

The Sandwich Generation of Smoking Cessation

As a couple sometimes it literally means taking a sandwich for the cause
When someone close to you is quitting cigarettes it often means
That quitter of smoking becomes a veritable assembly line worker
Suddenly producing exquisite dinners and bringing home exotic snacks
Talking about recipes and ingredients instead of stepping outside for a smoke
That is usually the change in circumstance for you when living with a quitter
Of your own generation stepping outside the boundaries of what was once
One way to control ones appetite. Before GLP 1 the big gulp without taking
A big gulp of food a radical solution was to suck on a stick of a cigarette.
Now GLP One can control an out of control appetite and so cigs do not have that use.
Suddenly sucking it up becomes facing reality and talking it out and confronting
your appetite for destruction and maybe overcoming the urge to smoke cigarettes.
Instead of retreating to a veil of smoke and seeming contented as a cat
Until even the cat shies away from the smoke you are generating and you face facts.
When you live apart from your parents and only visit say for five day intervals
And you see them sucking up air pollution in front of a wood burning fire
You can see that the fire does not contain nicotine so addiction seems adjustable
Because it is not a physical addiction to nicotine and so it is a psychological addiction
If it is an addiction at all. It is more likely caused by bombardment of advertising that sticks
With the wood burning stove user and is the chain to an appliance out of sync with
Modern life and modern reality and of course with thoroughly modern children.
You the grown child could be termed "The Sandwich Generation". Not the greatest generation
To be stuck into. You might have children yourself and so are the Ham between two
Slices of bread. The elder slice of bread is non addictively smoke saturated with wood smoke.
The younger slices of bread have young lungs and the potential to be unsullied by smoke.
If you can just get the smoke saturated slice of bread to just knock it off if only for five days!
So you come up with half measures to present to the Wood Smoke Slice of Bread. Or two
Slices If both Mom and Dad are psychologically addicted to the wood burning fireplace
Or wood stove or firepit or whatever the wood burning industry has invented in the past few months.
It is hard to keep up with the modern wood burning industry with all their new-fangled fire pits.
Grand Mom and Dad might think you are not up on the latest trend among the affluent!
Keeping up with the Joneses in the area of wood burning makes them feel in touch in with
What 's happening today and you feel like an oldster in front of your children who are influenced
By influencers to set something on fire or at least attend a Fire Starter with musical acts too!
The only thing to do is to push a vibey hip musical treat onto both slices of the sandwich and
Hope for the best. Like this music video that is a tasty musical sandwich for all three of the
Generations that are trapped in a hell of wood smoke for five days and the oldsters are resisting
Stopping wood burning even for a few only five days for pity's sake! Have some empathy for a youngish
couple with a couple of children Please! Or use hard wood or dry wood or a limited amount of wood!
Or use a turbo exhaust from the wood stove that ejects the smoke at a velocity previously unknown!
Make it a moonshot of PM 2 point 5 shot in the direction of your nearest neighbor or better yet
The neighbor you feel deserves some pollution rather than the pollution directed at your
Precious precocious children who already know the names of all the hardwoods in the forest!
But we must close this tasteful musical diatribe with the sounds of scientifically based solutions.
Just do not burn wood to begin with. Be kind to your lungs. And especially be kind to your neighbors!