

## Smoking

If you are a smoker you know the risk to your own health and to the health of those around you. Choice Care will assist you to start your personal campaign to quit smoking, but only when you are ready.



There are plenty of “quit smoking” aids and programs available to you. Not one of them has a chance of working without your personal motivation to quit. Smoking is a HUGE risk to your health, so as your personal physician of course I want you to quit. But I’m not going to make you miserable by pushing you into a futile smoking cessation program if you have not made the personal decision to quit.

### Don’t Blame the Tobacco Industry

It’s easy to point the finger at big business, but the tobacco industry is not to blame for your smoking habit. To smoke or not to smoke is a personal decision. Don’t let the “smoke screen” distract you: no headline, not big tobacco industry, no billion-dollar anti-tobacco lawsuit will ever come along and make your personal decision for you. It’s your personal decision. When you are ready to quit smoking Choice Care is ready to help.

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## The Choice Care Life Potential Program Preventative Care

It is within your power to make a difference in your health. Unfortunately it is too easy to ignore risks to your health and it can be very hard to make effective changes that improve your health. Dr Zwelling’s Life Potential program makes preventative care information accessible, and our Life Potential Profile can help you take control of your life 3 Easy Steps at a time.

### What help is available?

When you are ready to quit, ask us for help if you need assistance. There are medications, patches and alternative methods such as hypnosis that can help you quit when you are ready.

### What are my chances of success?

If you are truly motivated your chances of quitting for good are excellent. If you haven’t committed to a personal decision to quit you may have a hard time quitting. Don’t try to clean up all your bad habits at once, that makes it more difficult to succeed. Smoking is a tough habit to break. When you are ready to quit we will help you choose a personal program that offers you the best possible chance of success.

### What about 3 Easy Steps?

Nothing will work until you make your personal decision. The 3 Easy Steps method can help you learn to make positive decisions that improve your health. Even if you aren’t ready to quit smoking I can help you choose your first 3 Easy Steps to better health. They might not have anything to do with smoking, but you will have the opportunity to prove to yourself that you can make incremental decisions to benefit your health. The rewarding experience of succeeding with your first 3 Easy Steps will help you take the next 3 Steps. You can have a better day. You can maximize your Life Potential.

*“Health is like money, we never have a true idea of its value until we lose it.”*

*-Josh Billings*

