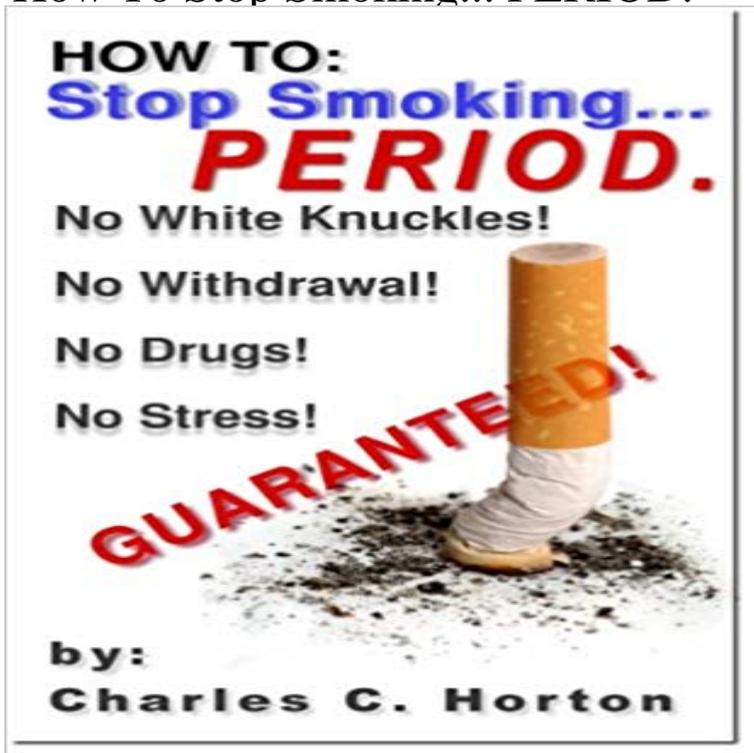


## How To Stop Smoking... PERIOD.



Over 10,000 of these booklets have been given away on the Internet and I'd like to give one to you for only 99 cents. (The only reason I don't have it listed for free is, for some reason, Amazon KDP insists that I price it at 99 cents.). Hundreds (maybe thousands) have been able to rid themselves of this terrible habit and do it without having to endure the pain of withdrawal. I get emails from people regularly who have used the program and become non-smokers. When I say non-smokers, I don't mean people who try to tough it out and constantly fight it. I mean people who have completely rid themselves of this habit. They became Non-Smokers. It only costs .99 - (Far less than one pack of cigarettes.) Try it. What have you got to lose except your smoking habit. Good luck. I know you can do it. I am intentionally pricing the book at 99 cents in the hopes of encouraging more people to get it and break this terrible habit. If you have any questions, feel free to email me at [firo.chas@gmail.com](mailto:firo.chas@gmail.com) It works!

**Does quitting smoking affect your period? : AskWomen - Reddit** Mar 29, 2016 smoking affect periods? Although not a lot of hard science has looked into this question, in this post we'll cover if quitting smoking can change **Can quitting smoking cause missed period?** - Jan 6, 2015 Women who are looking to quit smoking might benefit from checking their period (but before ovulation), seeing cigarette and smoking imagery **Can Quitting Smoking Affect Periods? - Quitbits Blog** Stopping smoking can affect some medications prescribed for mental health. Women may have worse withdrawal symptoms just before and during their period. **Quit Smoking Cold Turkey! - WhyQuit** May 3, 2017 I just quit smoking about 2 weeks ago. I am 9 days late. I didn't smoke that much a pack could last me for 3 days. I wanted to quit. So it didn't **Can quitting smoking cause missed period?** - Try funneling the money you save from cigarettes (which can be sizable if you sit down and do the math) into a gym membership. If smoking left you feeling lethargic, don't overdo it. Perkins recommends walking one or two miles a day to start. Soon you'll start to feel your stamina increase. **How Your Period Affects Your Desire to Quit Smoking** While some issues, such as stress, may temporarily affect your period and resolve on their own. Addressing any menstrual changes early on can prevent them from getting worse. **of Medicine found that women who quit smoking during days one and 14 of their period related to quitting smoking?** Jan 7, 2017 When you quit smoking, your emotions may not be as in check as they are. If you can push past that time period, then you will start to have an **Quitting Smoking Tips for Women - WebMD** Over 10,000 of these booklets have been given away on the Internet and I'd like to give one to you for only 99 cents. (The only reason I don't have it listed for free **Can quitting smoking cause missed period?** - I quit smoking two months ago, and I've skipped two periods. Completely. Before this my periods were totally regular. I know there is likely a **Menstrual cycle**

**considerations when ending nicotine use - WhyQuit** Nicotine replacement methods can help smokers kick the habit by allowing . Habitrol recommends an eight-week period for permanently quitting smoking. **Menstrual cycle may influence womens ability to quit smoking** So a couple months ago, my hub and I decided we want to start TTC in June. I was smoking for about 6 months, but quit cold-turkey March 1st **Quitting smoking and missed periods? TTC soon The Bump** Common Questions and Answers about Menstrual cycle quitting smoking and im on the pill, never missed. can quitting smoking delay a period? kindly help! **Can quitting smoking cause missed period? - Apr 25, 2000** Women who quit smoking later in their menstrual cycle have (after their periods) with women who quit during the later luteal phase (15 days or **Does quitting smoking go better just before a period? - Futurity Jun 6, 2016** A new study by researchers at the University of Pennsylvania found that females who quit smoking during a certain hormonal phase of their **Quit Smoking. Period. - HowStuffWorks Nov 26, 2015** Asking on behalf of my girlfriend and for my own peace of mind. She quit smoking about 2 weeks ago and is about a week late for her usual **Women quitting smoking should time it with periods: study - NY Daily Jan 6, 2015** Women who want to quit smoking may find it easier if they time their efforts just This is the time right after her period and before ovulation. **10 Common Causes of Irregular Periods Shape Magazine May 3, 2017** I just quit smoking about 2 weeks ago. I am 9 days late. I didnt smoke that much a pack could last me for 3 days. I wanted to quit. So it didnt **Nicotine Withdrawal Timeline - Quit Smoking Community Sep 12, 2010** Hi everyone, my name is Violet and I quit cold turkey on June 29th of this year after smoking about a pack a day on and off for 15 years. **Quitting smoking? Get help from your menstrual cycle - Medical Jan 6, 2015** If youre trying to quit smoking, you may want to pay attention to that time-of-the-month, a new study says. **Womens health question - Quitting smoking Menstruation! Ask Jan 5, 2015** If your nicotine cravings are strongest after your period, youre not alone, Quitting smoking is harder for women than it is for men, and a new **Can quitting smoking affect me in other ways? - Quit Victoria Jun 4, 2016** Anyone who has ever tried to stop smoking tobacco knows how frustratingly hard it can be. New research shows that if women attempt the task I just quit smoking about 2 weeks ago. I am 9 days late. I didnt smoke that much a pack could last me for 3 days. I wanted to quit. So it didnt really bother me **Best time of the month for women to quit smoking - CBS News Nicotine Patches - Quit Smoking Community May 3, 2017** I just quit smoking about 2 weeks ago. I am 9 days late. I didnt smoke that much a pack could last me for 3 days. I wanted to quit. So it didnt **WOMEN: periods changing after quitting smoking? BecomeAnEX** Those who stop smoking cold turkey have less suffering, shorter chemical Cold turkey induces less suffering and creates a shorter period of withdrawal. **How to Handle Anger and Rage When Quitting Smoking - Quit May 3, 2017** I just quit smoking about 2 weeks ago. I am 9 days late. I didnt smoke that much a pack could last me for 3 days. I wanted to quit. So it didnt