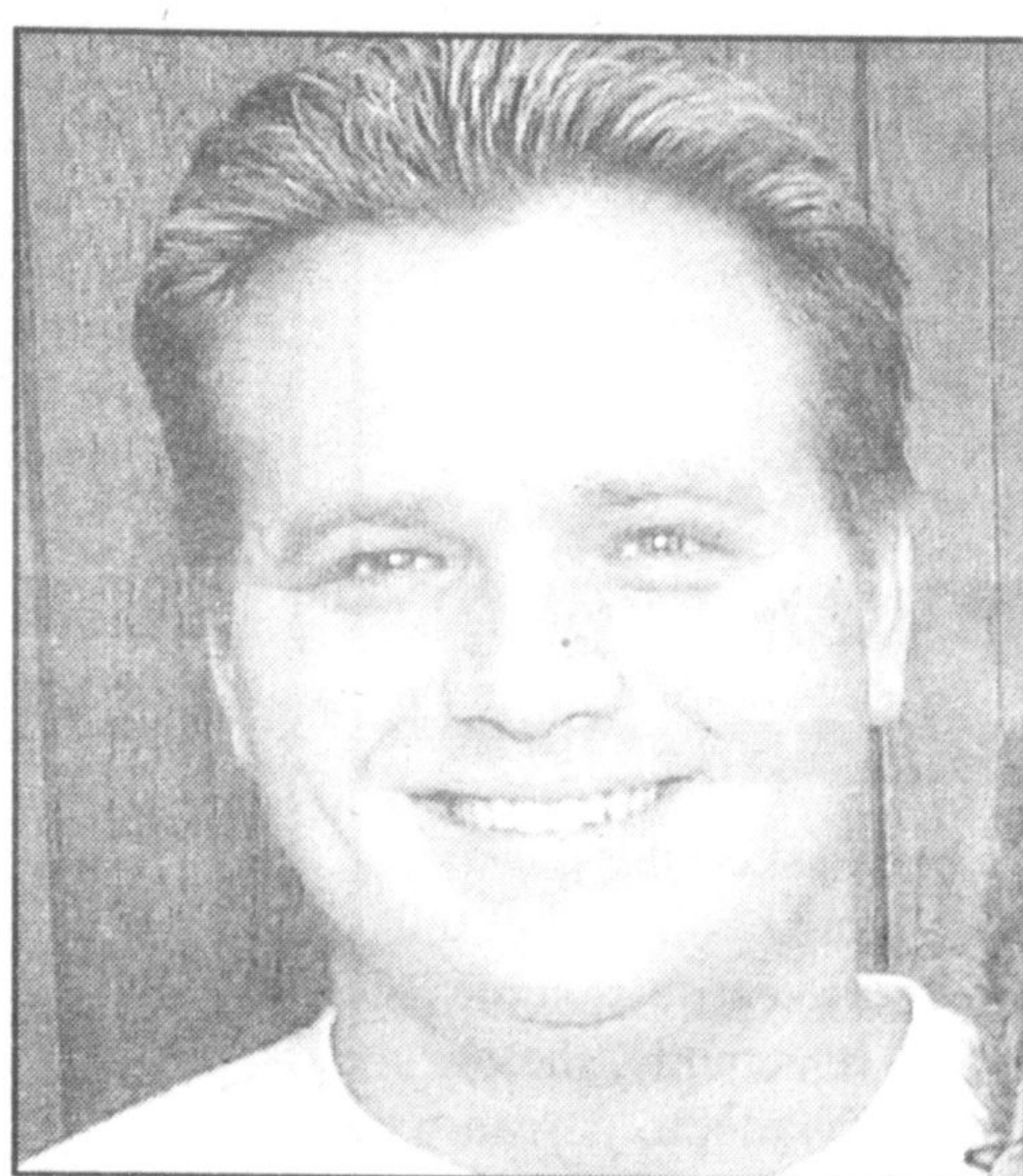




Diane Wolstenholme



Sean Miller



Colleen Gorman



Elizabeth Williams

Three people have butt out, one still struggling

Four people, four stop-smoking techniques. Some have worked, some haven't. Read on to find out how the four participants in the Champion Smokeout Challenge are faring.

Diane Wolstenholme

Diane Wolstenholme isn't used to being a hero. And while she recognizes that people on the street who call her their hero are mostly joking, it's nice to know she's inspired some of them to attempt to quit smoking, she said.

"If she can do it, I can do it," is what members of the public seem to be thinking, Ms Wolstenholme said.

As an additional victory, she said she isn't eating as much chocolate now. To curb her sweet

tooth, Ms Wolstenholme said she bought a bunch of flavoured herbal teas.

Looking back, Ms Wolstenholme said she couldn't have quit without the help of the patch.

Sean Miller

With his busy work schedule, Sean Miller said although he intended to set another quit date — this time wanting to try cold turkey instead of taking Zyban — it just didn't happen.

"Time flies by so fast," he said. "I don't have time to quit."

But hey, at least he's honest about his lack of progress. That's his take on the situation, he said, adding he thinks readers who have tried to quit before and failed will be comforted to know he's in the same boat.

"Personally, I think I'm the only honest one in the group," he said laughing, poking fun at the others' victories.

Still, he's not without some progress. Mr. Miller said he's down to about a quarter-pack from his former full-pack-a-day.

"I'm trying to cut out the pointless cigarettes."

Colleen Gorman

Although cigarette cravings are now a thing of the past, Colleen Gorman said she has the occasional bad day.

"There are times when I'm tired and think, 'A cigarette would taste good now...'"

But Ms Gorman said she just ignores those thoughts, and they quickly go away.

Ms Gorman was a mostly social smoker who quit cold turkey a few months ago. After she quit, she said her weight became a bit of an issue with a new-found hunger, but she's finally brought that too under control.

All in all, she said she's feeling great. "It feels like I've done this (not smoking) for

years," she said. "I didn't anticipate it would be this easy."

Elizabeth Williams

Elizabeth Williams has just finished her first month as a non-smoker without regular visits to Positive Changes for hypnosis.

She said last month she thought she'd be okay on her own, and she was right. With the help of the self hypnosis she was taught, and her relaxation tapes, the month passed by with her smoking only one cigarette.

"I didn't enjoy it at all. It was awful," she said. "My stomach was upset. I won't be doing that again."

Ms Williams' husband also decided to quit smoking, and is using the patch.

"We motivate each other to keep going," Ms Williams said, adding, "I still have cravings, but then I get up and do something and it's gone."

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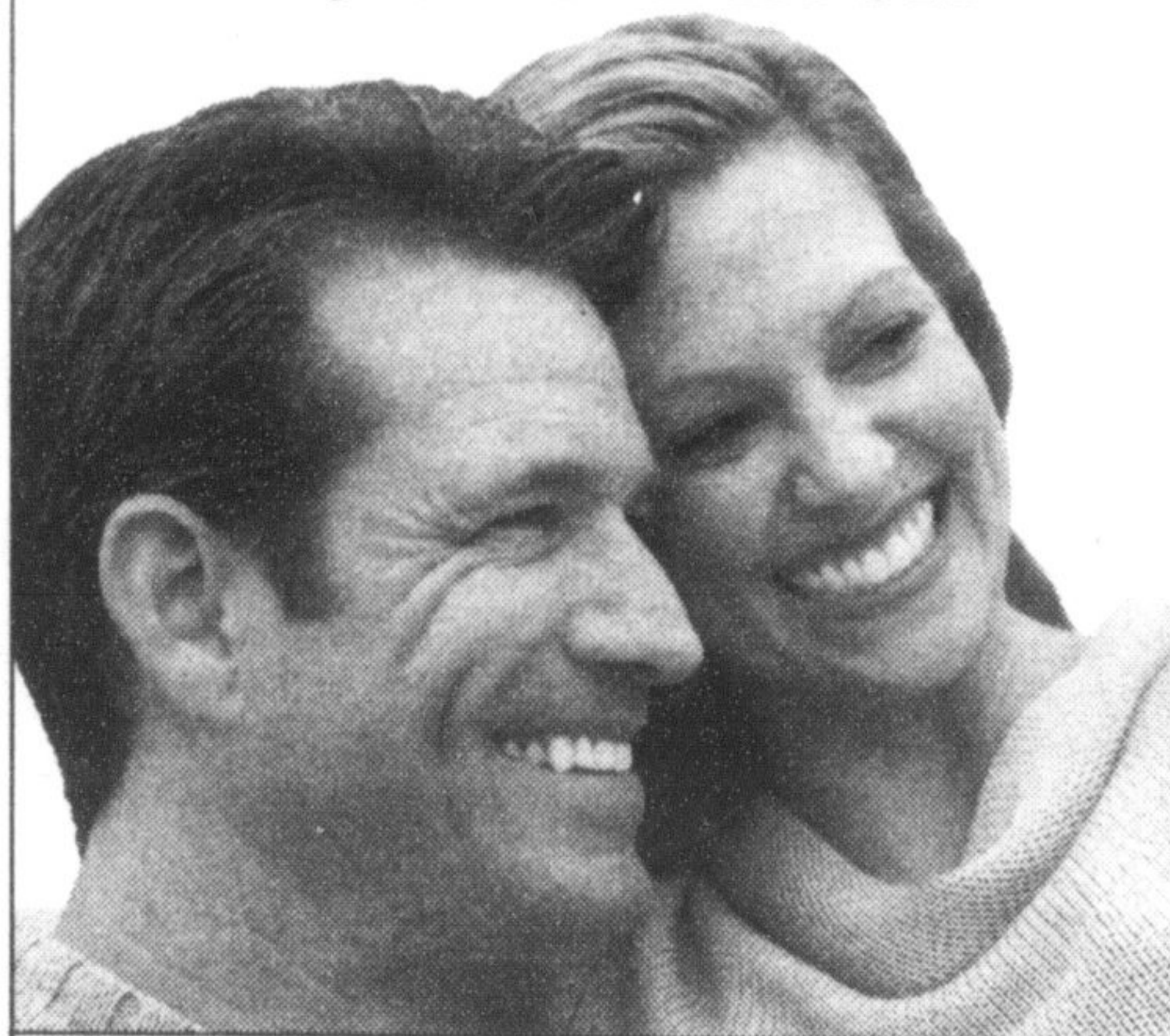
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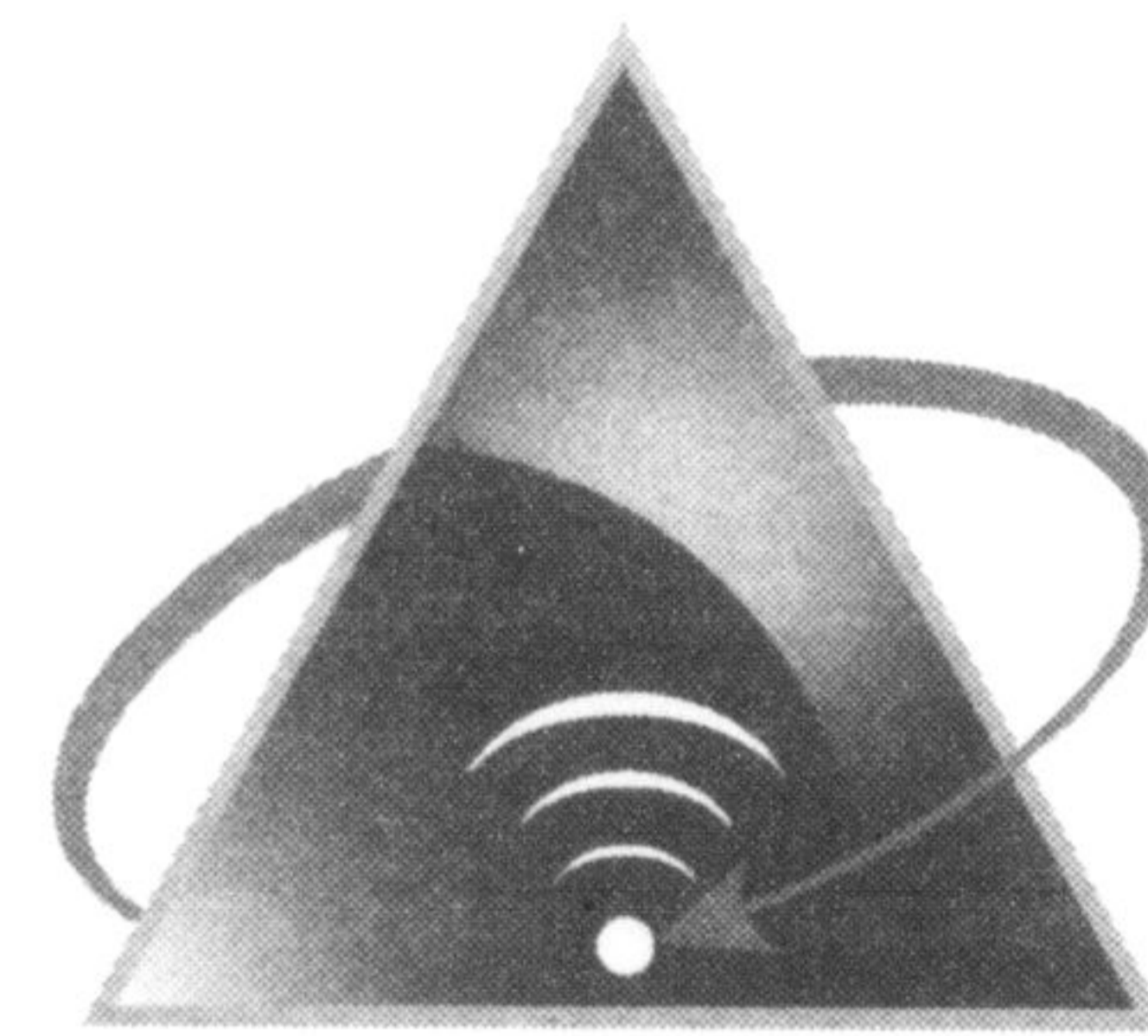
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