

Cold Turkey: It's no pun either December 23, 2005

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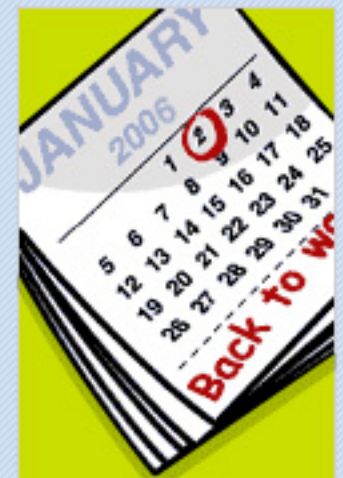


We know it's the holidays, and we know that it means excess for all..for some it's food, others alcohol, others ciggies, and in some cases all three. So when you wake up on New Years day out of your food coma, with a massive hangover, and scratchy, over- smoked throat, remember why you said your resolutions in the first place.

So, always at hand, Gizmodo is here to help. We've found this nifty little

kit- [The Big Cold Turkey](#) - that, unlike the patch, or gum, or cutting back, you can track your progress. Basically, you wear the wristband as a reminder of why you're quitting certain things, use the little tin to stow away the money you're saving from quitting your habit, and all kinds of other odds and ends designed to keep you on track. And if you find yourself a week from New Years again waking up from a food coma, with another massive hangover, and an even scratchier over smoked throat, it's ok, there are many more New Years to come and you can start again.

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Unhappy New Year?

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