MY LAST SMOKE

AFTER YOUR SESSION

Your First 90 Days

Now that you are a non-smoker — what your body is doing, what to expect, and the few things that make the next three months straightforward.

01

Tonight

You are a non-smoker now. Six things before you sleep — none of them take long.

- **Drink a large glass of water,** and keep a bottle within reach tomorrow. There are real reasons for this and they're on page four.
- **Eat something proper.** Not a snack standing at the counter.
- **Go to bed earlier than usual.** An hour of focused work takes more out of you than it feels like at the time.
- **Clear the house and the car tonight** — lighters, ashtrays, the spare pack in the door, the vape, the pods, the charger, whatever's in the garage. Don't keep one back "just in case." That isn't insurance; it's a plan.
- **Don't test yourself.** Nobody needs to stand outside with a smoker on day one to prove a point. There's nothing to prove — you already are what you set out to be.
- **Tell one person.** Not an announcement — one person who'll be glad.

02

Now that you're a non-smoker

Read that phrase again, because it isn't a pep talk. It's the language we used in your session, and it's used deliberately: **non-smoker** is a description of where you already are, not a target you're working toward over the next ninety days.

Almost everything written about stopping smoking or vaping assumes you're at war with yourself — that the next three months are a siege you have to hold. That isn't the position you're in.

The work we did returned the freedom of choice. The pull that used to make the decision on your behalf doesn't get to make it any more. What's left is two ordinary things: a body recalibrating, and a handful of daily moments that used to have a cigarette or a vape in them. Neither is a fight. Both just need a few weeks — and if an old urge flickers along the way, that's normal, and this guide shows you what to do with it.

> THE QUESTION TO ASK
>
> If something feels off over the next fortnight, the first question isn't *is my resolve slipping*. It's *what is my body doing right now*. Nine times out of ten that's the whole answer — and most of this guide is a list of those answers.

0 3

The first 72 hours

Your body starts changing faster than most people realise.

20 MIN — **Heart rate and blood pressure begin to fall**
Nicotine is a stimulant. Its immediate cardiovascular effects start reversing almost straight away.

12 HRS — **Carbon monoxide clears**
CO binds to your red blood cells far more readily than oxygen does, which is part of why stairs have been harder than they should be. Within about half a day your blood is carrying oxygen properly again — this is the change people tend to notice first.

2–3 DAYS — **Nicotine is essentially gone**
It has a short half-life. By the end of the third day there is very little of it left in you.

What you might notice while that happens

- Headache or lightheadedness
- Irritability, restlessness, a short fuse
- Trouble concentrating
- Vivid dreams; lighter or heavier sleep
- A bigger appetite; food tasting sharper
- Coughing more, or bringing things up
- Slower digestion for a week or two
- Tingling in the hands and feet

This tends to peak on day two or three and eases substantially across the following two to four weeks. Not everyone gets all of it, and plenty of people get very little.

> COUGHING MORE IS NOT GETTING WORSE
>
> The tiny hairs lining your airways — cilia — have been flattened for years. As they recover they resume sweeping your lungs clean, and they start with what's already sitting there. A cough that appears in week one or two is usually function returning, not decline. If it's severe, painful, bloody, or still going after a few weeks, see your doctor.

> IF YOU WERE VAPING RATHER THAN SMOKING
>
> The nicotine timeline above is identical for you. Carbon monoxide and the cough are largely about combustion, so those may be milder or absent. What people coming off vapes most often report instead is the throat and mouth settling within days, less overnight congestion, and the return of taste happening faster.

04

The caffeine effect

This one catches almost everybody, and almost nobody sees it coming.

Tobacco smoke speeds up the liver enzyme that clears caffeine from your body. Take the smoke away and that enzyme settles back down, so the same two cups of coffee now hit roughly twice as hard. A great deal of what gets called "withdrawal anxiety" in week one is simply too much caffeine in a body that has suddenly become far more sensitive to it — the jitters, the racing heart, the two-in-the-morning ceiling-staring.

Cut your usual caffeine by about half for the first two weeks, then add it back slowly and see how you feel. This single adjustment removes a surprising amount of discomfort.

If you were vaping rather than smoking, this effect is much smaller — it's driven by the combustion products in tobacco smoke, not by the nicotine. Cut back if you feel jittery, but you may not need to.

> WORTH A CALL TO YOUR PRESCRIBER
>
> That same enzyme handles a number of prescription medications, including some used for mental health, asthma, and blood thinning. Levels of those drugs can rise once you stop smoking. If you take anything regularly, **let your prescriber know you've stopped** so they can review your dose. Don't adjust anything yourself.

05

Water and food

Water does more work here than it sounds like it should. It thins mucus, so the cough clears something instead of rasping. It helps with the slowed digestion that's common in the first fortnight. It takes the edge off the headaches. And it gives your hands and your mouth something to do, which is a larger part of the habit than most people credit. Keep a bottle where the packet used to live — the car door, the desk, the coat pocket.

Eat on a schedule. Regular meals with protein and fibre. Fibre matters more than usual for a couple of weeks while your digestion picks back up. Skipping meals and then arriving ravenous is the pattern that makes the next page harder than it needs to be.

> TASTE AND SMELL
>
> Both start recovering within days, and it's the most straightforwardly pleasant part of the first fortnight. It's also, quietly, why food becomes more interesting — which brings us to the next page.

06

The weight question

People rarely ask this one out loud, so here is the straight answer rather than a reassuring one.

Across a large body of research, average weight gain in the twelve months after stopping nicotine is somewhere around ten to eleven pounds, and most of it happens in the first three months. But the average hides an enormous range: roughly one person in six loses weight instead, and about one in eight gains considerably more. Which of those you turn out to be is not decided on day one.

Why it happens

- **Nicotine was suppressing your appetite** and nudging your resting metabolism up a little. Both return to normal. That isn't a malfunction — it's your actual baseline, which you may not have seen in years.
- **Food genuinely tastes better now.** Recovering taste and smell is a real effect, and it makes eating more rewarding than it was a fortnight ago.
- **The hand-to-mouth pattern goes looking for a replacement.** Often it finds snacks. Water and a walk fill the same slot.

> THE FIRST TWO WEEKS WILL FEEL HEAVIER THAN THEY ARE
>
> Digestion slows temporarily, and mild bloating and constipation are common early on. A lot of people read that as fat, step on the scale in week two, and get discouraged. It settles. Water, fibre, and a daily walk shorten it considerably.

Two things worth knowing

- **The trade isn't close.** The cardiovascular and cancer risk you've just removed substantially outweighs the risk carried by this amount of weight. That finding holds consistently across the literature, including for people who gain at the higher end.
- **Don't start a diet this month.** Two deliberate changes at once is how both of them fail. Eat regularly, walk daily, and look at this again in ninety days when you aren't also recalibrating.

07

Sleep and mood

Sleep is often strange for a week or two. Vivid dreams are the most commonly reported part of it and can be startlingly detailed. Some people sleep more deeply than they have in years; others take a fortnight to settle. Both are normal.

Mood can be scratchy in the first week — shorter patience, more restlessness, a general sense of waiting for something. That is a recognised part of nicotine leaving. It peaks early and it resolves.

> WHAT THE RESEARCH ACTUALLY SHOWS
>
> A great many people believe smoking or vaping was managing their stress, and worry that stopping will leave them worse off. The evidence points firmly the other way. Pooled across studies, people who stopped smoking showed lower anxiety, lower depression and lower stress than people who carried on — with improvements comparable in size to those seen with antidepressant treatment, and holding just as well for people with existing psychiatric conditions.
>
> **Put plainly: the first fortnight is not a preview. It's the withdrawal, not the destination.**

If low mood is severe, or still there after a few weeks rather than easing, that's worth a conversation with your doctor. Don't wait it out on principle.

08

The moments to plan for

Your body clears in days. Your contexts take a few weeks. Decide about these in advance rather than in the moment:

- **The first coffee.** Change the sequence, not just the substance — different chair, different mug, step outside after rather than during.
- **After a meal.** Get up. Dishes, a walk round the block. The pause was the trigger, not the food.
- **Alcohol.** The most common setting for a first cigarette by a wide margin — it loosens exactly the deliberation you'd otherwise apply. Give it two or three weeks, and when you do drink, decide beforehand where you'll be standing.
- **Other smokers.** You don't have to avoid them. Just know your line before you're standing next to one.
- **Stress.** Smoking never solved this; it interrupted it. Three slow breaths do the same interrupting and actually touch the stress.
- **The break, the phone call, the boredom.** The habit was punctuation in your day. Give the day a different punctuation mark.
- **If you were vaping, watch the small gaps.** A vape doesn't need a doorway or five spare minutes, so it tends to live in seconds rather than breaks — the traffic light, the lull between emails, the moment the phone goes down. Those are the ones to notice, and there are more of them than a smoker has.

09

The space it leaves

Here's the part almost nobody warns people about, and it's a good problem rather than a bad one.

Twenty cigarettes at five minutes each is well over an hour a day, before you count the trips to the shop. If you were vaping it's harder to total up, but it's threaded through more of your day, not less. All of that time and all of those small pauses have just come back to you at once.

That space doesn't stay empty. If you don't decide what goes into it, restlessness will fill it by default — and restlessness in week two is the single thing most often misread as craving. So decide now, while you're reading this rather than standing in the kitchen at four o'clock wondering what to do with yourself.

TWO RULES FOR FILLING IT

1. Put something in the exact slot the old one occupied. Same time, same place. The ten minutes after lunch, the pause before you start the car, the last thing before bed. A specific replacement in a specific slot beats a general intention every time.

2. Choose things you actually want. Not things you feel you ought to do. This is time you've genuinely won back — spend it on something you'd have said yes to anyway.

It doesn't need to be impressive. A walk round the block. The call to your brother you keep not making. Ten minutes with the guitar. The book on the nightstand. Stretching. A proper coffee sitting down instead of one drunk standing up outside. The thing in the garage you've been meaning to get back to.

THE MONEY IS REAL TOO

Set up a standing transfer for what you used to spend, into an account you can see. Not for discipline — for evidence. Watching it accumulate does something that no amount of being told about it will, and it turns an invisible saving into something you can point at and eventually spend on something worth having.

Stay on the front foot with this. The people who find the next three months easy are almost always the ones who treated the space as something gained rather than something missing. You're not managing an absence. You're spending a surplus.

10

What to say, and what to do

WHAT TO SAY TO PEOPLE

Present tense, three words, no explanation: **"I don't smoke."** Or **"I don't vape."** Either way, it's a statement of fact about who you are, not a report on how an attempt is going.

Not "I'm quitting." Not "I'm trying." Not "I'm on day four." Those invite a conversation, and a conversation invites a negotiation. The short version ends it — and people stop asking far sooner than you'd expect.

If a strong moment arrives

The session is designed to change the pattern at its source, but it can't promise you'll never feel an urge again. For a few weeks, an old context can still produce a jolt of *something*. It builds, crests and passes, usually inside three to five minutes, whether or not you do anything at all. The only thing that makes one last longer is arguing with it.

- **Name it.** "That's the old pattern." Out loud if you're on your own — naming separates you from it.
- **Time it.** Look at a clock. Watching it makes it finite, and finite is the point.
- **Breathe it.** Five seconds in, five seconds out, three or four rounds.
- **Move.** Change rooms, step outside, get water. Almost any change of physical context shortens it.

If you slip

Read this now, while you don't need it. It's the most important page in the guide.

ONE DOES NOT CHANGE WHAT YOU ARE

A vegetarian who eats a burger at a wedding is not a meat eater the next morning. They're a vegetarian who ate a burger. Nobody hands back the label over one plate, and nobody would think to.

It works exactly the same way here. If you smoke or vape one, **you are a non-smoker who smoked one.** That's not word games and it isn't letting yourself off — it's simply the accurate sentence. The category doesn't flip on a single act.

What matters is the next hour, not the last one. The people who do well across ninety days aren't the ones who never wobble — they're the ones who don't turn a wobble into a story about who they are. The story does far more damage than the cigarette ever could.

- **Decide nothing about yourself today.** It's information, not a verdict.
- **Write down what came first** — where you were, who with, what you were feeling in the ten minutes before. Your smoking log at **mylastsmoke.com/log** is the quickest place for it. That's the useful part, and it's usually one of the moments on page six.
- **Carry on as the non-smoker you are.** No restart, no day one, no clean slate needed. The next decision is just the next decision.
- **Tell me.** Reply to my check-in, or email or call whenever it happens. If you're smoking or vaping at any point within 90 days of your session, your follow-up session is free — and this is exactly what it's there for.

11

What's ahead

Beyond the first month, drawn from the public health literature.

WHEN	WHAT CHANGES
2 weeks – 3 months	Circulation improves and lung function measurably increases. Walking and stairs get easier.
1 – 9 months	Coughing, sinus congestion, fatigue and shortness of breath decrease as the lungs' cleaning system recovers.
1 year	Excess risk of coronary heart disease falls to about half that of someone still smoking.
5 years	Stroke risk continues falling toward that of a non-smoker.
10 years	Risk of dying from lung cancer is around half that of a continuing smoker.
15 years	Coronary heart disease risk approaches that of someone who never smoked.

You'll hear from me in the week ahead

I'll reach out personally within the week following your session to see how you're getting on. Not an automated message — me, asking how it's actually going. Say the true thing when I do; a polite "fine" helps neither of us.

After that, I'll leave you to it. You're a non-smoker getting on with your life, not a case being managed, and you don't need me in your inbox to stay one.

IF YOU NEED ME, REACH OUT

The door stays open — email **info@mylastsmoke.com** or call **253-234-5431** at any point. And if you're smoking or vaping at any point within 90 days of your session, say so. Your **complimentary follow-up session** is there for exactly this, and it's **free any time within those 90 days.** Don't be too proud to use it — it's already paid for.

If you complete your follow-up and are still smoking or vaping, you get your money back, as long as you request it within the same 90 days.

Full guarantee terms, including how the follow-up and refund work, are in our Terms of Service at mylastsmoke.com/terms.

> *You didn't give something up. You took something back.*

Please note. This guide is general educational information and is not medical advice, diagnosis, or treatment, and is not a substitute for care from a qualified health professional. Speak with your physician about stopping smoking, about any symptom that concerns you, and about any medication you take — dosing for some prescriptions changes once you stop. Never start, stop, or adjust a prescribed medication on your own. Individual results vary, and no specific outcome is guaranteed beyond the refund terms in our Terms of Service. You must be 18 or older. Full service terms and disclaimers are at mylastsmoke.com.

Recovery figures drawn from the US Surgeon General's Reports and the Centers for Disease Control and Prevention. Weight-change figures from Aubin et al., *BMJ* 2012;345:e4439. Mental health figures from Taylor et al., *BMJ* 2014;348:g1151.