“Cigarettes are the single most deadly legal over-the-counter drug in America today and is the single most deadly legalized act.”

Although the number of smokers in the United States has decreased, approximately one-fourth of the population continues to smoke or use nicotine in some form. Nicotine is an oily poisonous liquid found only in the tobacco plant. Pharmaceutically, it is characterized as an organic nerve drug; it is so powerful that one drop injected in a human can cause instant death. The number of people with cancer related to smoking is up 40%. This includes second-hand smoke.

Major damage is done your lung tissue and arteries. When you smoke that causes bronchial congestion, breathing difficulties, and increases your risk for heart attack, cancer and emphysema. The hundred of chemicals in cigarette smoke – especially nicotine – induce the lung tissues to produce ever-increasing amounts of what scientists call “growth factors” that cause tissues to transform. To further exacerbate the situation, smoking also interferes with the body’s production of nitric oxide, a gaseous molecule that relaxes the body’s vessels; thus, without enough nitric oxide the vessels further constrict and narrow.

Four types of smoking dependency have been identified by Karl-Olov Fagerstrom of Sweden:

Type 1 is the social smoker. He smokes for image, using it as a way of relieving tension and to give him something to do with his hands.

Type 2 is the person whose smoking habits evolves around daily activities such as breaks, meals, telephone calls, etc., as well as social functions.

Type 3 is one who is chemically or emotionally dependent on nicotine; he is “hooked” on it. This person smokes all day long. A certain plasma level of nicotine must be maintained or withdrawal symptoms can occur.

Type 4 has psychological and chemical dependency. He smokes more heavily and inhales more deeply that Type 3. Type 4 has a major addiction problem and possible health-related problems.

Those who choose to stop smoking find quitting “cold turkey” is the best way to handle the habit. Others feel they must taper down and turn to patches and nicotine gum. Whatever your choice to stop is, once you make the decision FOLLOW THROUGH. Set a day a week in advance and everyday prepare yourself mentally to become a non-smoker and feel better.

If you decide to quit slowly ask your family for support and invite a friend to join you. If you want a cigarette try to delay smoking as long as possible. This helps restore your control over the nicotine. One of the most compelling reason why you smoke is the actual craving – the addiction to nicotine.

Whether the craving is psychological or physical, the smoker that begins craving a cigarette soon after they finish one is certainly being controlled by the habit. Smoking is also a form of control and those who face giving it up feel they are giving up control. Remember it takes approximately 21 days to change a negative behavior pattern so be patient with yourself.

On the day you quit, throw away all cigarettes and get rid of ashtrays, lighters or anything that makes you think of it. Use aversion therapy such as imagining that the cigarettes taste like the smell of ashes or that you can’t get the smell out of your hair. The positive aspects of “cold turkey” is that you get it over with and start feeling better sooner.

Within eight hours after you stop the oxygen levels in your blood will return to normal. By the end of the second day you’ll notice an improvement in your senses of taste and smell. In two or three months you will be able to breathe more easily and your circulation will show a remarkable improvement. With six to eight months the hacking cough, congestion and shortness of breath will be gone. A major improvement will be your increase in energy. A decrease in the risk of heart disease will be cut by 50% as will your risk of lung cancer after five years. Your sense of smell will improve and food will taste better. This does not mean will gain weight. It means you will enjoy what you eat and it will be more satisfying to you.

Smoking has a negative effect on the nasal passages, after you stop they will begin to heal. Use slow deep breathing as often as possible. This will help clear your lungs as well as relax your whole body.

Once the cravings have subsided, the desire for a cigarette is no longer a negative habit pattern. If you need help with your habits use audio cassette tapes that focus on behavior control. They are very helpful.

Nutritional support is very important and will help you stop and remain a non-smoker. Vitamin C functions as an antioxidant in protecting against damaging reactions produced by the compounds in cigarette smoke. It is essential that adequate amounts of Vitamin C, especially Ester C, be maintained at all times. Ester C is a total natural vitamin C and can be taken in mega-doses if needed to boost the immune system and flush out toxins.
RECOMMENDATIONS:
Research scientists have established how effective Wobenzym N. Systemic oral enzymes are to aid the body from the smoke chemicals. For best results take 3 to 5 Wobenzym N tablets two to three times daily. This can help mitigate some of the smoking-related damage to your arteries and lungs. Wobenzym N can rebalance the body’s production of growth factors and reduce overall inflammation. Take Wobenzym N 30 to 45 minutes before meals.
Chronic airway inflammation is one of the features of smoking-related chronic obstruction pulmonary disease. Wobenzym N has been shown helpful in reducing this inflammation.

NUTRITIONAL SUPPORT PROGRAM:
TL Vite – a total multi-vitamin – 1 every morning for B vitamins.
Pain Control – 1 or 2 as needed for pain or tension headaches. Until you have broken the addiction habit, it is not unusual to have an increase in tension.
Vitamin E – If over 50 years old use 800 I.U.’s daily; otherwise 400 I.U.’s daily.
Deluxe Scavengers – to restore and maintain the immune system – 2 capsules each morning; if you are over 200 lbs. take 3 in the morning.
Teen Link – for teenagers use 2 capsules twice daily.
CoQ10 – for energy and to enhance oxygen content in the blood; 10 to 30 milligrams daily.
5HTP – if you have anger or aggression take 1 to 2 capsules at bedtime. This will elevate your serotonin level. Low serotonin can cause craving.
Sulfonil – This patented product that binds the nicotine receptors and blocks the craving even more effectively that nicotine patches or pure nicotine. Clinical tests have demonstrated how effective Sulfonil is in reducing the craving. Sulfonil is safe, effective and has no adverse side effects. Sulfonil can inhibit the effect of nicotine on the brain, thus decreasing craving.

In Dr. Julian Whitaker’s newsletter Health & Healing, he recommends you take two capsules upon awakening, one every four to six hours during the day and two more at bedtime. You only need the Sulfonil as long as you have a craving, usually 3 days to two weeks. Drink plenty of water and fruit juice to flush the nicotine from the body.

After you stop smoking stay on the supplements to support a healthy immune system. You won’t need Sulfonil, but all of the others will help restore your immune system, as well as give you the nutritional support for a healthy lifestyle. Should you have a problem with depression take Tyrosine 850 milligrams as needed.
If you are in an area where people are smoking and your feel the craving take two Sulfonil and two Anxiety Control as soon as possible and the craving will pass. Certain smells, such as smoke, have a direct influence on the brain because nicotine is an addictive substance. Because of its toxic effect, try to stay away from smoke-filled areas.
Remember, you had an addiction and now you’re free. Your life will take on a whole new meaning. Live it to its fullest and enjoy every day of it, nicotine free.

NOTE:
If you are taking an SSRI or MAOIs do NOT take 5HTP or Tyrosine

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This article is not intended to give medical advice or replace the services of a physician. It is for educational purposes only.
5HTP taken 30 minutes before bedtime will be very helpful. The daytime formula would be Mood Sync, which contains 5-hydroxytryptophan as well as St. John's Wort, GABA and other nutrients. Scientists have indicated that there are specific vitamin deficiencies that contribute to RLS. Research appearing in the Journal of Neurology suggests that Restless Leg Syndrome could be caused by minimal iron deficiency, but those taking iron supplements must be careful not to take too much because this could present another problem. The best way to get the needed iron would be to take it in a multiple vitamin such as the Total Vite or two scoops of Brain Link. Since neurotransmitters are the key to balanced brain chemistry, BNC should be taken every morning. BNC is a balanced neurotransmitter formula. Muscles cannot relax with magnesium. Magnesium must be taken on a daily basis to keep muscles from having spasms, jerking or jumping. Take one teaspoon of magnesium chloride liquid in fruit juice first thing in the morning. You have 657 muscles in your body that need magnesium every second of every day. When a person becomes deficient in magnesium every muscle in the body is affected. Mag Link is magnesium chloride, which is the same kind of magnesium that is naturally occurring in your cells and is the best form that you can take. It is enteric coated and dissolves in the intestines where absorption takes place. You should take two Mag Link in the morning and repeat it in the afternoon. Take 2 more at bedtime. If loose stools occur, back your dose down by one or until your stools are normal; then you have found the amount of magnesium that your body needs. If anxiety is a major problem, use two Anxiety Control morning and afternoon. If depression is more of a problem, use Mood Sync once three times a day. Take one Rodex B6, 150mg, 800 i.u.'s of Vitamin E, 750mg of MSM, one three times daily. MSM is needed to help with the muscle and ligament contraction. MSM is a part of the protocol used at The Pain and Stress Center, and we have found that 50 percent of our patients reported a definite pain decrease within 72 hours after beginning the program. Topically, you can apply DMSO to your legs once or twice, morning and at bedtime, or you can use MSM lotion.

Massage therapy, deep therapeutic massage is very beneficial because it enhances the circulation and the therapist is able to get into the muscles that are knotted and tied up and release some of the trigger points which are causing intense pain. In some cases if painful trigger points have developed in the leg because of continuous twitching they may to be injected with a local anesthetic. This breaks up the trigger points and muscle spasms. Release is felt almost immediately. Besides using the services of a massage therapist, a chiropractor would be extremely helpful because they are able to find pinched nerves and release them for increased blood flow, as well as keep the low back from radiating down the legs. If you have access to a spa, use that once or twice daily. Putting your legs into the hot water increases circulation and keeps the cramping and spasms from occurring. Some people have found ice rubs to be beneficial, but most feel that the heat is better and they get more relief. Restrict your caffeine, alcohol and sugar intake. Your symptoms and pain may increase with severe weather changes, which is not unusual. To keep your immune system from becoming depleted take 2,000 milligrams of Ester C morning and at bedtime. Practice deep breathing so that you can oxygenate all of your cells. For pain take PoweRelief that contains DLPA, GABA, and Boswella, which is a natural anti-inflammatory, passion flower, magnesium and B6. Additional Boswella can be used for its anti-inflammatory properties on an as needed basis. Make sure that you have eaten some food before taking Boswella.

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