

WHY AND HOW TO QUIT SMOKING FOR THE LAST TIME!

by

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Who am I to tell you to quit smoking and how to do it?

I was a smoker once, a long time ago though: In my 20s, max 6 cigs a day and for a period of about a year, till I met my future husband who said “It’s me or the cigarettes!” Rather harsh I know, but the choice was simple and the quitting a cinch, and I’ve been grateful to him ever since.

So why do I think, 30 years later, I can tell you why you should quit and how to do it? Certainly not because of my own irrelevant experience, which as you now know, was hardly worth mentioning. No, its because I care about you, the smoker and nicotine addict, and as a practicing nutritional therapist I have seen too often the disastrous effect smoking has on not only a smoker’s health but on the health and lives of those close to them. I agree, I would be a lot more convincing if I’d been a two-packs-a-day smoker for the past 30 years. But if you can accept that I understand your pain because I’ve seen it often enough in others and have had the pleasure of helping them, then I hope you will also consider me qualified to help you. I have smokers coming to me as a last resort, when their doc has said “Quit or DIE!” These are the ones I’ve enjoyed helping the most: the “hopeless” cases. “Blah Blah Blah” you’re thinking. What can she tell me that I don’t already know or haven’t already tried? But you wouldn’t be reading this if you didn’t have a strong desire to quit, so how about you bear with me and give me a chance to help you take control of your own life instead of having your nicotine addiction control you.

So are YOU ready to quit?

Because it is all about YOU. No one else can tell you to stop smoking! If you are not committed it’s just not going to happen or it may but not for long. How many times have you tried to give up? And each time it becomes more difficult doesn’t it? And each time you feel like an utter failure all over again. I understand how frustrating it can be to rid yourself of this nasty habit but what you need to know is that you are not alone. 90% of smokers are experiencing the same pain. Nicotine is nasty and the tobacco companies are not on your side. They really don’t care about you, they only want your money. Doesn’t it irk you that you are just handing it over to them, making them the multi-million dollar industrial giants that they are?

You probably feel you have tried everything possible by now. But you are dead wrong! You CAN be free of the burden of this addiction and you will be able to take control of your cravings for nicotine and get your life back again.

First you need to decide two things:

- 1. You have to WANT to quit smoking**
- 2. You have to BELIEVE you can!**

So, are you going to give quitting a 100% honest effort this time round or are you going to allow your friends and family to convince you that it’s too difficult and well nigh impossible?

Assuming you’re still with me, let’s continue.

It won’t happen to me.....

So you’re not one of those whose doc has told: “Quit or DIE!” You’ve been smoking for years and think you’re doing OK? You tell yourself that you’ll quit in time and somehow dodge the bullet that smoking is. Well, you’re not alone. Most smokers harbour the secret hope that they will be spared the disease and death that follows nicotine addiction. Don’t be fooled: With four million people dying every year due to tobacco use around the world, the odds are not in your favor.

WHY SHOULD YOU QUIT?

1. Well for me, being a nutritional therapist wanting to see everyone healthy and LIVING till they die, the first reason would have to be because smoking is undisputedly a **serious hazard to your health**. Because all our body parts are interconnected smoking affects every one of our organs, not just our lungs. If your lungs develop chronic disease through exposure to cigarette smoke, they experience repeated bouts of inflammation which can result in scar tissue and compromised lung function. The heart now has to pump harder and faster to keep up with your body's demand for oxygen and nutrients, eventually becoming fatigued and unable to sustain the effort needed to keep blood flowing through your system fast enough.

If your heart is significantly weakened from years of compensating for diseased lungs, your liver may experience signs of congestion, since your liver is constantly sending blood directly to the right chambers of your heart. So indirectly lung disease becomes a potential cause of liver disease.

Another potential consequence of a fatigued and weak heart is congestion in the blood vessels in your lower extremities, since these vessels are continuously sending blood back to your heart. This is how lung or heart disease can cause problems related to circulation like varicose veins, hemorrhoids and loss of feeling in the extremities, including impotence. See the connections? And I could go on all day about others. And all this just from a starting point of lungs filled with smoke.

Fact is, if one of your organs isn't doing well, in this case the lungs, it's only a matter of time before other organs will experience declining function.

2. My second reason would have to be the **over 600 poisons listed in cigarettes**. Every time you light up you are inhaling a lethal cocktail of more than 600 additives as well as nicotine. Among additives used are acetone, used to make paint stripper; ammonia, contained in toilet cleaners; butane, a form of lighter fuel; and beta-naphthyl methylether, more commonly known as mothballs. You are also opening yourself to the risk of inhaling hydrogen cyanide, the poison used in gas chambers, methanol, a rocket fuel, arsenic and carbon monoxide, the poisonous gas in car exhausts. Tobacco companies have been allowed to put additives in cigarettes for over 30 years without any public scrutiny. Just knowing what is in a cigarette should be enough reason to quit.

3. Then how about the fact that you have actually lost control over your own life to these toxic monsters? From the moment you wake up in the morning until you lay your head down on the pillow at night, cigarettes punctuate each and every activity of your daily life.

Don't you want to shed the chains of addiction and take back your life?

4. Now think of **all the money you could save and what you could buy with it**. You could save thousands every year to spend on holidays and other luxuries you can't afford now. Stop your hard-earned cash from lining the government and tobacco companies' pockets – whilst they knowingly let you die from terminal illnesses.

5. Now think of all the **extra quality time you will be able to spend in the company of family and friends and without contaminating their environment**. Evidence abounds showing how second-hand smoke kills and how passive smokers are subjected to as much danger as smokers. How much fun can it be knowing that you could be condemning your loved ones to a lifetime of fighting smoke-related illnesses? Let's face it, smoking is no longer a social activity. Smokers are treated like lepers, banned from restaurants and sent from of their work places to stand out in the cold feeding their nasty habit. Takes all the fun out of smoking, surely?

"Having smoking and non-smoking areas is like having peeing and non-peeing areas in a swimming pool" - National Council Against Smoking

6. Finally, what could better incentive to give up smoking than **knowing the positives effects that quitting will have on your health**. Smokers often hide behind the argument that because they have smoked for such a long time, in health terms there is little to gain by stopping. Nothing could be further from the truth. A study, published in the British Medical Journal, showed that even after many years of smoking, quitting will reduce smoking-associated health risk. The American cancer website lists several health benefits that may result from quitting, ranging from short-term to long-term. Here are a few of them:

- Within 20 minutes, your blood pressure readings will return to the level that they were before your last cigarette and the temperature of your hands and feet will return to normal.
- Within 8 hours, the carbon monoxide level in your blood will return to normal.
- Within 2 - 12 weeks, your vascular system and circulation will improve and your lung function will improve by 30%.
- Within 1 - 9 months, the small hair-like projections that grow on the inner surfaces of your lungs and respiratory tract that are responsible for clearing your lungs of mucous will regrow thus improving your ability to clear your lungs and cope with infections and toxins.
- One year later, your risk of a heart attack will decrease by 50%.
- Five to 15 years later, your risk of stroke will decrease to that of a non-smoker.
- Ten years later your risk of developing lung cancer will be 50% of that of a smoker.

But what changes will YOU notice? Within a few days, you'll probably begin to notice the slow return of your sense of smell and taste. You'll breathe easier, and your smoker's hack will begin to disappear, and your energy levels will improve day by day as you gradually regain your vitality of days gone by. But best of all, you'll be free from the mess, smell, inconvenience, expense and dependence of cigarette smoking.

However quitting smoking is not all plain sailing and you need to know exactly what to expect. As your body begins to repair itself, instead of feeling better right away, you may feel worse for a while. It's important to understand that the unpleasant after-effects of quitting are only temporary and signal the beginning of a healthier and longer life. You've significantly reduced your risk of death from heart disease, stroke, chronic bronchitis, emphysema, and several kinds of cancer - not just lung cancer.

So are you ready to begin your transition to the wonderfully liberating status of being a nonsmoker?

IT IS NEVER TOO LATE TO QUIT SMOKING!

Second-hand Smoke and ADHD

Previous studies have shown that exposure to second-hand smoke during pregnancy is associated with children having ADHD in later years. Now evidence about the harmful effects of second-hand smoke to growing children was presented in October 2010 at an international conference on tobacco and health, in Sydney, Australia by Wendy Max, a professor of health economics at the University of California at San Francisco. The researchers concluded that children exposed to second-hand smoke had double the rate of ADHD (10.6% compared to 4.6%), almost twice the rate of stuttering, and more headaches.

Sudden infant death syndrome (SIDS)

Studies show that infants of mothers who smoked during pregnancy are three times more likely to die of SIDS than those whose mothers were smoke-free. Furthermore, exposure to secondhand smoke doubles a baby's risk of SIDS. According to the US Surgeon General's Report, infants who die from SIDS tend to have higher concentrations of nicotine and conicotine (a biological marker for secondhand smoke exposure) in their body fluids than those who die from other causes. Quitting smoking is not easy but it just has to be a whole lot easier than grieving for a lost child!

How much more affirmation do we need that smoking kills smokers and harms those around them? At the very least, don't allow anyone to smoke in your house and don't let your child visit homes where there are smokers. Don't smoke at all in the family car and if the driver has to have a cigarette, insist that he or she gets out of the car to smoke. **Our children cannot protect themselves!**

How to prepare yourself:

Being prepared is half the battle won. Here are some ideas of how to gradually become a non-smoker as you approach your **QUIT DAY** (the day you are going to quit for good):

- Set a target date for quitting – e.g. a birthday, first day of the year or month
- Bet a friend you can quit on your target date
- Tell family and friends when your target date is
- Start a journal – start by writing down why you smoke, when you like to smoke, and what specific feelings and situations have prevented you from giving up in the past.
- List in this journal, all the reasons you want to quit
- Record in your journal your plan of action which anticipates all the difficulties you're likely to face and how you will overcome them.
- Ask a friend to quit with you
- Change to a milder cigarette
- Start cutting down on the number of cigarettes you smoke in a day
- Stop buying cartons: only buy one packet at a time
- Smoke only half of each cigarette
- Postpone lighting your first cigarette of the day for as long as possible
- Don't carry cigarettes with you: make them as difficult as possible to get to
- Work on getting your mind right. Read, read, read! Everything you can get your hands on about the dangers of smoking.
- Start a moderate exercise program
- Start taking a whole food vitamin and mineral supplement.
- Make an appointment with your dentist to have your teeth cleaned and polished on your Quit Day
- Change your routine. This can reduce your chances of reaching for a cigarette as a matter of habit, for example, when you have a cup of coffee or talk on the phone.
- Smoke only those cigarettes you really want. Stop yourself before you light up out of pure habit.
- Don't empty your ashtrays. This will remind you of how many cigarettes you've smoked each day and the smell of stale butts will be very unpleasant.
- Aim to be down to about 6 or less cigarettes a day by the time you reach your Quit Day
- Make an appointment to have a spa treatment on your Quit Day
- The night before your Quit Day, throw away all your cigarettes and matches and hide lighters and ashtrays
- Before going to bed a cup of hot water with lemon and a small spoonful of honey will help you sleep
- Now you can wake up in the morning ready to enjoy the rest of your health adventure, because that is exactly what this is.

According to a new observational study reported online October 25 2010 in the *Archives of Internal Medicine*, heavy smoking in midlife more than doubles the risk of developing Alzheimer's disease and other forms of dementia two decades later.

The data comprised a cohort of 21,123 members who participated in a survey between 1978 and 1985, when they were 50 to 60 years old. During an average of 23 years of follow-up, 25.4% were diagnosed as having dementia. The study showed that participants who smoked more than 2 packs per day in middle age had a more than 100% increased risk for dementia compared with those who said that they were never smokers. People who reported smoking 1 to 2 packs per day had a 44% greater risk for dementia, and people who reported half a pack to 1 pack per day had a 37% greater risk.

Maybe you have been fortunate enough to have escaped respiratory disease, cancer or cardiovascular disease thus far. But you need to know your brains are not immune to the long term consequences of heavy smoking such as dementia that can occur in later life. The good news is that individuals who had quit by the time they took the survey did not have a greater risk compared with never smokers. **This means it is never too late to quit!**

Your Quit Day has arrived!

You're about to develop a new habit: NOT SMOKING!

Don't be afraid. You can go one day without a cigarette can't you? Because that is all that is being asked of you: to **take one day at a time**.

Today:

- You should avoid smokers, mix only with non-smokers and hang out only in non-smoking areas
- Tell your friends this is D-Day for you and you need their support
- Hang out with positive people who are supportive of your efforts
- Keep busy, see a movie, ride a bike, visit only places where smoking is not allowed
- Drink plenty of fluids, preferably filtered or distilled water to help flush out toxins
- Get outdoors and get involved in outdoor activities.
- Avoid places where you would normally smoke such as in your home or your desk at work
- Remember that appointment with your dentist to have your teeth cleaned and polished
- Don't forget your appointment at the spa – be completely and unashamedly indulgent
- Create a fresh environment in your home. Arrange some flowers
- Do something nice for someone
- Go shopping and treat yourself to something special
- Phone a friend you've been meaning to contact for months
- Keep your mouth fresh by brushing teeth frequently. Use a natural mouthwash with tea tree oil

From this day on:

- Keep your hands busy doing a crossword, some needlework, typing letters. gardening, give yourself a manicure, paint a room!
- Get rest. As smokers, our bodies were used to taking in not only nicotine, but all of the literally thousands of other chemicals in cigarette smoke. The stress of abruptly cutting off that supply, as unhealthy as it was, can leave us feeling tired and wilted. If you're fatigued try to take a nap during the day and go to bed a little earlier than usual if you need to.
- Exercise lightly – do not push yourself. It reduces cravings to smoke while helping you feel better in general.
- Avoid excess alcohol as it often stimulates the desire to smoke. Drink water instead as it hydrates your body and flushes out toxins
- At parties hang with the non-smokers
- During moments of weakness take out that list of reasons you wanted to quit
- Daily affirmations such as "I am a nonsmoker", "I own my body", "I am strong and healthy" will plant the seeds of change in your mind.
- Enjoy the experience of the nicotine leaving your body forever, never to return: every day that passes is a day closer to freedom and taking ownership of your body back.

Never let yourself think that you "might smoke". YOU control your hands and your mouth. NOTHING can make you smoke unless you decide to do it. Just remember that any dubious relief that a cigarette would offer will begin to wear off the moment you put the thing out, leaving you with nothing but a reawakened addiction to nicotine and toxic chemicals.

Never allow yourself to think that "one won't hurt" - it will!

Cigarette smoking is responsible every year for approximately 130,000 deaths from cancer, 170,000 deaths from heart disease, and 50,000 deaths from lung disease.

Cigarette smokers have about a 70-percent higher rate of premature death than nonsmokers.

Coping with nicotine withdrawal symptoms

Immediately after quitting, many ex-smokers experience "symptoms of recovery" which may be quite severe. Fortunately the withdrawal phase is temporary, lasting between three or four days. This seems a small sacrifice to make compared with the very severe, lifelong disease risk that continued smoking would assuredly bring.

Understanding what to expect will help you through this stage of quitting. It is quite normal to feel a bit blue and irritable, as the supply of nicotine is broken. Some say it's a bit like having a cold hence "quitter's flu" is a term often used to describe this phase of quitting. Each person experiences nicotine withdrawal differently but a few other common symptoms and possible remedies worth trying include:

- Severe cravings - Embrace cravings to smoke as they come. Don't fight - lean into urges and ride them out. Most cravings last 3-5 minutes – delay until the urge passes. Think of them as signs that your body is healing - that is just what they are. Distract yourself. Call a friend or go for a walk. Drink water to fight off cravings. Close your eyes and take 10 slow, deep breaths.
- Headaches – Take a warm bath or shower. Try relaxation or meditation techniques.
- Trouble sleeping: Don't drink coffee, tea, or soda with caffeine after 6:00 p.m. Again, try relaxation or meditation techniques. Try taking a long walk several hours before bedtime. Take 3-5 mg Melatonin half hour before bedtime.
- Irritability, tenseness, anxiety – spoil yourself, take a walk, soak in a hot tub, avoid irritants and irritating people! Don't watch the news on TV! Be kind to yourself.
- Fatigue: Take a nap. Try not to push yourself during this time.
- Dry mouth; sore throat, tongue or gums: Sip ice-cold water or fruit juice and chew Xylitol gum or other sugar-free or aspartame-free gum.
- Irregularity: Add fibre to your diet, such as raw fruit, vegetables, and whole-grains. Drink 6-8 glasses of water a day. Take a psyllium husk fibre supplement if necessary.
- Coughing: Allow yourself to do some coughing as this is your body trying to rid itself of toxins. Take a spoon of raw honey if it gets too bad. Drink plenty of filtered or distilled water.
- Hunger pangs: Drink water or low-calorie liquids. Eat low-calorie snacks. Chew on celery or carrot sticks.

Do not be afraid of nicotine withdrawal

If you experience these symptoms, do not worry - it is temporary and the best days are just ahead! These symptoms are the result of your body clearing itself of nicotine, a powerful addictive chemical. Fortunately most nicotine is gone from the body in 2-3 days. Keep reminding yourself that soon you will be feeling better than you have felt in years and the sense of freedom you will experience when you have successfully beaten this addiction will be worth the effort. **And you are worth it!**

The withdrawal can be a good feeling, the feeling of success.

Think: "The more intense, the more successful I am".

Check with your doctor if you're concerned about a physical reaction you're having to smoking cessation, or if nicotine withdrawal symptoms persist.

DID YOU KNOW?

An epidemiological study compared the average lifespan of 34 000 smoking doctors with a similar group of non-smokers. The results showed that the average smoker, who started smoking at the age of 17 and continued until s/he was 71 years old, burns up 5 772 cigarettes per year or 311 688 cigarettes during 54 years. As a result of this, the smoker's lifespan was reduced by 6.5 years or as much as 11 minutes for every cigarette smoked! This is the intangible but nonetheless very real cost of smoking. Clearly, smoking tobacco is one of the worst things you can do to your health. (.Shaw M, Mitchell R. *Time for a smoke? One cigarette reduces your life by 11 minutes.*)

So you're progressing nicely now but how do you keep it this way?

- Constantly reward yourself. You're saving a lot of money by not smoking so can afford to.
- Each month on the anniversary of your quit date, plan a small celebration
- Record in your journal the changes taking place in your body and your health
- Keep a record of how much money you have saved
- Write down new reasons why you're glad you quit
- Continually update your friends on the number of days you've been nicotine-free
- Tick off the days on a calendar
- Your determination to quit smoking is built one day at a time. Every smoke-free day makes you stronger, and when you consciously take time to reflect and rejoice in the value of what you're doing, you're working to fortify your will to make this the quit that lasts you a lifetime.

So you slipped up....

Not that it's OK, but many successful ex-smokers relapse once or twice before they quit for good. A slip means you had a small setback and had a cigarette or two but this doesn't make you a smoker again. Recognize it for what it is and don't be too hard on yourself. Don't forget that you got through several days, perhaps even weeks or months, without a cigarette. This shows that you don't need cigarettes and that you CAN be a successful quitter. What to do:

- Immediately get yourself back on the non-smoking track.
- Identify what the trigger was and decide how you will cope with it next time.
- Remind yourself that you **HAVE QUIT** and you **ARE** a **NON-SMOKER!**

It's never too late to quit smoking

Rationalisations to avoid:

1. **I've already cut down** - Cutting down is a good first step, to a safe level, but there's a big difference in the benefits to you between smoking a little and not smoking at all. Besides, smokers who cut back often inhale more often and more deeply - negating many of the benefits of cutting back.
2. **I smoke only safe, low-tar low-nicotine cigarettes.** These cigarettes still contain harmful substances, and many smokers who use them inhale more often and more deeply to maintain their nicotine intake.

Question: *Is there any benefit in switching to another form of tobacco such as pipes or cigars?*

Absolutely not! They all load your body with nicotine, and nicotine is as addictive as heroin and other drugs. The addiction to nicotine makes you smoke and smoking causes all the health risks, no matter where the nicotine comes from. By the same token, nicotine patches keep you addicted.

Taking a look at Quit Smoking Aids

Firstly you need to know that if you aren't motivated and committed to kicking the habit, there isn't a smoking cessation aid available that can help you.

The best smoking cessation aid on the planet is your own determination to stop.

By now you have probably tried a number of these aids and are fed up with failing time and again by using useless products that rob you of your hard earned cash and don't live up to their promises. Let's examine a few of them:

1. **Therapy:** As I said before no one else is going to be able to ask or tell you to quit smoking.
2. **Support Groups:** Sitting around talking about smoking just causes you to think about it more.
3. **Nicotine Patches or Gum:** They simply feed you the same old nicotine, just in smaller doses. They're expensive and are unlikely to rid you of your addiction. Nicotine replacement therapy fails repeatedly and only has a slightly higher success rate than cold turkey! Not to mention it costs even more than cigarettes. You are **simply trading one nicotine addiction for another!**
4. **Zyban** – most people experience unpleasant side-effects, some serious. Zyban is an antidepressant with the same active ingredient, bupropion, as Wellbutrin, another antidepressant.
5. **Chantix** – this medication already carries a warning because it can cause suicidal thoughts and behaviors in some people. Now a recent Johns Hopkins-led study suggests healthy, middle-aged smokers who take Chantix have a 72 percent increased risk of cardiovascular disease compared to those taking a placebo. Do you really want to take a drug that increases the risk for the very problems you're trying to avoid?
6. **Electronic cigarettes.** The electronic cigarette is a non-tobacco product that delivers nicotine to the user via a vapor that is inhaled into the lungs. Electronic cigarettes qualify as a smoking alternative, not a quit aid. They do not cure the addiction or the habit. When we quit smoking, it is counter-productive to substitute a nicotine delivery device that looks, for all intents and purposes, just like the cigarettes we are working so hard to break free of. The FDA's Centre for Drug Evaluation, Division of Pharmaceutical Analysis conducted preliminary tests on two leading brands of electronic cigarettes. Highlights of their findings include:
 - Carcinogenic tobacco-specific nitrosamines were found in half of the samples tested.
 - One cartridge contained diethylene glycol, a toxic ingredient found in anti-freeze.
 - All but one of the cartridges labeled as having no nicotine did contain nicotine.The risks associated with electronic cigarettes are largely unknown at this point. They are largely untested and because they are not regulated, the amount of nicotine in them can vary, as well as other possibly harmful chemical ingredients. For this reason I cannot recommend them.
7. **Acupuncture and hypnosis:** Both have proven to be effective for a number of smokers however usually together with some other form of quit-smoking aid. Always check the credentials of the acupuncturist or hypnotherapist you choose.
8. **Herbal Products:** These have probably proven to be the most effective quitting aids and the only ones I am confident recommending provided they are 100% natural and their safety has been confirmed. They are usually formulated to help reduce smoking and reduce the symptoms of nicotine withdrawal, including stress and irritability. **Vice-Breaker™**, manufactured in Canada by Nutrateg Life Sciences, is such a supplement, with the added benefit of cleansing the lungs at the same time. Because of its impressive track record I have seen to it that it is available in South Africa.

Why I recommend Vice-Breaker™

Well firstly I have used it very successfully in helping my patients and clients to quit smoking. I know it works, as long as the smoker wants to quit.

I know its safe, being 100% natural comprising a formulation of herbs each serving a very relevant purpose. For me that is of the utmost importance.

Vice-Breaker's™ natural proprietary components work together to help reduce anxiety, tension and nervousness, which in turn, helps to calm nerves and reduce cravings. One of the components acts as a barrier to block nicotine receptors in your brain, making it easier for you to avoid and eventually wean yourself off tobacco.

This blend can also help the body remove nicotine toxins faster, speeding up the withdrawal process and alleviating symptoms. By soothing irritations and thinning mucous, it helps to heal smoke-damaged lungs and can speed the healing of other damaged tissues.

It contains no nicotine or other harmful ingredients and has no known side-effects.

The feedback I get from users is always positive: No nicotine cravings within 3 or 4 days and none of the irritation and anxiety that usually goes with nicotine withdrawal. Although some have stopped smoking on the day they started taking **Vice-Breaker™**, others have not been brave enough however have still reported that within a couple of days they have no desire for a cigarette. As long as you want to quit, **Vice-Breaker™** will do the rest. During the first few days, some heavy smokers have reported increased coughing and coughing up phlegm and more. This is just the lung cleansing herbs doing their job. Within 2 weeks users are reporting increased energy and vitality and no wish to return to their previous state of ill health. Sounds too good to be true but it's not. All you have to do is take one **Vice-Breaker™** capsule in the morning and one in the evening, control the habit side of smoking, and let these little magic bullets do the rest.

Vice-Breaker™ trademark is held by manufacturers Nutrateg Life Sciences in Canada, a highly reputable company that also manufactures the best quality omega-3 fish oil capsules in the world. As a nutritional therapist that is insistent on only recommending the best quality supplements to my patients, I have been dealing with this company for years.

However the developer of the formula in **Vice-Breaker™** is a Traditional Chinese Medicine Nutraceutical Company founded over 35 years ago. Based on its advanced technologies, utilizing natural raw materials and resources and collaborating with colleges and research centres world-wide, they have developed and produced the highest quality herb medicines and dietary supplements. The innovation ability of their Research and Development team was ranked 2nd in all of China in TCM (Traditional Chinese Medicine) in the past year.

So now you see why I can confidently recommend this safe and effective quit-smoking aid. To read how **Vice-Breaker™** has worked for others see the testimonials on www.quitsmokingnaturally.co.za.

(Excuse the commercial insert but I just had to tell you about this natural quitting aid which could make the difference to whether you quit smoking for good or don't.)

Statistics show that tobacco kills more people than AIDS, drugs, accidents and alcohol together. In the USA alone, there are 430 000 tobacco-related deaths annually which result in more than \$50 billion in direct medical costs (US Public Health Service, June 2000).

Two problems encountered by some ex-smokers after quitting

1. The stress returns

Stress is the reason why many people start smoking and the reason why many smokers struggle to quit. These people may experience stress as part of the withdrawal from nicotine addiction. It's only natural to feel more relaxed when you give your body a substance it's come to depend on. But nicotine really is a stimulant - it raises your heart rate, blood pressure, and adrenaline level. Most ex-smokers feel much less nervous just a few weeks after quitting however some smokers may have a history of anxiety disorders in which case the anxiety is likely to return after quitting no matter which methods were used. It doesn't take a rocket scientist to know that those suffering from anxiety disorders are likely to have a greater dependency on nicotine, to suffer harsher withdrawal symptoms while quitting and be more likely to revert to smoking even after quitting completely. Yes I am aware of this problem and the sad thing is little research has addressed smoking in this group. The manufacturers of smoking cessation drugs are keen to show they can make you stop but don't give a feather if you start again later, especially if it means you will try their product again.

This is where **Vice-Breaker™** is different. The natural proprietary components work together to help reduce anxiety, tension and nervousness, which in turn, helps to calm nerves and reduce cravings. Users of **Vice-Breaker™** have reported stress-free quitting while taking the capsules and the majority have quit smoking permanently within the first month. However what of those suffering from anxiety disorders, who find that after finishing the course of even **Vice-Breaker™**, although they are no longer craving nicotine and their lungs are cleansed, the stress returns. Although there would be no harm in continuing to take **Vice-Breaker™**, it would be a costly way of dealing with stress alone, especially when there are so many other herbal remedies that can be very effective. Please **DO NOT** go the prescription drug route. You could just be trading one addiction for another. Rather experiment, under the guidance of a natural health practitioner, with the numerous herbal supplements available which can very effectively reduce stress.

Warning: Clear with your doctor first if you are on any other medication.

What NOT to do: Don't talk yourself into smoking again. A new nonsmoker in a tense situation may think, "I'll just have one cigarette to calm myself down." If thoughts like this pop into your head, stop and think again! There are better ways to relax - nonsmokers' ways, such as taking a walk or doing breathing exercises.

Although a combination of nicotine lozenges and patches or a combination of Bupropion (Zyban) alone, or in combination with the nicotine lozenge, may help the general population to quit, they have not increased smoking cessation rates in those suffering from anxiety disorders.

Source: University of Wisconsin-Madison Article URL:
<http://www.medicalnewstoday.com/articles/205745.php>

2. Weight gain

Many smokers are concerned about weight gain after quitting. You CAN quit smoking without gaining a lot of weight but if you should gain a few pounds while going through the process, then so be it. You'd have to gain a very large amount of weight to offset the many substantial health benefits that a normal smoker gains by quitting.

When you quit smoking, a gain of between 5 and 10 pounds during the first few months of cessation is normal. If your eating habits have remained the same as they were when you smoked, you can easily shed this small gain with a brisk 30 minute walk daily. However quitting does not mean you will automatically gain weight. When people gain, most of the time it's because they eat more once they quit.

Keeping this in mind, watch what you eat, and consider the following tips:

Tips to help you avoid weight gain...

- Make sure you have a well-balanced diet, with the proper amounts of protein, carbohydrates, and fat.
- Drink a glass of water before your meals.
- Weigh yourself weekly.
- Chew xylitol gum when you want sweet foods.
- Plan menus carefully, Don't try to lose weight - just try to maintain your pre-quitting weight.
- Have low-calorie foods on hand for nibbling.

Unstable blood sugar levels also aggravate nicotine addiction. Therefore one of the first steps in killing the tobacco habit is to change your diet away from the sugar-laden refined Western diet and to switch over to a natural diet based on fresh, natural, unrefined foods.

Remember that stopping smoking is likely to leave you with a strong desire to take charge of your overall health and fitness, which you can start by adopting a more active lifestyle and eating healthily. A balanced diet of protein, complex carbs and good fats is what you need now. If unsure then it may be a good idea to consult a nutritional therapist to help you with this. Otherwise purchase the excellent book "The Low GL Diet" by Patrick Holford.

Don't let the fear of weight gain keep you chained to an addiction that will kill you, given the chance.

Each day you complete smoke-free brings you closer to lasting freedom.

Make this *the year* you quit smoking for good!

You are worth it!

My final word:

If you want to quit smoking I am here for you. Your freedom is just as important to me as it is to you. If you should need further advice or encouragement you are welcome to email me on lyne@quitsmokingnaturally.co.za

I wish you stress-free quitting and look forward to hearing your success story.

Avoid this rationalization:

Learn to counter thoughts such as "I'd rather be thin, even if it means smoking."
Remember that a slight weight gain is not likely to endanger your health as much as smoking would. Weight comes and goes but you only have one pair of lungs.