

Smoking Cessation

Smoking is simply the worst choice you could make for your health. It is listed in just about every disease known as one of the factors that will worsen the condition. This includes ALL back issues and muscular - skeletal issues. The reason is simple. Smoking damages arteries and arteries supply the whole body with the blood that delivers oxygen and nutrients for growth and repair. For example the discs in the spine have very small arteries that deliver the blood to their area. These small arteries are damaged quicker than the larger arteries. Thus worsening the discs healing rate and arthritis rate.

Options for quitting

- As Nike says, "Just do it." That's right cold turkey.
- Slow reduction. Cut out one cigarette a day each week until over a several month span you have eliminated the habit
- Talk to your MD about medical related assistance.
- Acupuncture