

How to stop smoking weed



**Give Up
Weed.com**

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Introduction

There are many different ways to stop smoking weed and a lot of different tools and procedures to help you.

This e-book is designed to guide you and your loved ones through this difficult process and help you choose a path towards living the happy, healthy and weed-free life that you deserve.

I'm going to summarize the main ways of giving up smoking cannabis before explaining my own method which allowed me to stop easily without any bad side effects.

I stopped smoking weed and cigarettes 8 years ago after a habit that lasted 15 years. I have also read and written much on the topic as well as researched it by meeting and talking with many ex-smokers.

Some people like a structure and a timetable and require a "quit date"; others say that they were better off without the pressure of a deadline. Some used replacement therapies; other did it "cold turkey". Some people unfortunately complain of

tremendous physical and mental side-effects to quitting weed whereas others happily report no reaction at all!

However, amidst all this contradictory information there is some advice that rings true for all people.

Are you addicted to weed or cigarettes or both?

Are you smoking weed mixed with tobacco? If so, it is very likely that you are addicted to nicotine as well as weed. In this case it may be an idea to give up one or other rather than both at the same time.

Either give up weed first and then cigarettes. Or give up smoking cigarettes and smoke weed without nicotine for a short period while you concentrate on giving up getting high.

Health

It may be an idea for smokers to take a trip to their doctor if they are considering quitting weed. A doctor may be able to give advice as well as warn the patient of

any potential dangers there may be.

The Psychology of New Habits

The best thing about giving up smoking cigarettes or weed is that, despite any withdrawal systems, people will always feel better after a few months living smoke free.

So, as the weed smoker will be experiencing a lifestyle change when they give up, it is a great idea to include another positive change at the same time to counteract the loss of the other habit and distract feelings of loss. This will also act to enforce the positive feelings are around giving up the weed.

It may be an idea to find a hobby that involves using the hands as smokers who are giving up often find themselves fidgeting and at a loss with what to do with them.

Another great hobby to take up at this time is one that involves exercise. Exercise releases endorphins into the body that produce analgesia and a feeling of well-being. A connection between a feeling of well-being, giving up smoking and exercising to improve the physical body puts the ex-smoker into an extremely

powerful virtuous circle which will emphasis the need to keep going.

Again, a doctor can be consulted about a new fitness regime.

Family

Families can be extremely important for smokers who want to give up. Cannabis users who have children are provided with an excellent reason to give up. But family members should be cautious not to pressure the smoker too much into giving up as this can be counter-productive.

The family will be a great support mechanism against relapse and a marijuana smoker should ask for encouragement and support.

Aversion

Another trick I heard about, which is a little extreme, is that one smoker put his weed in the household trash first and left it there for a while before putting them back in the packet. This way he could be sure that he would be disgusted with himself if he subsequently used it! This is may not be recommended but shows the

inventiveness of some when faced with the challenge of stopping.

Diet

It may be an idea to purchase different fruits and vegetables to explore the different tastes. There is a worry about gaining weight when you give up cigarettes as the appetite can improve the same is true for giving up weed. In order to anticipate the increase in appetite, try sugar-free gum, vegetable, fruit and healthy foods. Don't increase your intake of fatty or sugary foods. You may see this as swapping one bad habit for another and this will cause negative thinking.

Self-hypnosis / Meditation

The best way to stop smoking is by meditating quietly every day and, when very relaxed, internalizing affirmations to oneself of health and well-being. People wishing to give up marijuana are advised to sit quietly on their own and concentrate on their breathing for five minutes. Breathing in, breathing out. When they find their mind wondering, which it will inevitably do, they should put their attention back to breathing the clean air.

Once more and more relaxed, the smoker will enjoy the feeling of inhaling the pure oxygen which gives life to their body and exhaling the pollutants. Repeated sessions of meditation combined with self-hypnosis can lead to giving up weed within weeks. [More about this in the last chapter.](#)

Conclusion

Giving up weed doesn't have to be the most difficult thing in the world as it is commonly thought to be. However, one thing is for sure, the body will start repairing itself almost immediately and you will feel the benefits more and more as the months go by.

You're going to stop smoking weed. Don't worry about it, just know that it's going to happen.



Give up smoking weed cold turkey

From all of the available methods, the majority of people go for cold turkey.

Oldest and most popular

When you choose cold turkey as a method, you are going for one of the oldest and most famous way to quit. The cold turkey method is defined as giving up without using any quitting products or tools.

More than eighty percent of all long-term successful ex-smokers of tobacco and marijuana quit cold turkey.

Withdrawal symptoms

Before you go the cold turkey route, take into consideration withdrawal symptoms that will come, like tiredness, irritability and so on. In the first few days this may be difficult but as time passes it gets better.

Support

By getting support from your friends and family members as previously mentioned, the whole task of quitting is a lot easier.

You can do it

Will power can be important when it comes to giving up smoking. Actions such as taking a walk or calling a friend when you get an urge can play a prominent part in helping you give up smoking.

Exercise and eating a sensible diet can help enormously.

Even if you are not able to quit weed cold turkey at the first two or three attempts, the key is that you do not give up and keep on trying. If you remain disciplined and follow a strategic approach success will come.



Give up smoking weed naturally

As already mentioned the public assumption is that stopping a lengthy nicotine habit is one of the most difficult things you can do. And the same assumption exists around weed.

If you wish to give up smoking weed or cigarettes you may consider a natural alternative as an aid to quitting.

Hypnosis

Many people have reported amazing results from hypnosis. Since a habit is lodged in the subconscious mind, the efforts of a qualified hypnotherapist can have positive results. Further more, you can actually learn to hypnotize themselves to give up.

[More information on this method in the last chapter of this e-book.](#)

Oats

Oats can reduce blood pressure as well as supplying the body with a large quantity

of nutrients. This helps the patient's nervous system as well as having the effect of lowering stress.

Rhodiola extract

Rhodiola extract can cut stress, fatigue and depression. Take after breakfast.

St. John's wort extract

St. John's wort is a herbal remedy whose properties has been known for centuries. It can relax you and therefore counteract the bad feelings associated with giving up cannabis. It can also help with detoxing the body. This plant is actually from the same family as the marijuana plant.

Conclusion

So, there are many natural remedies you can take to ease the pain of withdrawal. These remedies, coupled with healthy eating and exercise can offer a powerful alternative to smoking weed.



Give up smoking weed chemically

A large industry has grown up around nicotine replacement therapy. If you are smoking weed mixed with tobacco it's possible that some of these therapies may help you. Although, these treatments shouldn't be seen as an alternative to the healthy eating, exercise and positive mental attitude discussed in other chapters of this book.

The primary aim of these chemical treatments is to attack the physical dependence on nicotine. This differs from the natural remedies which try to alleviate the psychological addiction to the drug.

Here are some of the most popular chemical treatments for giving up tobacco that may help some people struggling with a marijuana habit.

Zyban

You have to consult a medic before taking any chemical treatment or drugs to alleviate physical side-effects and especially before taking Zyban.

Zyban is commonly prescribed by medical practitioners to diminish the withdrawal symptoms experienced by someone giving up smoking.

The smokers are told to start the course of medication up to one or two weeks before quitting. It should never be taken in conjunction with any another anti-depressant drug.

It is not fully understood how Zyban works, but it is known that it affects neurotransmitters which send messages in the brain and has been seen to calm down anxious patients to help them give up smoking.

Nicotine patches

Nicotine patches are large adhesive plasters similar to the ones you use for a small cut or graze to the skin.

There are part of the nicotine replacement family of medication as they channel a steady dose of nicotine into the body or bloodstream via the patch.

It is argued by the manufacturers that patients with the heightened levels of nicotine in their blood will experience significantly less cravings to smoke again due to this treatment.

The patches are of differing strengths. Patients are advised to start with the highest strength offering the largest dose of nicotine and should go on to reduce the strength of the patch they use before finally stopping to use the patches altogether.

Disadvantages of the patches are that they can irritate the skin and can not be used in the bath, shower or swimming pool.

There is some evidence that they can reduce the desire for nicotine when worn.

Nicotine gum

Nicotine gum also works, like the patch, to inject nicotine into the blood stream so that the ex-smoker craves nicotine and smoking less.

Like the patch, they come in different shapes, sizes and strengths. Again patients are

advised to start on the stronger capsules and then slowly reduce the does and increase the time in between the chewing of each gum.

The gum should be chewed like chewing gum and not swallowed.

The disadvantages of nicotine gum are that it is an unpleasant taste, can cause the user to salivate excessively and are quite expensive (although not as expensive as cigarettes).

Conclusion

All of these chemical aids are just that – aids. They should always be seen as a tool to help the process rather than a cure like aspirin for a headache.

These medicines attack the withdrawal symptoms and can make the life of the quitter a little easier. But patients taking these medicines will still find smoking difficult to give up.

Please consult to your doctor before starting with any of these chemical treatments.



Give up smoking weed my way

I started smoking weed and cigarettes when I was 18. I immediately noticed a dip in my health - not to mention an increase in my asthma. But still I soldiered on. I tried to give up weed or nicotine numerous times, sometimes using gum or patches, but it never worked. Whilst giving up I was incredibly depressed. Every minute of the day I thought about smoking a cigarette or a marijuana joint.

Then one day I developed a passing interest in Neuro-linguistic programming (NLP) and from that became interested in self-hypnosis and meditation. For other reasons I started practising self-hypnosis and meditation for a few weeks and then one day stopped smoking! I was 34. I have been free from weed, cigarettes and the desire to smoke ever since. And (whispers) it didn't hurt.

Meditation and self-hypnosis is hugely enjoyable and may well change your life for the better as well as stopping you smoking.

We need to add a 5 minute routine to your daily life which may increase to 10 or 20 minutes as time goes by.

This is all about observation.

Just as you observe your breathing, observe that you are feeling clean and better and that you want to smoke less.

Through the day concentrate on what you are doing. If you are walking, concentrate on the sensations of your feet on the ground.

All of life happens within this capacity of observation. The desire for weed is just another little thing that goes on within this capacity and it will arise and pass just like your breath.

Preparation

Try to pick a moment of your day where interruptions are at a minimum and you feel at your least stressed and most serene.

Early morning is usually recommended but if, like me, you are not a morning person, early evening before dinner may be a good alternative.

It is advisable to have washed or showered before. You may like to clean your teeth.

You may wish to take the phone off the hook, disconnect electrical devices, turn the boiler off and ask your co-habitants/loved ones to leave you alone for a while!

A quiet, non-distracting environment is what we are aiming for.

Position

You can lie down if you wish, but I find I fall asleep that way. If you do fall asleep, by the way, it's no bad thing!

Sitting down on a chair with a back but without arms became my preferred method but it's entirely up to the individual.

Sit up, with your back straight, and hold your head and spine in alignment.

Shoulders back. Rest your hands comfortably on your lap, palms turned upwards.

Thighs should be parallel to the floor. Back can be supported by the chair but the head should not.

Jaw should be relaxed with the upper and lower teeth not touching but mouth should be closed. The tongue should rest comfortably in the mouth with the tip of

the tongue touching the roof of the mouth just behind the teeth.

Close your eyes and try to empty your mind. When you begin, you will find it difficult not to think. You may find that thoughts keep intruding. When this happens, don't try to force the thoughts out. Observe them impartially, let them slip away and turn your attention back to your breathing.

Observe the tension lifting away from your body. Some people like to go upwards through the body from the feet.

Meditation

Take slow, deep breaths.

When you exhale, you will notice tension and negativity leaving. As you inhale, you may feel the air as a bright force filled with life and energy.

Concentrate, or more accurately, be aware of your breathing. Be aware of the sensation of air going in and out through your nostrils or movement of your belly as you breath. Try to breath from your belly rather than from the lungs.

Appreciate the fact that you are now extremely relaxed.

You may like to start by counting your breaths from one to ten. If a thought pertaining to the future or the past comes in to your mind observe it and go back to counting at number one. You may find it hard to get past number three or four at first but don't worry! This is just starting and it's already helping you.

Some people prefer to picture each number in their mind in detail. You may experiment and see which technique works better for you.

Further along the line you will start to feel very nicely relaxed. You may stop counting and just be aware of your breathing.

Self-hypnosis

At this point – when your concentration is right on the moment – you are at your most suggestible.

Many hypnotists advocate repeating mantras in your mind “I am stronger than marijuana”, “I am better than weed” or other such affirmations.

However I would continue to be aware of the breathing. Good, clean, fresh air coming in. Your body relieving itself of the impurities as you breathe out. Appreciate the cleanliness of the moment. You may wish to picture a crystal clear alpine stream of some other image of natural purity.

It is this feeling of purity that will make you not want to smoke weed.

Once you are finished, give yourself a few moments before opening your eyes, and take your time getting up.

Habit

This should be a daily routine.

Don't worry if you miss a day but do try to make it at least 6 days a week.

As you continue you find your concentration improving and the pleasant sensations of relaxation intensify. You will practice for longer each day.

You will notice as the days pass an increasing sense of purity and cleanliness and a decreasing desire to put nicotine or cannabis into your body. There are many

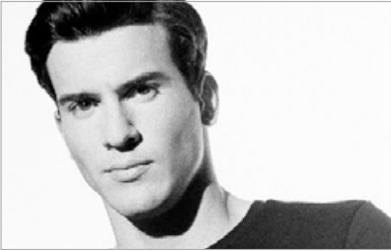
elements of marijuana that are harmful to you – you will prefer to intake water and air.

Quit weed

While this process is continuing, continue your weed habit as normal.

One day, when you feel you are ready, you can miss out your first marijuana joint of the day. If the urge to smoke gets too strong and you really think you want one then smoke. Don't worry. However, the next day, you start again. See how long you can go without smoking weed.

Once you have not smoked for 3 or 4 days then, well done, you have quit weed. As long as you continue the breathing exercises for the next few weeks you will never want to smoke weed again.



And finally...

Thank you for downloading and reading this e-book. I hope you have enjoyed reading it.

I wish you the very best in your journey.

If you downloaded this e-book at GiveUpWeed.com you will be receiving emails from me with quality quitting tips.

Please read these emails as the information in them will help you even more.

All the best,

A handwritten signature in blue ink that reads "Rob". The signature is written in a cursive, slightly slanted style.

Rob

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