

1. Switch to NON-Filtered cigarettes!

Yes, **NON**-filters!

Filtered cigarettes are **NOT** any safer. (Is less poison better poison?)

All the bad stuff (*Tar, Ammonia, Cyanide, etc...*) **STILL GETS THROUGH!**

A filter **DOES** makes it **harder** to inhale. Because it is **harder** to inhale, you get **less** nicotine (the stuff you crave) per drag. With **less** nicotine per drag, it takes **longer** to satisfy your nicotine addiction. Therefore, the filter requires you to smoke **more** cigarettes to feel better. **Filters don't filter much**, they just slow your smoking down.

NON-Filtered cigarettes, on the other hand, are **easier** to inhale, taste "**stronger**", and satisfy your nicotine craving (addiction) faster. Switching to NON-filtered cigarettes will cut the number you smoke by about ONE HALF almost instantly! (See, that was pretty easy!)

Please repeat after me, "**Filters are Fraud.**"

2. Put Something Nice In Your Mouth!

Start the day off right! Instead of your first cigarette have your first banana (or apple, or candy, or stick of gum, or peach, or celery stick, or swizzle stick, or nice kiss...)

3. Wait five minutes....and relax!

You know **that** feeling. You **want** that cigarette. You **have** that nicotine fit! You **need** that cancer stick!!

Whoa!! Take a break.

Sit down. Look at the clock (or your watch). Take a five minute break from smoking.

Relax. Take nice, **REALLY DEEP** slow, clean breaths.

Pick out a happy thought (that nice camping trip, your nice cute pet) and focus on it.

Continue your nice, relaxing deep breaths for **FIVE** minutes.

When done...you probably won't need that cigarette as much. (maybe time for #2 above?)

4. Make smoking the biggest pain in your "you know what!"

Make smoking the **hardest** thing in your day.

Smoke only outside (even in the rain, snow, sleet, hail, or killer bee attack!)

Hide that pack in **nastiest** place: Behind the **smelly** kitchen garbage pail ("Smoking is Garbage"). Behind the toilet (Cigarette smoke has Ammonia in it- the same stuff that makes urine stink!). Above the Kitty Pan! Outside, in the back yard, behind the shed, in a plastic bag, under the wood pile.

Be creative! **JUST MAKE IT HARD!!!!!!**

5. Stash that Cash!

Instead of spending that **\$2** or so a day on a pack of cigarettes, **Save That Cash!**

Hide it in a jar. Deposit it in a bank account. Stuff it in your mattress.

Sit back and watch that lovely green cash pile up!

(But be careful! Someone might steal it. After a few months you will have **HUNDREDS OF DOLLARS!** After a year you may have **OVER ONE THOUSAND DOLLARS** of cold, clean, cash!!!!)

Most of my patients will save about \$1,200 to \$1,500 a year. Do the math yourself.

6. JUST DO IT.

To Stop Smoking (Forever!) isn't easy.

Just always remember to: **Switch to NON-filtered** (Filters are Fraud)...**Put Something Nice in Your Mouth...Wait Five Minutes...Make smoking the biggest pain in your "rear-end"....and don't forget to STASH THAT CASH!**

You'll be proud of yourself!

Dr. Bird's Top Ten Reasons to Stop Smoking (Forever!)

1. No more "ZOO Breath".
2. No more **yellow teeth** (or **fingers**) (or **tongues**).
3. Stop giving your hard earned cash to **\$tinking Rich tobacco company executives!!!**
4. No more **nasty** looks at restaurants when you "light up".
5. Less chance of getting a big, nasty, ugly, oozing, spreading lip **cancer** (or mouth **cancer**) (or lung **cancer**) (or kidney **cancer**) (or bladder **cancer**).
6. No more smelly clothes.
7. No need to look like the **Marlboro Man**. (*Who wants to ride around in the desert hacking, wheezing and coughing anyway?*)
8. No need to look like Camel Joe. (*How do big smelly animals shoot pool anyway?*)
9. "Wow! I can taste things again (and smell food again) (and breath easy again).
10. Instead of buying a pack a day, save at least \$2 a day and,

\$TASH THAT CASH!