



Smoke Cessation	Cold Turkey	Chantix	Zyban	Nicotine Gum	Hypnosis	Nicoderm-Patch	NuLife Laser Treatment
Type	Will Power	Prescribed Pill	Prescribed Pill	Chewing Gum	Hypnosis	Patch	Laser Therapy
Side Effects	<ul style="list-style-type: none"> <li>* Withdrawal</li> <li>* Irritability</li> <li>* Aggression in Men</li> <li>* Anxiety in Women</li> </ul>	*Nausea (30%), trouble sleeping, vivid, unusual, or increased dreaming, constipation, gas, and/or vomiting.	<ul style="list-style-type: none"> <li>* Dry mouth, difficulty sleeping</li> <li>* Shakiness, skin rash</li> <li>* Can affect current medications you are taking.</li> <li>* Craving tobacco or nicotine, irritability, trouble sleeping, trouble concentrating, feeling extra tired, gastrointestinal problems( like gas or constipation), coughing</li> </ul>	<ul style="list-style-type: none"> <li>*Mouth sores, jaw muscle aches, increased saliva production, indigestion, or headache.</li> <li>*Light-Headedness, dizziness, hiccups, nausea, vomiting or insomnia.</li> <li>* Cold-sweats, fainting, confusion, pounding heart</li> </ul>	* No side effects have been reported.	<ul style="list-style-type: none"> <li>* Headache, dizziness, light-headedness, drowsiness, stomach upset, nausea, breathing difficulties, chest pain, irregular heart-beat, nervousness, anxiety, tremors</li> </ul>	<ul style="list-style-type: none"> <li>* Increased relaxation</li> <li>* Tingling sensation</li> </ul>
Professionally Supervised	No	No-can be bought over the internet.	No-Can be bought over the internet.	No-Can be bought over the internet	When in a clinic. But can be bought on CD over the internet.	No-can be bought over the internet	Yes
Long Term Success Rate	3-9 %	22%	16%	6-8%	Claims 66%	20%	90%
Nutritional Counseling	No	<p>Yes-GET QUIT support plan available for one year- contacted by email or phone.</p> <p>After 12 weeks the contact becomes less frequent. Doesn't stop you from cheating</p>	<p>Zyban.Net which gives support.</p> <p>Not person to person. Just a reading tool for support.</p>	No	No	No	Yes-The health care practitioner will work with you to choose foods that will support your body through the withdrawal process and help you eliminate weight gain.
Time Frame	Varies	12 weeks recommended and may need to continue taking Chantix for another 12 weeks.	7-12 weeks If your smoking habits have not been reduced within 7 weeks it is unlikely that you will be able to quit.	Varies	A least 4 sessions	Varies	<ul style="list-style-type: none"> <li>- 1 session 1 Hour</li> <li>- 2 booster sessions available for six months if needed.</li> <li>- 6months ongoing support.</li> </ul>
Cost	0\$	Approximately \$169/month	\$200-\$350 per 90 pills x 150mg 2 pills per day	Approximately \$4.50 per 10 pieces	\$200 a session	\$18-30 per week	Please call us for pricing.
Lifestyle Tips And Habits Counseling	No	No	Yes-But must do on your own	No	N/A	Little support over the internet	Yes