



THE ART OF USING SMOKELESS TOBACCO

This blog is devoted to correcting the scientific myths and misconceptions regarding the scientific foundation of tobacco harm reduction. But science has to translate into action, and smokers need practical advice to make the successful switch to smoke-free tobacco products. This article will help provide some guidance and clarity.

How to Use Smokeless Tobacco: A Primer for Smokers

1. Pick the right product.

Start out with a pouch product, which consists of a small “teabag” containing tobacco and flavors, or try one of the other discrete products from this list (http://www.smokersonly.org/product_facts/products.html) to determine which one works for you. There are a lot of different options, so don't be discouraged if one particular product doesn't fit with your lifestyle or taste.

2. Put it in the right place.

Place the product under your UPPER LIP, near the corner of your mouth. Most smokeless tobacco users in the United States put products in their lower lip, which produces lots of tobacco juice, and lots of spitting. The Swedes place smokeless tobacco in their upper lip, where it's spit-free and invisible.

You can pull your upper lip out with one hand and place a pouch directly. But it is easier and more discrete to pop a pouch into your mouth and move it into place with your tongue.

At first, the pouch will feel like a cannonball. But look in the mirror, and you'll see that it's hardly noticeable at all.

3. Get the nicotine buzz, but not too much.

When you light up a cigarette and inhale smoke, you get an immediate nicotine kick. The effect from smokeless tobacco takes longer. But slower nicotine uptake also means slower nicotine decline. One or two pack-a day smokers who switch often need to use only 4 or 5 smokeless pouches. That means saving money.

Light and ultra light smokers might get too much nicotine from some smokeless products. Find the product that is satisfying but not overwhelming.

At first just use the smokeless product for only a few minutes. You'll learn to adjust the time you need to get tobacco satisfaction.

4. Expect the unexpected.

You might feel some minor burning where you place the tobacco, and your throat might get irritated. This is from the nicotine, and it's normal. Sipping some water or a beverage might help. You could even get the hiccups, feel a little dizzy or experience an upset stomach. It will take awhile to adjust to smokeless tobacco. But the great thing about smoke-free tobacco is that you're getting tobacco satisfaction without the harmful smoke.

5. Stay strong and be persistent.

Smoke-free tobacco products are not a magic bullet and will not instantly “cure” you from wanting another cigarette. Using these products will make it much easier to quit and help make those cravings less intense, but they do not replace the habit and routine of smoking. And because smokers reinforce this habit several times a day, for many years and even decades, breaking will is incredibly hard. You have to be committed to quitting and stay persistent with using smokeless tobacco.