

Stopping Smoking Recovery Shopping List

Water

Buying a bottle of water and keeping it filled is a good way to remind you to drink more water. Not only will it help the craving pass, but staying hydrated helps minimize the symptoms of nicotine withdrawal.

Bonjela

Mouth ulcers are a problem for around 40% of smokers in the first few weeks post quitting.

Fresh fruit, fruit juice (Vitamin C) and tissues

Some people get a runny nose caused by your body getting rid of mucous which has blocked airways and restricted breathing. Some people find they get coughs and colds, so vitamin C can help.

Fruit, with its natural sugars, can also help when you have a craving for something sweet. Oranges or mandarins are great as they keep your hands busy when peeling them. And low calorie nibbles such as carrots, celery or apples can help not only with vitamins, but give you something to munch on.

Relaxing bath oil or similar

Nicotine affects brain wave function. This can influence sleep patterns and dreams about smoking are common. Try relaxing at bedtime with a glass of warm milk, deep breathing and relaxation techniques. Some people find lavender oil useful for relaxation: you can use it for massages, put in your bath, or put a few drops on your pillow.

Gentle herbal or similar constipation reliever

Constipation is caused by intestinal movement decreases for a brief period. It will normally last for several weeks. Drink plenty of liquids (6-8 glasses of water daily); add roughage to diet (fruits including dried fruit, vegetables, whole grain cereals, bran); go for walks.

Glucose (dextrose) tablets

There is some evidence that Glucose tablets (dextrose) can help with cravings and possibly weight. Ingesting one tablet an hour (1 packet a day) can help regulate glucose levels, however this is not recommended if you are diabetic or pregnant. Frequent, small meals are another way to help stabilise your blood sugar.

Hand cream

This can be a useful behavioural aid, something to do when you feel like having a cigarette.

Toothbrush and toothpaste

Smokers toothbrushes collect some of the deitrus from smoking and can become discoloured. Having a new toothbrush signals a new and fresh start. Cleaning your teeth when you feel like a cigarette will help the moment to pass.

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