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Stop Smoking to Gain Weight by [James Dillon](#)

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It is a known fact that smoking is one of the major reasons why one fails to gain weight. There are many people who will deny this fact but the examples are right in front of us, we see them every day, everywhere. Confused? Well, they are no one else but the celebrities and models, their smoking habits are renowned. More than 90% of the television stars, actors, models, singers and other celebrities have an extreme smoking habit, which controls their weight. Many people do not believe it because they fail to find the logic behind the fact.

The scientific answer of this riddle is "nicotine". The more nicotine an individual smokes the more affect he does to his weight gain plans. It is because this element in the tobacco limits appetite by acting as a suppressant. This makes them control their natural cravings for food resulting in weight loss and control over gain. Those who are already aware of this fact, but yet want to know what the nicotine does to act as a suppressant, should realize that it tinkers with serotonin and dopamine. In simple words, it messes with the two brain chemicals that turn on or off the desire to eat. This is just one negative effect on weight left by nicotine, there are such three to four of them.

All the aforementioned information proves that smoking control's a person from gaining the required calories for a proper weight gain. We all know that quitting smoking is not a one-day task and it may also require years for some. It is something that should be done slowly to maintain the health according to the situation. Thus it is vital to find alternatives to fulfill your calorie needs while you continue with quitting tasks.

Exercising and weight gain products is the answer to terminate the nicotine's effect indirectly. Exercising does the opposite of what nicotine does; it increases the desire to eat and helps a person to fulfill the calories that he couldn't otherwise. Heavy exercise may be preferred by those who want to gain weight and tone their body at the same time but those who just want to fill the cavity caused by smoking, light exercises is the way to go. But this is not it, exercising just solves half of the problem; it just brings the abnormal eating back to normal whereas we are aiming to achieve more than that.

While you continue with quitting the smoking habit and exercising to fill the gap, a suitable weight gainer will help you to gain the weight you always wanted to. There are many appetite stimulants which are suitable for different purposes. So far science remains unable to prove any side effects of these natural supplements. They are available at numerous online stores; find the best online seller to buy your products from to make sure you get the best. They have very reasonable deals for the best quality of products. If you follow all these tips, you will be able to gain enough weight within two to three months. Best of luck!

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Four Line Products is a reputable supplement vendor that can help you to a [gain weight](#).

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