may die of cancer; my family is safe.
5. Now I have started actual execution of quitting Ghutkha habit:
 - a. Started the reverse planning. That mean I have to stop this habit completely by 30 Aug.
 - b. To achieve this, I have stop this habit today and test how long I can sustain with out tobacco.
 - c. Start alternative chewing to mitigate Ghutkha chewing.
 - d. Start chewing Cloves instead of bubble gums.
 - e. Change the diet. (Eating lot of dry fruits, Sprouts, fruits (especially pomegranate))
 - f. Changing the life style. (Sleeping 8-10 hrs, brisk walking in the late evening. (at 1:00 AM, since the pollution levels are really low at this time and thus the desire for Tobacco wouldn't be much)

g. Building the habit of drinking plenty of water. (Believe me this is most effective way, as and when you feel chewing the Ghutkha, drink as much as water you can, till your stomach is full and since your stomach is full, desire to eat Ghutkha will go down)

h. I used to ready lot on oral cancer and its post effects on daily basis which keeps me motivated to quit this Ghutkha habit.

How much time did it take to finally quit, did you quit gradually or at one go?

Well, Its been the efforts for years. As I mentioned earlier, the gradual reduction never helped me in quitting this tobacco habit. It has to be on One-Go.

What are the problems encountered and how did you overcome it?

The major problem is craving for the tobacco post the quitting. My Mind used to think of having tobacco just for once. and this thinking used to happen 24X7. The best way to come out of this, which I did was:

1. Drinking plenty of water as and when I feel like having tobacco.
2. Psychological problems and depression -- I used to sleep as and when such circumstances arises.
3. Anger -- I used Meditation to control my anger arises due to non-having Ghutkha.
4. Desire to chew something -- I used Cloves, Bubble gum and chocolates (very little). Since Cloves gives some burning sensation and is similar sensation that of Ghutkha I preferred Cloves.

What are your suggestions to people who are willing to quit, but are unable to?

Its the first step if someone thinks of quitting the tobacco habit. Its very difficult and at the same time its very easy to quit tobacco habit, Its all physiological. All you need strong will power and commitment. There will be some loose moments during the Tobacco quitting phase, but please control yourself during this phase.

If you can control your desire to Tobacco for first 15 days and you replace the tobacco desire with water and cloves, you have own 90%. The remaining 10% is sustaining the emotions, commitment, will power.

I wish al the readers to plan your tobacco quitting program and quit your habit to day because "**Life is more important than tobacco**".

Lets build Tobacco free society.

Together we can and we will.

Regards,
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