



REPLACE THIS ==>



WITH THIS



Special points of interest:

- * Quote1
- * Stop Smoking Aids2
- * Tidbits3

Inside this issue:

Habit of Smoking	1
Quitting the Habit	1
Stop Smoking Aids	2
Tidbits	3
Naturopathic News	3

In this Issue: The Habit of Smoking and what You can do about it

She's Smoking!!!

Well, if you didn't know it before, here it is: the 2010 U.S. Surgeon General's report on smoking finds that even a single cigarette poses health risks. The report suggests for the first time that even small amounts of smoking or exposure to second-hand smoke can have health consequences.

The first Surgeon General's report on the effects of smoking on health was released in 1964. In the nearly 50 years since, extensive data from thousands of studies

have consistently substantiated the devastating effects of smoking on the lives of millions of Americans. Still, in the United States today, tobacco use remains the single largest preventable cause of death and disease for both men and women. Federal data indicates that one-fifth of U.S. adults and adolescents smoke. Imagine the reduced health costs on our strained budget if just 1/4 of those smokers kicked the habit?

Healthy Quotable Quote:

"I kissed my first girl and smoked my first cigarette on the same day. I haven't had time for tobacco since."

~**Arturo Toscanini**



Take time to read up on the latest smoking research and question the tobacco companies tactics

Quitting the Smoking Habit

If you smoke, your family and friends have probably pleaded with you to quit. And even though you know that smoking makes heart disease, stroke, cancer, emphysema, chronic bronchitis and

other killers more likely for you, all of these risks may not have been enough to get you to quit. To get you thinking about quitting, these "side effects" of smoking may be incentives:

- *Smelling like smoke.* Cigarette smoke is distinctive and lingers and is not what anyone would describe as pleasant.
- *Sense of smell and taste.* Smokers experience a dulling of their

Optimal Health begins in the mouth.

Newsletter Headline

Quit Smoking Aids

Tidbits/Naturopathic News

We're on the web. Visit us at www.natural-abundance.com

senses, smell and taste in particular.

- **Premature aging.** Smoking can be blamed as one of the chief causes of premature aging of the face, causing facial skin to appear leathery with deep wrinkles with even more pronounced wrinkles around the mouth.

- **Social pressure.** Society's acceptance of smoking has changed greatly from the 1970s to now and the reason for its increasing unpopularity is the increased understanding of the health implications.

- **Increased infections.** Smokers are more susceptible to seasonal flus and colds because the cilia (tiny hairs) that line their respiratory tracts have been damaged and are unable to protect them from infection.

- **Impact on physical activity.** Over time, most smokers report a diminished ability to perform some physical activities.

- **Cost.** A pack of cigarettes can cost \$5 or more. Enough said? No one said quitting smoking is easy and as many as 75 to 80 percent of smokers say they would like to quit. It takes the average smoker five to 10 attempts before successfully quitting. The good news is that there are a number of smoking cessation aids to help make it easier than ever before to break the habit. The first step toward quitting is knowing the reason *why* you want to quit; you need a powerful, personal reason strong enough to stop you from lighting up. These days, it's unnecessary to go cold turkey. Ninety-five percent of people who try to stop smoking without therapy or medication end up relapsing.

Stop Smoking Aids

Take into consideration these stop-smoking aids:

- **Nicotine-replacement therapy.** To help smokers manage nicotine withdrawal, nicotine replacement therapies deliver nicotine in a far healthier and safer way than cigarettes.

Gum, lozenges and patches are available over-the-counter, but nasal sprays and inhalers require a prescription. All of these forms are equally effective and can be used in combination. You cannot continue to smoke while using nicotine replacement therapy. Experts caution smokers to take their time with this method. Stopping too early can result in

cravings too strong to resist the urge to start smoking again.

Prescription Pills like Chantix® (Varenicline), is the latest anti-smoking drug to win FDA approval. It works by blocking nicotine receptors in the brain. It is usually prescribed for a 12-week period with the option of another 12-week maintenance course. There are several adverse side effects so I don't recommend any of these. A great cleanse is of immense importance to rid yourself of pyrogens, cadmium and a host of other toxic chemicals.

- **Counseling and support.** Counseling and support groups have been shown to improve a smoker's odds of

successfully quitting. Counseling may take many forms, from a doctor's advice to a formal smoking cessation program. Counseling usually addresses smoking triggers, strategies to resist cravings, how to prepare for quit day and ongoing support for the first few months of quitting. Personal preference is the most important criteria in choosing a program. Pick one that feels right to you. For more information and help, go to

www.cdc.gov/tobacco or www.smokefree.gov.

- **Herbs like licorice and lobelia , kudzu root and a host of vitamins and minerals will all lend support to being able**

Tidbits

- Keeping your thermostat set no higher than 70 degrees in winter can help protect you from the flu. The flu virus thrives in dry air, and hot air from your heater eliminates moisture.
- Take a breathing break when you are in a mental slump at work. Stop what you are doing, roll your shoulders back, open your chest and take four deep breaths. This will relax you and help you refresh and refocus your mind and body.
- Follow these calorie-cutting rules at the dinner table: Never take a portion larger than the size of your palm. Never feel compelled to eat everything on your plate. Hydrate well during every meal since thirst is often misinterpreted as hunger. Politely refuse second servings.
- You can add seven and a half years to your life by staying optimistic about aging, one study found (Yale University, New Haven, CT).
- Flossing your teeth regularly can improve your heart health. Bacteria in the mouth stress the immune system unnecessarily and may thicken carotid artery walls, which can lead to vascular disease and heart attack.

Optimal Health begins in the mouth.

Newsletter Headline

Quit Smoking Aids

Tidbits/Naturopathic News

Naturopathic News

The internet has made such great strides in obtaining natural health information that it has put practitioners out of business. However, it should not be that way. It is invaluable to have a naturopath or natural doctor work with a patient/client one on one.

The allopathic medical model is not sustainable. The knowledge physicians gain is truly remarkable given the accumulative medical and scientific information that is continually streaming in our blue planet.

But as one of my mentors Michael Murray, ND states in his new book, Encyclopedia of Natural Medicine, "there is

a revolution occurring in health care...and at the forefront of this revolution is naturopathic medicine."

Once you enter into the world of natural medicine innumerable secrets can be found. One of which is on what causes cancer, how to treat it, the old paradigm, and the new one. Will mainstream medicine curtail the slash, burn and poison policy of cancer therapy? Many of us [practitioners and lay people] have been accepting and silently endorsing the new quantum physics paradigm in healing cancers and other chronic diseases. Someone once said that modern medicine typically lags

behind physics. No wonder. Newtonian concepts should not always apply to how to "fix" the body. The body is such a subtle thing and contains other bodies (spiritual) within it. The organs and viscera require a different approach to treatment. It's one thing to surgically repair a broken patella. That's a mechanical function that if not fixed with a replacement part won't function. Period.

There is a lot to ponder here. Stay tuned for the next newsletter when we begin to dissect this issue in more detail. If you have cancer, here's some advice I've heard for those close to me who've

We're on the web. Visit us at www.natural-abundance.com