



April 13, 2011 – Orlando, FL

## Tempting Fate

After Monday's message, I got a response from a long-time reader who had quit smoking years earlier using two tips from his Dad: "Don't buy them. Don't bum them." It worked, and he quit for years. But then someone offered him a cigar while playing golf. Before you know it, he was hooked on nicotine again. He ultimately quit, but he strongly recommended that once you quit, never pick up another tobacco product.

I smoked years ago. I quit several times, once for over three years, but I kept starting again. Once was an experiment. How much would my heart rate increase after one cigarette? I took my pulse, smoked a cigarette, and took my pulse again. It went up 18 beats per minute. Had my answer--and it took another year to quit again. My father-in-law is 88 and quit smoking about 65 years ago. He says he can still remember what it was like to smoke and how good it felt.

Nicotine is powerfully addictive so once you quit, don't tempt fate and think you're in control. Don't pick up another tobacco product again. Ever.

What are you prepared to do today?

*Dr. Chet*

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