

January 2012

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Quit Smoking

Dr. Saunders' Kick the Habit Plan

The Painless Stop Smoking Cure

Why to Quit and How

Vitamins and Supplements To Aid In Quitting Smoking

GRANDMA'S CURE CORNER
REMOVING THE SMOKE SCREEN



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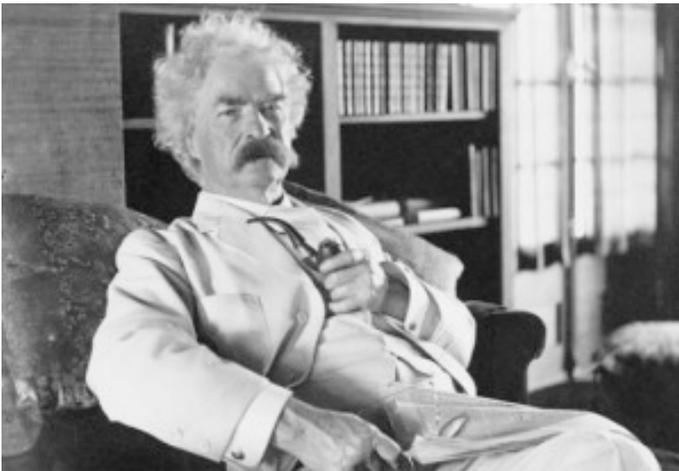
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Dr. Saunders' Kick the Habit Plan to Quit Smoking

Over a hundred years ago Mark Twain quipped, "It's easy to quit smoking. I've done it hundreds of times." The concept of quitting a habit is as old as people, but smoking is one habit that seems especially difficult to overcome. I have patients who quit methamphetamines, heroin and alcohol, but cannot overcome the tobacco habit. They tell me it is the hardest thing.



One patient was able to quit when he got throat cancer, but only because he hated the tracheostomy tube so much and knew he would never smoke again if he did not beat the cancer odds. Others with this same problem actually smoke through the tube!

The methods and ways people quit are varied, almost as the number of quitters. Some medications are used, but these were mostly created for a different purpose. When drug testing was being done on these medications, the statistical analysis showed that a greater number of smokers quit in the active medicine group than in the placebo group. The pharmaceutical company then decided to

market this effect of the medicine instead of the intended use, such as anti-depressant. There are patches, pills, electronic cigarettes, creams and all manner of physical assistance to help quit smoking.

Decision to Quit

Kicking the habit starts with a decision. Many who are pushed from the outside will say they want to quit, but really want to continue smoking. This decision must come from within. When I counsel people in my office, I simply ask them what *they* want to do. I then assess whether they are ready to start trying. Those who have made a firm resolve to quit smoking find a successful way.

My grandfather was given cigarettes as part of his Navy rations during World War II. At home, his wife did not like the smoke in the house, plus they had a son with asthma. So, he decided just to postpone his usual smoking. He would reach for a cigarette from his shirt pocket, take one out, look at it and say, "I'll just wait a few minutes." He kept putting it off until after a few months went by he realized he had gone a full week without smoking. He then took the cigarettes out of his shirt pocket and said, "No use just carrying these around..." threw them in the trash and never smoked again.

Dr. Manchester was a pediatrician who smoked and would counsel all of his young patients never to start smoking. He tried to quit, but kept going back to it and felt like a hypocrite. He paid for all sorts of programs, used all the medications and tried hundreds of times without success. He felt so discouraged that he quit being a pediatrician and became a psychiatrist. One day, he suffered a heart attack and ended up in the hospital. As he was lying in the hospital bed, he hated being there so much he knew he would never smoke again just to avoid it — and he quit easily.

Patches

I had one patient, when the patches required a prescription, who was wearing a patch for many years. We kept trying to wean him off, but he would come in for another round. I do not know if he ever got off the patches, but at least he was not smoking.

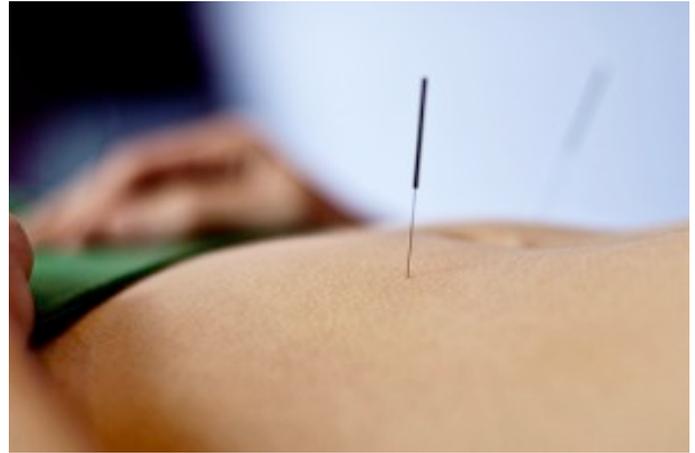
Patches with nicotine in them are now available over-the-counter. They are mostly helpful for those who really smoke for the nicotine, not for other reasons. If you get shaky, nervous, jittery, and very irritable in the first several days after quitting, then this may be an option for you. Those who can go a full day without these symptoms are less likely to benefit from patches.

Drugs

There are many drugs available now to help with the smoking habit. If you are going to use these, then it is essential that you weigh the risks and benefits with your doctor. The smoking cessation drugs may work a little, but they have side-effects, which you may not want.

Acupuncture

There are many acupuncture programs to help with smoking cessation, which may work well for some. The acupuncture takes away the cravings to help a person through the difficult “nicotine withdrawal.” This is done every day, or even twice per day. Some acupuncturists use the needles that stay in and are taped down in this method of treatment.



Change Habits

The cravings we have often come simply because of our routine. When we are accustomed to doing things a certain way it is difficult to change.

- Many get in the car and pull out a cigarette.
- Some finish dinner and go out for a smoke.
- Others get stressed and smoke to relax their nerves.

It is essential to assess the times and reasons for smoking so you can change your routine.

- If you smoke after eating, then you can schedule meals differently, for example.
- Getting in the car and using a toothpick or chewing gum instead of a cigarette might help.
- Adding a few minutes of exercise in your day when you would otherwise be smoking is also useful. One of my patients took up running marathons because she found that the “runner’s high” helped her quit for good.

People will often tell me it is too much to change everything at once. However, in reality, changing multiple habits at the same time makes each of them easier. You can change to a healthy diet, start an exercise routine and quit smoking all at the same time. This works! Be

creative with your change in habits and you can make the transition much easier.

Eating Habits

Changing your habits should include a change in diet. One common health problem that comes with not smoking is eating instead. If a person quits smoking and gains about sixty pounds, then the benefit is much less. The illnesses associated with the weight gain are about equal to those caused by smoking. It is therefore very important to maintain a good diet and exercise program.

Changing your diet at the same time you quit smoking can actually help a great deal. It is so important to eat lots of raw foods. Keep snacks around like fruit, celery and baby carrots. Do this at the same time you quit smoking — it helps with the habitual smoking.

Avoid alcohol in any form. There is an automatic association of alcohol with cigarettes. Moreover, the alcohol will lessen your resolve.

Exercise Habits

It is so useful to sweat because sweat helps get toxins out of the body. Many people use saunas to sweat regularly and detoxify their bodies. Exercise produces the same results, but with the added benefit of releasing endorphin hormones that calm stress in your body.

Grandma's Tips

Nicotine creates addiction very rapidly, once hooked if the smoker stops smoking he or she will feel the symptoms of withdrawal including: frustration, anxiety, anger, lack of concentration, excess appetite, headaches, higher blood pressure and a constant crave for smoking.



Supplements

Peter had smoked since he was a young adult. His wife has been pushing him to quit for many years. He tried several times, but just went back to it. One day he was scheduled for surgery and came in the office for IV nutrition to improve healing. We added some amino acids to calm his nerves and he found he did not have any cravings that whole week! He continued getting weekly injections of vitamins and amino acids and was able to stop smoking now for over a year.

Supplements to help with cravings include vitamins, minerals and neurotransmitters. Do not just take everything, but find what works for you by trying it one at a time. Take them for about a week before you trying something else. If it works, then it will make a difference in how you feel.

The following amino acids help to make the neurotransmitters that affect how we feel. Any or all of them can be useful in curbing cravings, feeling less anxious or avoiding depression:

- [GABA](#) - 500 mg per day
- 5-HTP – 100 mg twice per day
- Taurine – 100 mg three times per day
- L-Theanine - 200 mg per day

Minerals include:

- [Magnesium](#) – 400 mg at night
- [Selenium](#) - 200 mcg per day, taken by **a n y o n e**



who smokes (Selenium does not cut cravings, but helps make glutathione, which protects your lungs.)

Please visit our Home Cures That Work [Amazon store](#) for your vitamin and mineral supplement needs. Not all

supplements are created equal, so we have researched those that safe for consumption, proven to properly digest and qualify according to label specifications. Don't leave your health to just any vitamin, supplement your health with the best in our [Amazon store](#).

Prayer

Addictions are one of the most powerful ways we are brought to understand our dependence on God. It is essential when we truly desire to overcome our problem that we turn to the Lord in prayer and specifically ask for help. Make a plan and then lay your trouble at His feet. You will find help and strength beyond your natural ability.

I have worked with many people and find the ones who pray are the most successful, including those individuals above. Help comes in many unexpected ways; at times it may be a story, an article, a thought or an idea. You must remain open to *anything* and if you are not sure, ask again in prayer.

My experience, both personal and that of others, tells me that *every* sincere prayer is answered. As has been shown with Alcoholics Anonymous, it is the only way long-term success is achieved. Make prayer a new habit. Do not skimp on this one! It is the only "sure thing" that will be useful for everyone.

Last Time

Most people do not quit on the first try to give up smoking. Depending on the study, it takes an average of eight tries to be successful. Some try once, others twenty times or more. The rule is, as with any addiction, do not try it alone. Get help. Counseling is useful, as are friends and family. Tell everyone you are trying to quit – they will help you (whether you like it or not!).

As Winston Churchill so aptly stated, "Never give up; NEVER give up; NEVER, NEVER, NEVER give up!"

[Are you ready to give up smoking? Tell us below and find the help you need with the Home Cures That Work community!](#)



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medical school and is board certified in family medicine. View natural remedies with Dr. Saunders at: <http://drsaundersmd.com/>



Diet is Key in Kicking the Habit

Quitting smoking for good can be really tricky business. Reason being it is very easy to switch from the smoking habit right into another bad habit. The most common switch is from smoking to over-eating, and more specifically, to sugar addiction.

The average person who quits smoking gains anywhere from 4 lbs, all the way up to 30 lbs! This is why many experts are suggesting that smokers stop eating sugar and most carbs before they quit smoking. This will make quitting smoking much easier and save you from obesity, which happens to be even more deadly than smoking!



Proper Nutrition = Smoke Free Success

Getting vital nutrients into your body before you begin your journey to stop smoking is of the utmost importance. Proper nutrition can help you quit smoking in several ways:

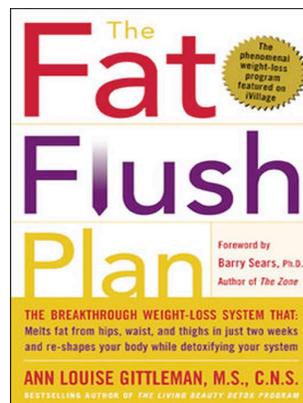
1. If your body is “satisfied” with the proper vitamins, minerals and nutrients, then your craving for nicotine will be much less intense.
2. Adequate nutrition minimizes depression and anxiety, which can easily occur when you smoking.
3. When you eat healthy, it helps to strengthen your detoxification pathways, clearing the years of toxins that have accumulated from smoking.
4. A healthy diet is going to make you feel stronger and more alert, enabling you to have more willpower to quit.

The Best Diet for Smoking Cessation

A low carb diet is one of the best choices for smoking cessation. I recommend cutting down to little or no grains a day, absolutely no sugar, and go easy on the fruits and starchy vegetables. The book, “[The Fat Flush Plan](#)” by Ann Louise Gittleman is a fantastic place to start. Her diet plan not only cuts out the carbs and sugars, but also detoxifies the body at the same time.

You can complete all 3 phases of [The Fat Flush Plan](#) if you like, or you can skip right to phase 3 if you are not interested losing any weight. I tell my clients, “If you can follow the phase 3 diet 80% of the time, then you are going to be extremely healthy. It is unrealistic to ask you to do it 100% of the time. This will be a great lesson in moderation.”

[The Fat Flush Plan](#) is not the only good diet for smoking cessation on the market, it just happens to be my favorite. There are many low carb diets, but many of them have you eating a lot of “fake” foods. Although they may lack in carbs, they are artificial, so they lack true nutrition.



Some other quality low carb diets include, “*The Grain Free Diet*” by Dr. Mercola and “*Nourishing Traditions*” and “*Eat Fat Lose Fat*” by Sally Fallon. *The Paleo Diet* and *The Primal Diet* are also great low carb high nutrient diets.

The Importance of Good Fat

I had my bout with smoking in my early college years. Nicotine, combined with a diet high in artificial sweeteners, caffeine and sugar, led my down a path of poor health and overstimulation. I had zapped my adrenal glands and sent my blood sugar all over the map. I was incredibly undernourished and totally fat-phobic.

Luckily, a job at a health food store rescued my health and, I believe, saved me from potential disease. I learned about how to truly eat healthy and filled my body full of good nutrition. I replaced my “low fat” diet with one that included lots of healthy fats and oils. I am

proud to say I have now have no more addictions. At the time I had four: nicotine, sugar, aspartame (NutraSweet) and caffeine. I could not have transitioned out of these addictions and smoking habit without healthy fats. Out of all the “health foods” in my diet, I feel healthy fats are most important.

Good fat does so many wonderful things in your body.

- First of all, it stabilizes your blood sugar, which prevents you from getting sugar cravings.
- It also keeps you full much longer.
- Fat is also very important for the brain. Did you know your brain is composed of around 60% fat? Healthy fats like fish oil, for example, help with focus, concentration and mood. It is a lot easier to break an addiction when you can concentrate and are in a better mood!

I believe good fats are absolutely KEY to breaking addictions and smoking habit. Here are my top favorite fats and the amount I include in my daily diet.

1. Cold pressed [coconut oil](#) (1-2 tbsp a day)
2. Fish oil (2-4 capsules a day)
3. Organic pasture butter (1-2 tbsp a day)
4. Olive oil (1 tbsp a day)

Coconut milk is also a great source of good fat. Coconut is a super food packed with fat burners and immune builders. It is one of my most favorite things to cook with. It is very versatile and can be used in both sweet and savory dishes. Below is one of my favorite dishes made with coconut milk and coconut oil. I fix it often and have given away the recipe countless times!

Beat the Habit with Brazilian Chicken



Ingredients:

- 1 tsp cumin
- 1 tsp cayenne (less if you do not like spice)
- 1 tsp turmeric
- 1 tsp coriander
- 1 tsp ginger
- 4 chicken breasts, cut into chunks
- Salt and pepper to taste
- 2 tbsp coconut oil
- 1 onion chopped
- 2 jalapeno peppers seeded and chopped (optional)
- 3 cloves minced garlic
- 1 large can of diced tomatoes or 4 tomatoes chopped
- 1 can of coconut milk
- Cilantro, for garnish

Directions:

Mix cumin, cayenne, turmeric, coriander, ginger, salt and pepper in a bowl. Toss the chicken in the mixture until well coated.

Heat 1 tbsp of coconut oil in a skillet. Cook chicken on medium until no longer pink and juice runs clear. Remove from heat and set aside.

Add 1 tbsp of coconut oil to the skillet. Cook onion and jalapeno peppers over medium heat until the onions are translucent and tender. Add garlic and cook another 2 minutes, stirring constantly. Mix in the tomatoes, bring to a boil and then reduce to simmer for 10 minutes. Add the chicken and can of coconut milk. Continue to simmer another 5 minutes.

Grandma's Tips

Oats reduce or eliminate cravings, even the number of cigarettes desired in those not trying to quit. Take cayenne as an antioxidant that stabilizes lung membranes to prevent damage. The warm peppery taste reduces cigarette cravings, as well.



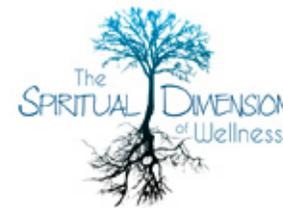
Amanda Box is a Doctor of Naturopathy and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 10 years and currently has a Naturopathic consulting practice in Sioux Falls, SD. Her passion is helping others achieve wellness of the whole person - mind, body, and spirit. If you don't have a good local naturopathic doctor to turn to for your personal needs, Dr. Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog "My Life in a Healthnut Shell" at <http://amandabox.blogspot.com/> for contact info.

If you are eating low carb, you can eat this like a stew. I enjoy putting sliced avocado on top with lots of fresh cilantro. If you aren't being as strict with your carbs, it is also good served over a small serving of rice.

Consider it Done

Remember that changing your diet **before** quitting smoking will make it so much easier. Make your first resolution to eat healthier, followed by stopping your other bad habits. Having a clear mind and healthy body will give you the strength you need to overcome your smoking habit or any other addictions. It worked for me and I know it can work for you, too!

[What foods do you plan on making that will help you change your smoking habit? Share a recipe below so others can succeed along with you!](#)



Smoke and Mirrors

Greetings from sunny Florida, where it is currently a lovely 72 degrees, Fahrenheit! There is something to be said about living in a state where instead of wearing sweaters and coats at Christmas, you are sweating and coating yourself with sunscreen. :)

Oh, and before I forget, Happy New Year! January 1st is traditionally a time to make (and often break!) a "new year" resolution. The word "resolution" simply means, "A firm, unwavering decision." Health clubs and personal trainers know that they will have a bevy of ninety day disciples come January, complete with good intentions and bulging holiday bellies. Unfortunately, like clockwork, dreams of "6 pack" abs and "buns of steel" soon become "6 packs" of beer and "buns of oatmeal."



Human beings are notoriously creatures of habit, which leads me to this month's topic, "How To Quit Smoking." Before I proceed, let me share this disclaimer: I am a minister, not a doctor or a licensed nutritionist.

Each month, this *Home Cures That Work* publication, offers its readers a variety of articles written by authors who focus on their area of expertise. My modality of healing is predominantly spiritual. However, in no way am I undermining the importance of doctors, psychologists or nutritionists. Though we may see through different lenses, we are all looking for the same result, a healthier more vibrant... you!

It is estimated that 26 million men (25%) and 23 million women (21%) in America smoke. Considering those numbers, few would argue that cigarette smoking is a powerful addiction. If you Google "stop smoking" a multitude of sites pop up, each with a bold promise of instant freedom from your smoking addiction.

What they do not tell you is their success rate! Why? Because a smoker can "quit" the habit on Monday and be chain smoking again by Friday! It is my prayer that this article will help you leave your addiction in the rear view mirror, for good.

In order to get free from this addiction, you must have an open mind, so open in fact, that truth can walk in right now and delete all of the misconceptions you have filed away in your mind concerning your smoking addiction. By the way, I know a little bit about addiction. In fact, in the next few months, I will be sharing how this former crack addict was set free, literally over night!

Divine by Design

Before you can understand your smoking addiction, you must first understand how you are designed. We are triune beings, or three expressions in one. Let me explain. A laser-beam is actually three lights focused into one! That is how we are designed; we are body, soul and spirit, divinely packaged into one being.



Our body or "earth suit" is a wonderful, yet extremely vulnerable container. Our soul is the "epicenter" of our thought, will and emotions. Another interesting feature of the soul is its ability to enable either physical consciousness or spiritual consciousness. In other words, it acts like a selector switch that determines if your thought, will and emotions are based on the spirit or the body (flesh). Learning to "flip that switch" will change your life. As you read this article, you will begin to see how simple this is and suddenly you will realize that the key to your freedom has been with you all along.

“Those who live according to the flesh, (body) have their minds set on what the flesh (body) desires, But those who live in accordance with the Spirit have their minds set on what the Spirit desires.” ~Romans 8:5

Your spirit wants you to be free, but your flesh (body) desires momentary gratification at any cost and your *mind* is the key!

Lets get one thing straight: as a man believes, so he is. Whatever you believe, you conceive. Notice I did not say, whatever you think, you conceive. This is where most people miss it. Thinking something and believing something are two different things!

A thought is subjective or suppositional, but a belief is something the mind accepts as truth. The difference between thinking and believing... is knowing and this is where faith comes from.

“Faith is being sure of what we hoped for. It is being certain of what we do not see.”
~Hebrews 11:1

Faith moves mountains. Faith is resolute and faith changes things.

Years ago, there was a clinical study performed by a group of oncologists. They told five cancer patients with malignant tumors that they would be receiving “cutting edge” cancer fighting medicine that would shrink the tumors and completely cure them of cancer within a few months. The “medicine” the doctors gave them was a placebo, pills made of sugar. In a few weeks, the doctors noticed that the tumors of all five patients had begun to shrink! After four months, all five patients were discharged, cancer free.

What caused their healing? Sugar pills? No, dear reader. Their faith made them whole. As a child, I recall one of my neighbors taking his son to the doctor to get a wart treated. When the little boy came home, I noticed he was pressing a wooden tongue depressor on his wart. When I asked him what he was doing he replied, “The doctor gave me this special wart stick and told me keep it on the wart and it would go away.” A few days later, when I saw that little boy again, his wart stick was gone and so was the wart.

It Can Kill You

Faith has a nemesis named fear and they are diametrically opposed. Therefore, you can only experience one at a time. Fear cancels faith and faith cancels fear... period. Remember, a double-minded man is unstable in ALL of his ways (James 1:8)! Vacillation and resolution are also juxtaposed, hence, people that make New Year resolutions they believe in, succeed, and those who merely think it might work, do not.

How powerful is fear? It can kill you.

Years ago, I met a minister in Atlanta, Georgia who shared a tragic childhood story with me. The minister said that his mother was so affected by her own mother’s passing that after the funeral, she began to say, “I will never live a day longer than my mother and I will die the same way she did.”

With tears in his eyes the minister said, “ You know, Michael, my mother died the same age as her mother, with the same disease, on her mother’s birthday.” The bible tells the story of a man named Job, who makes this powerful statement after seemingly insurmountable loss, “The thing I feared the most has come upon me.” Before you can find faith, you must lose fear. I will show you how.

World's Best Smoking Illusion

The title of this article, "Smoke And Mirrors" is a metaphor for a deceptive, fraudulent or insubstantial belief or description. The source of the name is based upon a magician's ability to manipulate the natural (often using mirrors or a puff of smoke) to make it **appear** supernatural. This is called an illusion.



Top illusionists like Chris Angel or David Copperfield make their money by getting people to think (some actually believe!) that something happened that never actually happened. David Copperfield made the Statue Of Liberty disappear, right? No, it is still there. Chris Angel walked on water in Vegas, right? No, there was a plexiglass platform in the pool and strategically placed mirrors (note that one of the pool chairs has 6 legs!) creating the illusion that Chris Angel walked on water.

Here is the truth: what you believe about your smoking addiction is an illusion!

Addictions are predominantly divided into two categories mental (emotional) or chemical (physiological). The truth is all addictions are a bit of both because you cannot affect the mind without the body being affected and visa versa. This month we are focusing on stop smoking, so let's dispel some classic misconceptions and shatter the illusions that have kept you from quitting smoking.

1. After quitting, you are always one puff away from being addicted again. Really? A close family member smoked for years, she said she started to look cool. One day she read a report from the American Cancer Society and never smoked again.
2. Nicotine is a powerful highly addictive drug. Really? No, cocaine, heroine and opiates like oxycontin are powerful highly addictive drugs. People have quit cigarette smoking with hypnotism. However, you will NEVER find it effective with cocaine, heroine or oxycontin. Smoking is predominantly a mental addiction with a slight chemical interaction. I have never met anyone with a nicotine deficiency. Likewise, I have never seen junkies snorting, shooting or dropping nicotine.

Grandma's Tips

Many smokers acquire the habit through peer pressure to imitate friends or belong to a group of people. Either way, smokers can be insecure or nervous people who need a cigarette between their fingers to get them through stressful or awkward times. If you follow the instructions that we give you and if you use the herbs that we have found to clean nicotine from the body and to reduce the cravings, then YOU CAN DO IT!!!



Here is a list of myths former smokers have shared with me to help you identify your own.

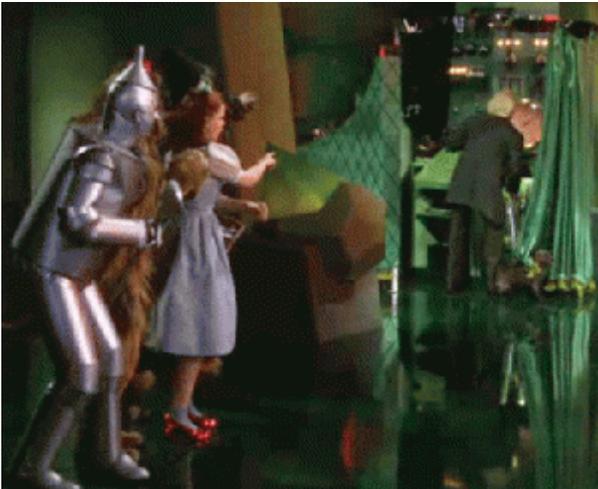
1. Smoking makes me look more attractive.
2. Smoking calms my nerves.
3. Smoking keeps me thin.
4. Smoking helps me cope.
5. Smoking gives me confidence.
6. Smoking helps me focus.
7. Smoking makes me look "cool."

What do YOU believe? Do you believe a wooden stick can cure warts? Do you believe sugar pills can cure cancer? Do you believe a cigarette has power?

The truth is your addiction is attached to a personal belief system or imagined reality that you have created all based upon an elaborate... illusion!

Every smoker I have encountered, that has been unsuccessful quitting smoking, says the same thing, "I can't quit! I've tried everything!" Look at your words: can't never could! The truth is you have tried everything that does not work. Trying hard has made you skeptical, frustrated, tired and numb.

Lets change that now, first realize that your healing began the moment you started reading this article and truth is gradually replacing the lies that you have been telling yourself for years.



Next, begin to laugh at yourself. Seriously, see the humor in you - God's greatest creation - being afraid of a piece of paper with tobacco stuffed in it! If your still not laughing, do you remember the scene from the "Wizard Of Oz" when Dorothy and her friends were shaking like leaves in the presence of Oz, the great and terrible? All of a sudden, Dorothy's dog Toto pulls back the curtain revealing the real Oz, a short old man with a loudspeaker, smoke and

mirrors! Now realize, you do not have to work or try harder. Just change what you believe, change your mind and you will change your LIFE!

You Are Not Alone

Let me leave you with one last story. Years ago, a dear friend of mine (lets call him David) was beside himself because after trying everything, he could not stop smoking. David's wife was pregnant with their first child and he wanted to quit smoking before the baby was born.

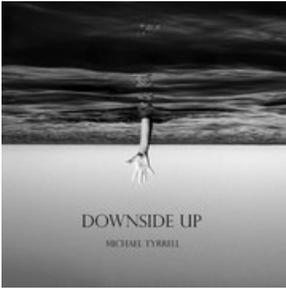
Many of David's well-meaning Christian friends offered suggestions. But, it was the advice of a new convert that changed David's life. He said, "Forget the patch. Forget will power. This is what you do. Every time you walk out to the dock to smoke, hold that joker in the air and say, 'God, you know I hate this, but I have been powerless to stop. What can you do for me?'" On David's seventh trip down the dock, he threw his cigarettes into the lake breaking his smoking addiction. That was over seven years ago and he has never smoked again.

I love the word "Emmanuel." It means "God with us!" Friend, you are not alone in your struggle.

He is always there and he created you with the ability to overcome any obstacle in your way. I am looking forward to hearing your stories. Please write and let us know if this article was helpful.

It is my prayer that you will be ringing in the New Year with a prayer of gratitude on your lips, instead of a cigarette.

LOL (short for "Lots Of Love"),
Michael



Downside Up, The CD, IS FINALLY AVAILABLE! The wait is over!...The hardcopy version of Michael's newest CD project, Downside Up is now available. This beautiful "Digipak" comes with a

12-page booklet of art, photos and lyrics. Joining Michael on this project are: The Nashville Strings, Ed Pingenot and Dustin Horne, with cameo vocals by: Jerome Olds, Adam Carpenter and Rick Pino. This CD will make the perfect Christmas gift! Available only at: www.michaelyrrell.com

Michael Tyrrell, www.michaelyrrell.com is the founder of the Network Center Inc., a not-for-profit, 501(c)(3) organization founded in 2001 which works as an advisory agency to local churches, faith-based ministries, Para-church ministries, schools, home fellowships and music ministries in connection with their outreach ministries or missions based activities. Michael has been committed to training their key leaders and members to deliver the message of their Christian faith in order to reach the lost, the disenfranchised, the sick and the hurting through the organic roots of the Christian faith and other areas as needs arise. Michael has been in full time ministry for the last 27 years and is a writer music producer and well known musician. <http://michaelyrrell.wordpress.com>



about the dangers of smoking and how bad it is for our health. Smoking is now restricted or banned in almost all public places and cigarette companies are no longer allowed to advertise on TV, radio and in many magazines.

Almost everyone knows:

- Smoking causes cancer, emphysema, and heart disease.
- Smoking can shorten your life by 10 years or more.
- The habit can cost a smoker thousands of dollars a year.

So, how come people are still lighting up? The answer, in a word, is addiction.

Smoking in the U.S. goes back almost 400 years, with the first cash crop of tobacco leaf grown in Jamestown in 1612. It is only in the last 50 years that smoking has been recognized as more than just a "nasty habit" and seen to be a true addiction.

In the middle of the 20th century, the anti-smoking movement started gaining ground in the U.S. when the link between smoking and lung cancer was exposed.

How Addictive Is Smoking?

In 2007, a study in the British Medical Journal, Lancet ranked tobacco along with nineteen other abused substances on a scale of dependence and physical harm. Tobacco was more addictive than amphetamines, barbiturates and alcohol. It placed about even with cocaine. The only abused drug that clearly beat it was heroin.

Once You Start, It Is Hard To Stop

Smoking is a hard habit to break because tobacco contains nicotine, which is highly



SMOKING ADDICTION: Why To Quit and How To Do It

When your parents were young, people could buy cigarettes and smoke pretty much anywhere — even in hospitals! Ads for cigarettes could be seen everywhere. Today, we are more aware

addictive. Like heroin or other addictive drugs, the body and mind quickly become so used to the nicotine in cigarettes that a person needs to have it just to feel normal.

People start smoking for a variety of different reasons. Some think it looks cool. Others start because their family members or friends smoke. Statistics show that about 9 out of 10 tobacco users start before they are 18 years old. Most adults who started smoking in their teens never expected to become addicted. That is why people say it is just so much easier to not start smoking - at all.

How Smoking Affects Your Health



There are no physical reasons to start smoking. The body does not need tobacco the way it needs food, water, sleep and exercise. Many of the chemicals in cigarettes, like nicotine and cyanide, are actually poisons that can kill in high enough doses.

The body is smart and when it is being poisoned by nicotine, it goes on the defense. First-time smokers often feel pain or burning in the throat and lungs and some people feel sick or even throw up the first few times they try tobacco.

The consequences of this poisoning happen gradually. These diseases limit a person's ability to be normally active and they can even

be fatal. In the United States alone, smoking is responsible for about 1 out of 5 deaths.

You probably already know that smoking is bad for your health and that quitting smoking will reduce your risk of getting a disease related to smoking, such as heart or lung disease. Here are the facts about smoking and your health.

- Over the long term, smoking leads people to develop health problems like heart disease, stroke, emphysema (breakdown of lung tissue) and many types of cancer — including lung, throat, stomach and bladder cancer.
- Smokers are at increased risk for developing other cancers of the voice box (larynx), mouth, throat, esophagus, intestines, bladder, kidney and pancreas.
- People who smoke also have an increased risk of infections like bronchitis and pneumonia.
- Smokers develop wrinkles and yellow teeth.
- People who smoke are twice as likely to lose teeth, develop gum disease or other dental problems, as people who do not smoke.



- Smokers lose bone density, which increases their risk of osteoporosis, a condition that causes older people to become bent over and their bones to break more easily.
- Smokers also tend to be less active than nonsmokers because smoking affects lung power.

- Smokers suffer from shortness of breath, energy and asthma symptoms.
- Smoking can also cause fertility problems and can impact sexual health in both men and women.
- Girls who are on the pill or other hormone-based methods of birth control (like the patch or the ring) increase their risk of serious health problems, such as heart attacks, if they smoke.
- Underweight babies and problem pregnancies are likely in women who smoke.
- 1 out of 2 people who continue to smoke will die premature deaths because of their smoking.

The consequences of smoking may seem very far off, but long-term health problems are not the only hazard of smoking. Nicotine and the other toxins in cigarettes, cigars, and pipes can affect a person's body quickly, which means that smokers experience many of these problems:

- **Bad skin.** Because smoking restricts blood vessels, it can prevent oxygen and nutrients from getting to the skin — which is why smokers often appear pale and unhealthy. Studies have also linked smoking to an increased risk of getting a type of skin rash called psoriasis.
- **Bad breath.** Cigarettes leave smokers with a condition called halitosis, or persistent bad breath.
- **Bad-smelling clothes and hair.** The smell of stale smoke tends to linger — not just on people's clothing but on their hair, furniture and cars. Furthermore, it is often hard to get the smell of smoke out.
- **Reduced athletic performance.** People who smoke usually can not compete with nonsmoking peers because the *physical* effects of smoking (like rapid heartbeat, decreased circulation

and shortness of breath) impair sports performance.

- **Greater risk of injury and slower healing time.** Smoking affects the body's ability to produce collagen, so common sports injuries such as damage to tendons and ligaments, will heal more slowly in smokers than nonsmokers.
- **Increased risk of illness.** Studies show that smokers get more colds, flu, bronchitis and pneumonia than nonsmokers. People with certain health conditions, like asthma, become more sick if they smoke (and often if they are just around people who smoke). Because smokers use it as a way to manage weight, they often light up instead of eating, so their bodies also lack the nutrients they need to grow, develop and fight off illness properly.

The only thing that really helps a person avoid the problems associated with smoking is staying smoke free. Different approaches to quitting work for different people. For some, quitting cold turkey is best. Others find that a slower approach is the way to go. Some people find that it helps to go to a support group. These are sometimes sponsored by local hospitals or organizations like the American Cancer Society. ***Home Cures That Work*** is offering you a number of good resources to help people quit smoking.

When quitting smoking, it can be helpful to realize that the first few days are the hardest. So, do not give up. Some people find they have a few relapses before they manage to quit for good.

Staying smoke free will give you a whole lot more of everything — more energy, better performance, better looks, more money in your pocket, and in the long run, more life to live!

Smoking Cessation: Creating A Quit Smoking Plan

If you are like many smokers and other tobacco users, then you know you should quit but you just are not sure how to do it. Creating a quit-smoking plan may improve your chances of stopping for good. Having a quit-smoking plan helps you cope with the physical and emotional issues that often arise when you stop smoking, such as nicotine withdrawal and strong urges to smoke.

Deciding To Quit Smoking

Sure, you may be able to list plenty of reasons to stop smoking. You may be worried about the health problems related to smoking, the social stigma, the expense or the pressure from loved ones. But, only you can decide when you are ready to stop smoking.

You may spend a lot of time thinking about quitting smoking before you are ready to actually do it. If you are thinking about quitting, go ahead and pick a specific day to quit — your quit day — and then plan for it.



Picking A Quit Day

Pick a specific day within the next month to quit smoking. Do not set your quit day too far in the future or you may find it hard to follow through. But do not do it before you have a quit-smoking plan in place, either.

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Having a day in mind can help you prepare for what to expect and to line up helpful support. Pick a random day as your quit day or pick a day that holds special meaning for you, such as a birthday, a holiday or a day of the week that is generally less stressful for you.

What if you decide to quit smoking on the spur of the moment? Follow the quit day advice and go for it.

Preparing For Quit Day

There is no easy way to quit smoking. But, planning for it can help you overcome the hurdles you are likely to face. Here are steps you can take as you prepare for your quit day:

- **Mark the day.** Make a big notation of your quit day on your calendar. It is an important day in your life, so treat it like one.
- **Tell people.** Let family, friends and co-workers know about your quit day. Make them your allies. They can provide a lot of moral support. Tell them how they can be most supportive of your effort to quit smoking.
- **Clean house.** Rid your home, car, office and other places of your smoking and tobacco supplies. Do not keep any cigarettes on hand "just in case" — you might not be able to resist the temptation. Also, consider getting your teeth professionally cleaned as motivation to stay quit.

Grandma's Tips

If you begin to panic, focus on what is in front of you. It takes practice to live in the present, but it is a valuable tool with lasting benefit to live "in the here and now."



- **Stock up.** Have on hand items that can substitute for the cigarette you are used to having in your mouth, such as sugarless gum, hard candy, cinnamon sticks and crunchy vegetables.
- **Join up.** The more support you have, the more likely you are to stop smoking successfully. Find local quit-smoking support groups. Many hospitals and clinics offer classes or groups. You can join online quit-smoking groups or programs. You can even get cell phone apps, text messages or alerts to help you quit.
- **Reflect.** If you have tried to quit smoking before but took it up again, think about what challenges you faced and why you started again. What worked and what did not? Think about what you can do differently this time. For example, make a list of your triggers and how you will deal with them. Keeping a journal about your quit-smoking plan efforts may help you monitor feelings and situations that ignite your smoking urges.

Handling Quit Day

Getting through your quit day can be emotionally and physically challenging, especially if strong tobacco cravings strike. Try these tips to help manage your quit day:

- Do not smoke, not even "just one."
- Begin using nicotine replacement therapy if you have chosen that method.
- Remind yourself of your reasons to stop smoking.
- Drink plenty of water or juice.
- Keep physically active: go for a walk, exercise, jog, ride a bike, swim or even garden.
- Chew on a toothpick or piece of gum, or suck on a piece of hard candy.



- Avoid situations and people that trigger your urge to smoke.
- Attend a support group, counseling session or stop smoking class.
- Practice stress management and relaxation techniques: listen to music, try deep breathing exercises, yoga or doing a puzzle.
- Keep your hands busy by typing, writing, squeezing a ball or knitting.

Staying Quit

With a quit-smoking plan to guide you, line up your resources now so that you can lean on them when you quit smoking. The more resources you have in place upfront — support groups, nicotine replacement, counseling — the more likely you are to quit and stay quit.

Make Your Diet Quit For You!

A diet loaded with veggies, fruits, whole grains will help you feel great as you eliminate nicotine and it will help prevent the feared weight gain typically associated with quitting smoking.

Eating a diet loaded with antioxidant-rich vegetables, fruits, and whole grains may help you lower their chances of suffering withdrawal symptoms when you first stop smoking-- even if you have a long history of one to two packs per day.

Antioxidants are certain vitamins, minerals, and other nutrients that may lower withdrawal risk by sopping up damaging molecules in our blood called free radicals, which have been linked to heart disease, stroke and other diseases.

Supplement Your Diet For Additional Quit Support!

As you begin your journey to become a non-smoker, there are certain specific nutrients that will provide exceptional benefits during the process of withdrawal, regeneration, energy and rejuvenation.

Of course, the B vitamins, vitamin E, vitamin C and vitamin A are essential during this process. However, the best overall supplement strategy will include five things:

- A broad spectrum [multiple vitamin](#)
- A broad spectrum [multiple mineral](#)
- A [probiotic](#)
- A comprehensive [digestive enzyme](#)
- A comprehensive [antioxidant](#)

Please visit our Home Cures That Work [Amazon store](#) for your vitamin and mineral supplement needs. Not all supplements are created equal, so we have researched those that safe for consumption, proven to properly digest and qualify according to label specifications. Don't leave your health to just any vitamin, supplement your health with the best in our [Amazon store](#).

Benefits of Quitting

Many people who quit smoking are surprised by how good they feel!

- They feel in charge
- They do not need to smoke
- They do not have to find places to smoke
- They do not have to worry about their smoke bothering others

- They smell good
- Their hair, clothes, and breath do not smell like smoke
- Their cars, homes, and kids do not smell like smoke
- They can better smell food and other good smells
- They feel more relaxed
- They do not have to make sure they always have cigarettes
- They have more money
- They are not as worried about their health
- They look and feel better
- They feel good about being able to quit
- Their skin looks healthier
- They have more energy when they walk, play with their kids, or do something active

The Reality Of Quitting



Tobacco use, especially smoking, is the number one preventable cause of death and disease in the United States. Take charge of your health because the benefits of quitting smoking are far better than the discomforts of recovery – staying alive! So, stay with it and find your freedom. Once you do, you will never let it go.

[You will be happy to say "I do not smoke" and "I have no reason to start smoking again." Believe it or not, you won't miss smoking at all. How do you break the habit of "reaching for one?" Go for it!](#)



Dr. Richard A. DiCenso is the CEO of Matrix Transformation and author of *Beyond Medicine, Exploring A New Way Of Thinking*. He is an international speaker and complementary care expert with over 30 years experience in treating chronic symptoms. With his extensive practice in "Whole Person Therapy," human biochemistry and orthomolecular nutrition, Dr. DiCenso is a leading authority in biological fluid analysis with his Matrix

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Who would happen to plant himself right next to us but a burly, breathless, wrinkled-face man whose mouth was glued to a cigarette, puffing and exhaling grey smoke every few seconds.

My family knows I can't play poker because I have no "poker face" whatsoever, so my disapproval must have shown on my face because this gaunt-looking man begrudgingly asked us, "Mind if I sit here?"

"Sure," my friend wide-eyed friend replied.

But, our discomfort was soon voiced by his scratchy low voice, "Oh, it's my cigarette." Grimacing, he took one long last drag and snuffed out the cigarette in the grass.

Do I dare? I did! "Did you know how dangerous smoking is for your health???"

I felt my friend's sudden firm and obvious grip on my elbow while she bellowed, "Let's change the subject! Otherwise, I'll have to bind and gag my friend from giving a 5-hour lecture on the evils of cigarette smoking. Let's enjoy the concert instead." She smiled at the man and glared at me to be silent, but I spent the entire length of the concert reviewing my anti-smoking lecture in my head hoping to give a shortened version to our stinky neighbor as soon as the concert was over.



Grandma's Cure Corner: Removing the Smoke Screen

Not long ago on a beautiful sunny afternoon, a friend and I had just spread our picnic blanket on the grass at the edge of the crowd for a classic Spanish guitar concert downtown in our city.

Second Hand Damage

Let's talk a second about the dangers of second hand smoke. There is no question second hand smoke is harmful. Here are some facts according to researchers at Ohio State University:

- The spouse of a heavy smoker is 3.5x more likely to develop lung cancer than a non-smoker.
- Second hand smoke creates high-risk pregnancies, causing fetuses to pull away from the placenta.
- Infants who are exposed to smoke are afflicted with more colds and pneumonia.

In fact, medical tests can detect a dramatic change in platelets, which are essential to blood clotting, in subjects who spend more than 30 minutes exposed to second hand smoke.

Thankfully, America has wised up and many states across the country have smoking bans in all general workplaces and public areas.

Anti-Smoking Strategies

What can convince kids from starting a habit that can be so hard to kick? Some say each cigarette can shorten a person's life by 5.5 minutes! Those who smoke regularly are slashing their lifespan by about 7 years! Would scare tactics work to turn young adults off about smoking?

Years ago, I remember schools in Minnesota asking kids in junior high what would discourage them from ever smoking. It wasn't the long term health dangers....It was negative social stigma: poor physical appearance (yellowed teeth, bad breath) coupled with less social acceptance. Teach them acceptance and you are teaching children to avoid smoking!



Like many of those on the “young” side, negative health consequences seem too far off in the future to worry about them.

For those of us with a few more miles logged onto the timeline of age, how can we protect ourselves and our loved ones from smoking?

Nutrients Protect

If you are subject to second hand smoke, or are looking for a strategy to quit smoking, the following nutrients will build your body strong from any smoking related damage.

- Vitamin A helps to protect the respiratory tract by promoting healthy mucous membranes. Take 5,000-10,000 IU daily of vitamin A.
- Vitamin E helps protect lung tissue from cigarette smoke as an anti-oxidant. Take up to 800 IU daily of vitamin E.
- Vitamin C fights off many toxic pollutants associated with tobacco smoke. Take 1,500 mg or more daily of vitamin C.
- Zinc builds your immune system to resist pollutants. Take 30 mg of zinc a day.
- For cravings, take cayenne, which desensitizes the respiratory linings to

tobacco and chemical irritants. It's an antioxidant that stabilizes lung membranes preventing damage. The warm peppery taste also reduces cigarette cravings.

- Oats reduce or eliminate tobacco cravings. They even reduce the number of cigarettes desired even in those people not trying to quit.



Prayer is another powerful weapon that often works miracles. If you have repeatedly failed to break the habit – or so hopeless you want to quit quitting – you can experience cold turkey release from smoking addiction through prayer. Find a church that has a prayer team that would be willing to pray you through a miracle.

Parents who love their kids and are interested in their welfare should stop smoking. Smoking parents help introduce children to the habit. Unless a drastic change is made, the longevity of our children will go up in smoke.

[Kids are quick to observe any contradiction between what their parents say and what they do. Despite what you might think, most kids say that the adult whom they most want to be like when they grow up is a parent. Does this motivate you to quit?](#)



Grandma Barton is mother to Joe Barton (founder of Barton Publishing), grandmother to 6 grandkids and 28 step-grandkids, and over 3000 Home Cures That Work members. She is a two-time breast cancer survivor with the help of Dr. Saunders and natural remedies. Grandma loves finding cures within the home to treat all sorts of ailments. With tips she's learned on the farm and along the way, Grandma Barton brings a time-tested and trusted voice when it comes to home remedies. She really is an inspiration to us all.



Smoking and Skin Aging

Smoking cigarettes ages skin faster than anything else, apart from sun damage.

There is no gentle way of saying this but if you smoke cigarettes, then you need to stop smoking.

Aside from the many health issues associated with smoking – if you care at all about wrinkles and you want to look younger for longer – then smoking is out.

One million new smokers light up each year in the U.S. alone and many of them are young women who may later come to regret what smoking does to their looks.

As far as the effects of smoking on skin aging and health, it is much worse for women. That is official and it is supported by many years of research by reputable medical bodies.

- The nicotine in cigarettes is more addictive for women who, as a result,

have much more difficulty quitting smoking than men.

- Women who smoke have twice the additional risk of heart attacks, strokes and lung cancer than men who smoke.
- Lung cancer kills three times the number of American women than breast cancer – currently around 70,000 per year.
- Smoking is also linked to early onset of the menopause in women.
- Most devastating of all from a looks point of view – the aging effects of smoking on the skin are worse for women who are much more likely to develop “smoker’s face” than male smokers.

For women smoking and aging are inextricably linked.



In 2001, the special risks of smoking for women were recognized by the US Surgeon General in a report warning women of the dangers from smoking cigarettes.

European government bodies and other world authorities made similar statements.

Even if you dismiss the health risks, the effect of smoking on skin may give you some pause for thought. It is worth taking time to consider how smoking cigarettes will damage your skin and accelerate skin aging. Do you really want this to happen to you?

“For smokers, middle age starts in the early 30’s as the tell tale wrinkles around the mouth and eyes begin to appear. Young female smokers are likely to be wasting their money on anti-aging face creams if they continue to smoke.” ~Amanda Sandford, Action on Smoking Health

The effects of smoking on skin aging have been recognized for a long time. A 1965 study first identified what came to be known as “smoker’s face” – gray, pale and wrinkled skin.

In recent years, much research has focused on this area and it is now broadly accepted that smoking, making smokers look much older than non-smokers, damages smoker’s skin.

It is not just smoker’s skin that ages quicker. Research in recent years has proved conclusively that passive smoking is damaging to your skin and to your health. Unfair though it seems, whether you smoke or just breathe in other people’s smoke, your skin will suffer the same symptoms of smoker’s face.

The Chief Medical Officer of the U.K. recently highlighted the link between smoking and skin damage saying that smoking adds between 10-20 years to your natural age.

A 2007 study found that smoking is associated with increased wrinkling and skin damage on many parts of the body, not just the face. Inner arms, neck and decollete are likely to show wrinkling and sagging as a result of having accelerated skin aging from smoking.

Smoking speeds up skin aging in a number of ways. It all starts with the free radicals formed in your body by the exposure to cigarette smoke.

Free radicals are highly unstable and powerful molecules that can cause disease and damage to cell DNA. The cells of your body start behaving erratically producing a range of responses that make your skin age faster.



So, how does smoking affect the skin?

- Smoking restricts blood flow through the capillaries (tiny veins near the skin's surface) preventing oxygen and nutrients getting to the skin.
- Smoking increases production of an enzyme, which breaks down the supply of collagen to the skin's structure. Collagen supply is vital to the skin's elasticity. It decreases with age but smoking cigarettes accelerates this process.
- Smoking reduces the body's store of vitamin A, which provides protection from skin damage.
- Smoking gets in the way of absorption of vitamin C – a vital antioxidant for skin protection and health.
- Smokers continual puckering from drawing on a cigarette and squinting in reaction to the cigarette smoke results in deeply wrinkled skin around the eyes and mouth – classic signs of “smoker's face.”

Smoking statistics will clearly tell you the risk of death and disease from your smoking habit. If HomeCuresThatWork.com

that is not sufficiently frightening, then this is what you might expect your skin to look like if you continue to smoke:

- Dull appearance to the skin – loss of skin glow and vitality
- Discolored skin (an ashy look on white skins)
- Deeper wrinkles around the mouth and eyes
- Loss of tone and elasticity more than with the normal aging process

A key question from most smokers is, if I stop smoking can I reverse the skin damage? The simple answer is that you won't be able to completely reverse the damage that smoking has done.

But, with a good diet, skin supplements and great anti-aging skin care you can do a lot to get your youthful skin back and prevent damage from getting any worse. Why wait only to stop smoking later when even more damage has been done to your skin?

When you look at your skin, remember that some damage won't appear until 10-20 years after you began to smoke. So, if you haven't been smoking that long and you don't see much skin damage yet – then don't assume it won't happen.

“Smoking exerts such a noticeable effect on the skin that it's often possible to detect whether or not a person is a smoker simply by looking at his or her face. Smokers have more wrinkles and their skin tends to have a grayish pallor compared to non-smokers.”
~ Professor Young, Head of Dermatology, Guys School of Medicine, London

The important thing for your skin and your looks is to stop inflicting continued damage on

yourself. If you quit smoking now, then you will stop your skin aging any faster than it normally would. With proper anti-aging skin care and nutrition your skin will look much better into the future than it will do if you carry on as a smoker.

[Smoking can add years to your face. Not only can it wrinkle the face and turn it yellow, but smoking causes superficial skin problems, creating adverse changes to the skin's ability to function and heal. Does this make you want to quit?](#)



The Painless Stop Smoking Cure

It's not your fault you failed to quit smoking until now.

You have failed to successfully stop smoking for the most simple of reasons. No matter what "method" you use to stop smoking:

- You always have the feeling that you are going to "give up" something.
- You have the feeling or doubt that you are going to crave your cigarette.

Think closely about what I'm about to tell you since it is going to change the way you think about stop smoking...

Your MIND is more powerful than any stop smoking drug or method you can use...because your mind controls whether you will or won't succeed to stop smoking — successfully. You failed so far because you have a mental addiction to cigarettes. This is much stronger than the nicotine addiction, which is only 3% of your problem.

Also, your thoughts about smoking are more powerful than any prescription drug to stop smoking. This is true because your mind is like an "engine" and it needs certain mental comfort at certain intervals each day. That's why you have become a "chain smoker," which is why you have a "mental addiction" to cigarettes.

(Hint: You need to be relieved from this mental addiction to successfully stop smoking, but I show you the details later.)

You are still smoking because you have been using the wrong methods to stop smoking. Guess what? You will be able to stop smoking by using the RIGHT tools to get rid of your "mental" addiction towards cigarettes.

It's not really any more complicated than that and the way to stop smoking has nothing to do with your nicotine addiction, withdrawal pangs



or craving a cigarette. It sits “between your ears.”

Laser therapy to stop smoking DON'T WORK.

The reason why you failed to successfully stop smoking with laser therapy is because it doesn't address the cause and reason itself why you find it so hard to stop — your MIND. All laser therapy “does” is trying to reset some nervous systems in your brain that have got used to the nicotine shots.

Let me explain:

Nicotine is the reason why you got addicted to the cigarette. It's the drug that made you a “drug addict.”

But, nicotine is NOT the reason why you find it so hard to quit. All possible nicotine withdrawal symptoms, as you are aware of them, are gone after a maximum 48 to 72 hours...FOREVER!

So, the real cause why you find it so hard is what you think and feel about your cigarette. That is your mind. That is your “mental addiction” to cigarettes and this is not addressed by laser therapy.



Now you understand why a smoker who had stopped smoking for 5 months with laser therapy starts smoking again because his mental addiction he has toward cigarettes is still there. His nicotine addiction was gone after two, three days even without the laser therapy, which basically changed anything for the smoker except for the content of his wallet ;-(

Nicotine replacement products DON'T WORK.

Let me ask you a very simple question...What is the main substance of any nicotine replacement product?... Indeed! NICOTINE. All these products do is provide you with the drug that got you trapped!

It's the same as giving a heroine junkie heroine to quit his addiction.

You understand that this doesn't work at all, right?!

It's a big billion-dollar business for the pharmaceutical industry and they even call it the nicotine conspiracy between the tobacco industry and the pharmaceutical industry. Their main focus is to keep you as a "nicotine client," either by cigarettes or by patches or gum.

I have a friend who has stopped smoking 12 years ago...and he still chews about 4 packs of nicotine gum a week! I have another friend who quit 3 years ago...and he still patches a big patch on his shoulders every single day. You should see how his shoulders look!

Zyban and Chantix make you MISERABLE.

Zyban and Chantix have certainly become popular in recent years, but these drugs often leave you feeling miserable each day (since they have a heavy impact on your hearth rate and mess up your brain.)

Check out these facts below...

- Did you know that yearly about 500 people die as a consequence of using Zyban?! It's true.
- Also, many smokers suffer from hearth diseases and discomfort while on the drugs which won't allow them to enjoy

a “normal” day for many months after they have stopped smoking.

- Last but not least...have you ever seen any "success results" of these products that covered a period longer than 6 to 8 weeks?! No! Even in this very short time span, they say that the success ratio is only 43%. Let me tell you right now that after ONE year, their success ratio is back below 10%, which is hardly any better than the “placebo-effect” or “sugar-pill effect!” It's a fact.

Therefore, Zyban and Chantix can leave you feeling MISERABLE each day, which is not the answer.

Now you know what doesn't work: laser therapy, nicotine replacement and Zyban or Chantix.

On the [next page](#) we show you what DOES WORK.

[Click here for the new painless smoking solution.](#)

**Product
Reviews**



**Vitamin
Supplements
that Aid in
Quitting
Smoking**

The nutritional needs of smokers and non-smokers are different. People who smoke often have deficiencies in numerous nutrients including zinc, calcium, folate, [vitamin C](#) and [vitamin E](#), beta-

carotene, lycopene and essential fatty acids in the [omega-3](#) and [omega-6](#) families, depleting the body of essential vitamins and minerals, leaving smokers more vulnerable to disease.

There are many possible causes for this depletion, including free radicals - carcinogenic or cancer-causing agents - in cigarette smoke that destroy natural antioxidants. However, for some nutrients the most important single cause might be poor diet rather than smoking itself (smokers have, on average, a less well-balanced diet than non-smokers).

To quit smoking there is a high need for protective antioxidant vitamins to neutralize free radicals. The main antioxidant vitamins are vitamin C and vitamin E (works best with [selenium](#)). Phytochemicals such as bioflavonoids and carotenoids (eg. beta-carotene) are especially rich in antioxidants.

Vitamin C

Smokers need several times more [vitamin C](#) than non-smokers because the effectiveness of that vitamin is decreased by nicotine. Vitamin C is important for preventing uncomfortable bleeding of your gums, but more importantly for maintaining proper blood plasma levels.

Vitamin C is also known to react against the contaminants in tobacco smoke: as an antioxidant against free radicals, as a chelator of lead and as an inhibitor of nitrosamine formation from nitrogen dioxides.

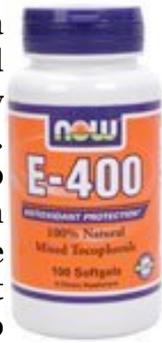


- 300 mg of [vitamin C](#) to nourish your cells fully.

Vitamin E

Studies show that blood plasma levels of [vitamin E](#) decrease and disappear more rapidly in smokers than non-smokers. Because low levels of vitamin E do not provide sufficient protection against free radicals, this may be one of the reasons why smoking might cause cancer, according to researchers. Since vitamin E is believed to prohibit fat from depositing on artery walls, smoking may also cause hardening of the arteries.

- 100 IU [vitamin E](#) to reduce your risk of heart disease.



Selenium

[Selenium](#) is a mineral, not an antioxidant nutrient. However, it is a component of antioxidant enzymes. Plant foods like rice and wheat are the major dietary sources of selenium in most countries, but the amount of selenium in soil, which varies by region, determines the amount of selenium in the foods grown in that soil.

- 100 cmg [selenium](#), a partner in the fight against damaging free radicals, also supports the antioxidant effect of vitamin E.



Please visit our Home Cures That Work [Amazon store](#) for your vitamin and mineral supplement needs. Not all supplements are created equal, so we have researched those that safe for consumption, proven to properly digest and qualify according to label specifications. Don't leave your health to just any vitamin, supplement your health with the best in our [Amazon store](#).

Phytochemicals: Bioflavonoids and Carotenoids

Phytochemicals are naturally occurring substances in plants that help them fight disease, a kind of immune system for the plant world. When you ingest plant-based foods, you are taking in these powerful nutrients that are able to neutralize cancer-causing agents. Diets that make good use of a wide array of fruits and vegetables help to ensure you get a high phytochemical intake.

Smokers need a diet rich in phytochemicals, such as carotenoids and bioflavonoids. These can be obtained by daily servings of yellow, red, orange and deep green vegetables and by eating green, orange, yellow or red fruits. Corn, pumpkin, spinach, carrots, red peppers, tomatoes, oranges, strawberries, cantaloupe, mangoes and papaya make good food choices. These foods also contain fiber, which is important to colon health.

Lycopene is the major carotenoid found in tomato products, while beta-carotene is found in carrots and other orange or red fruits and vegetables.



Ignite Your Healthy Life

Smokers have different reasons for lighting up, but they all have one thing in common: smoking not only damages one's health, it also contributes to the overall depletion of nutrients that your body needs to function properly.

The first piece of advice for smokers is, of course, to stop smoking. A regimen of diet or supplementation can make up for the adverse consequences of smoking. If you smoke, you need to eat even healthier than a non-smoker just to get the same nutrients. To help your body's use of nutrients, drink green tea, eat lots of fruit and vegetables, and take vitamin C and vitamin E supplements - with selenium. ...And of course, look into quitting!

**CELEBRITY
HEALTH
WATCH**

Stop Smoking: Follow President Obama's Example

For many people, quitting smoking is a real test of wills. Ozzy Osbourne, the Black Sabbath singer and of the rock world's most famous drug abusers, said of all the drugs he quit, that smoking was the hardest.

For President Barack Obama, quitting was a personal challenge. Kicking the habit wasn't easy, "The fact is, quitting smoking is hard. Believe me, I know." The commander in chief has managed to wean himself off the coffin nails, quitting his 30-year cigarette habit. After numerous failed attempts, he wanted to be able

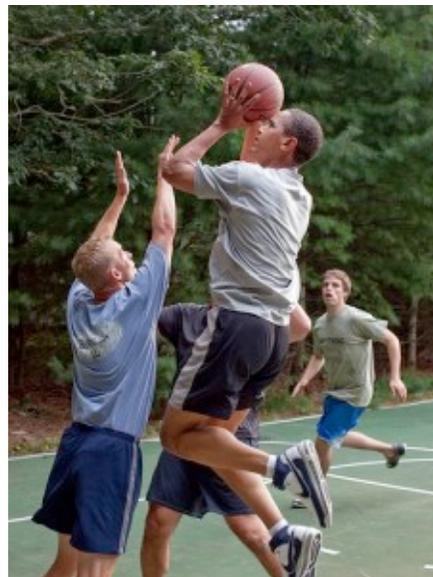
to look into his daughters, Malia, 12, and Sasha, 9, in the eye and say he did not smoke.

In fact, just recently (November 2011), President Obama encouraged smokers to quit smoking or make a plan to quit as participants in the "Great American Smokeout."

First Lady Michelle Obama said she does not ask him a lot about how he stopped smoking, but is happy for her kids that he did. Obama discussed his smoking--and his use of Nicorette--in 2008.

"I've been chewing on this Nicorette, which tastes like you're chewing on ground pepper - but it does help."

How did Obama quit smoking without getting fat? Obama's doctors say he is, "Tobacco free, physically active, eats a healthy diet, stays at a healthy weight, (and) on occasion drinks alcohol in moderation." It helps having your own private chef, nutritionist, trainer and the best medical care on the planet. Or, maybe it is the basketball workout. :)



In the president's challenge to quit in the "Great America Smokeout," he links to resources that

can help smokers quit and highlights government efforts to prevent young people from lighting up. If have tried to quit many times and will likely try again, but not on a government-mandated day, we respect anyone who is able to quit today.

You can follow the President Obama's example.

1. Set a target quit smoking date: make it a week or two in advance and think about what the challenging situations are to prepare for.
2. Get rid of all cigarettes: get them out of the house to remove the temptation.
3. Tell your friends and family: you want to be sure they know so they can support you in your effort.
4. Engage in evidence-based cessation treatments:
 - Brief clinical interventions (i.e., when a doctor takes 10 minutes or less to deliver advice and assistance about quitting)
 - Counseling (e.g., individual, group, or telephone counseling)
 - Behavioral cessation therapies (e.g., training in problem solving)
 - Treatments with more person-to-person contact and intensity (e.g., more time with counselors)

[Who has inspired you to quit smoking? Share some inspiration with others below...](#)

Weight
LOSS
Corner

**What's
Lifestyle Got To
Do With It?**

It happens to everyone. That moment when you realize that it is time to do something about your weight.

It may happen when you are looking in the mirror or standing on the scale.



Your first thought is to go on a "diet," but as quickly as that enters your mind the ghosts of a hundred diets past return... along with all the frustration. Then you wonder, why bother?

The weight will come back, as it always has. Then you will be back in front of the mirror as discouraged as ever.

- The answer is not to go on another diet.
- The answer is to change your lifestyle.

You have heard this before, and it makes sense, right? So, why haven't you done it?

Your Lifestyle Obstacles

Most people resist changing their lifestyle for two reasons.

1. Change is scary.

Whether you realize it or not, your life is in a constant state of change. Though you cling to the familiar, it is a futile struggle. Change always wins.

The most consistent thing in life is change. Since you will never escape it, you might as well channel it. It is time to make the change in your life purposeful and positive.

2. Lifestyle misconception.

How many times have you heard the term “healthy lifestyle” only to picture a health nut with celery sticks in one hand and tofu in the other? The truth is that most people think that changing their lifestyle will be an extreme and unpleasant experience – and that is not true.

Improving your lifestyle does not mean swearing off chocolate or living in the gym. You do not have to eat wheat germ for lunch and you can still enjoy a nice plate of pasta. The key is moderation.

Making the Change

It is time to lose your “all or nothing” mentality. Embrace simple, small changes that will add up to big improvements in your lifestyle. These are your main venues for change:



What You Eat

Let's face it. Most of the foods you eat are not the healthiest. Some are downright terrible (the burger and fries you had last week). While others are simply excessive (the snacks you eat while watching TV).

The solution to cleaning up your daily diet is NOT to go back on a “diet.” In fact, I never want you to go on a “diet” again. (Yes, you heard me right!) Instead, I want you to make permanent healthy changes to your eating habits.

Here are some practical examples:

- Choose salad over chips or fries
- Do not add butter to your food
- Eat fresh produce with every meal
- Purchase fat free dairy products
- Limit desserts to one or two per week
- Cut out mindless snacking
- Drink water, not soda

I do not expect you to eat a perfect diet every day of the week – that would be ludicrous. You should, however, make MORE healthy choices every day than unhealthy ones.

What You Do

Exercise is a huge component to a healthy lifestyle and quite frankly you are not getting enough of it. How often does an entire week go by without you ever lacing up your tennis shoes? Do not disregard the importance and power of a good workout.

Your new healthy lifestyle means exercising on most days of the week. This may seem tough, but I have the perfect solution – my training programs were created for busy people just like you who only have so much time to dedicate to exercise.

I understand how hard it is to find the motivation to stay consistent and to push yourself. Make exercise a no-brainer – [contact me](#) to get started on a healthy lifestyle enhancing program today.

Here are simple ways to move more:

- Watch less TV
- Stretch stiff muscles every day
- Play at the park with the kids
- Go for a jog
- Do some push-ups every morning

While none of the above are meant as substitutes for a solid exercise routine, they are great ways to become more active and to improve your lifestyle.

Your lifestyle is the balance of all the choices that you make regarding your body. Swing the balance in your favor and make a majority of your choices health conscious. So, the next time you are in front of the mirror you won't worry about your weight.

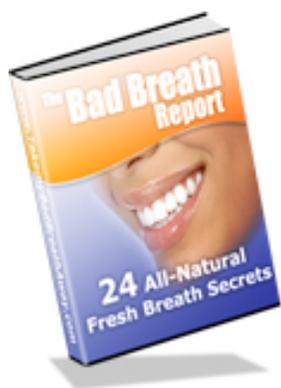
You will relish it.

[Whether you are changing your lifestyle to loose weight or quit smoking, what is your next healthy step that you are going to make?](#)



Nordine Zouareg is a former Mr. Universe, an International Fitness Coach, Speaker and Author of the book Mind Over Body: The Key to Lasting Weight Loss is All in Your Head! He offers world-class advice on health and fitness, inner balance and stress management, and achieving one's full potential the inner keys to extraordinary performance. An inspiring

message of hope and achievement, based on his own extraordinary story. For more information, visit: www.NordineZ.com



Free Remedy Report: **The Bad Breath Remedy Report**

How To Cure Bad Breath Naturally Without Drugs – For Good!

- Wipe out bad breath in just days from now
- Extra fresh breath...
- Prevent bad breath from resurfacing
- Better oral hygiene...
- Improved overall health

Garlic breath is one thing, but bad breath is a whole different playing field. If you have been embarrassed because of a bad taste in your mouth and been offered gum or mints on a regular basis, then you be experiencing chronic bad breath.

This Bad Breath Remedy Report will determine if you have medical, dental or systemic bad breath – each with natural remedies to rid your mouth of it's foul odor. From the basics of tooth brushing to the products of home remedies, you'll be equipped with a variety of designed to help you cope with bad breath.

Bad breath is common and curable. Learn what causes bad breath and how to prevent it. Banish the bacteria in your mouth with the natural fresh breath treatment in the Bad Breath Remedy Report. Take your first steps in learning to deal with bad breath by clicking below to download your complimentary copy today!

If this report is not for you, then it download it to put in someone's mailbox you think needs it!

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