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New Year's quit smoking resolution up in smoke?

by [John R. Polito](#)

Never could there be a better moment to end one's gradual self-destruction than before that next dose of smoke's more than 200 toxins that include up to 81 known cancer causing chemicals.

According to the new Surgeon General's report, more smokers than ever – nearly a half million – will pass the point of no return during 2014 and smoke themselves to death. Sadly, nearly all were thinking that there was still time to get serious, stop and reverse things. They were wrong. Deadly wrong!



So how do most smokers succeed at quitting. By ignoring pharmaceutical industry quitting products. In fact, according to a [July 2013 Gallup Poll](#), more smokers quit smoking cold turkey than by all other methods combined.

And what percentage succeeded by use of Nicorette nicotine gum? After 30 years and billions spent on marketing, according to the [Poll](#) only 1 in 100.

Talk about impossible. Ask yourself, did that 1% succeed because of having toyed with nicotine or in spite of having done so?

The Net is loaded with high quality cold turkey quitting tools. Drawing [2.2 million](#) unique annual visitors, [WhyQuit](#) is the Internet's leading cold turkey quit smoking site. There, visitors find gripping [motivational](#) stories, [hundreds](#) of original cold turkey articles, more than 200 [video lessons](#), two free quitting ebooks ("[Never Take Another Puff](#)" and "[Freedom from Nicotine - The Journey Home](#)") and are supported by two cold turkey quit smoking support groups, [Turkeyville](#), Facebook's most popular quitting group, and [Freedom](#), a Yuku message board.

