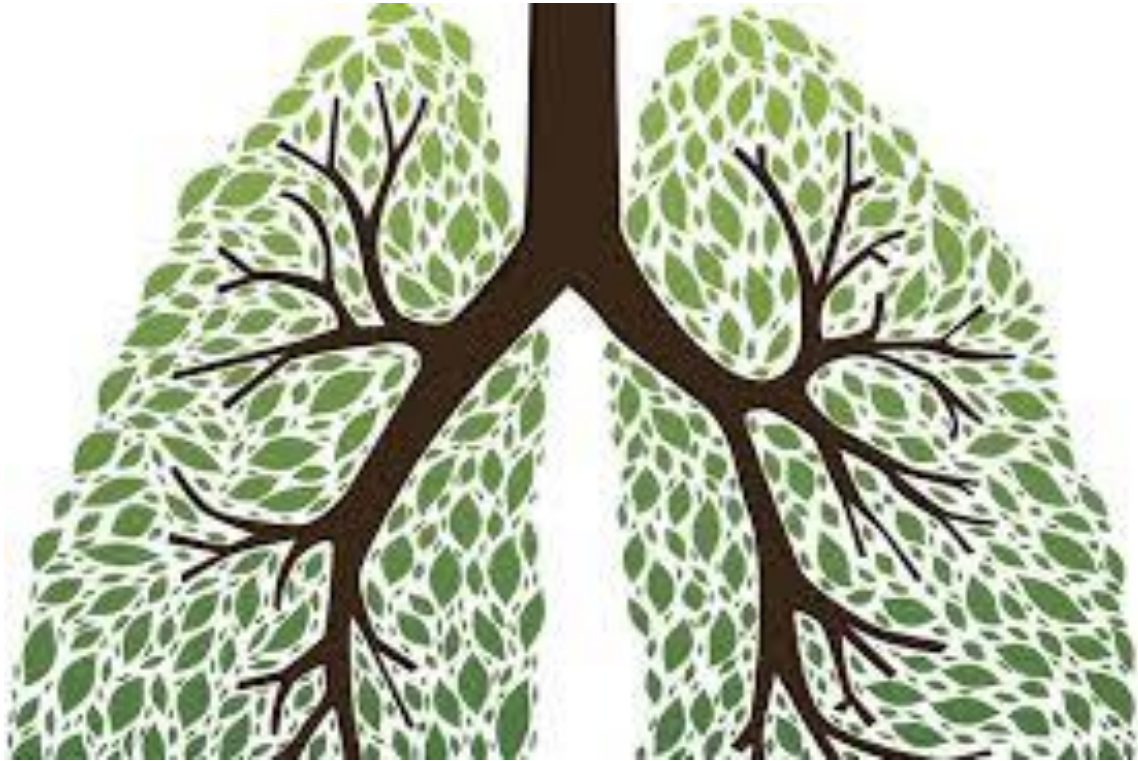


Rebrand Smoking For A Healthy Choice



Anthony Hu, MD, PhD

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Preface

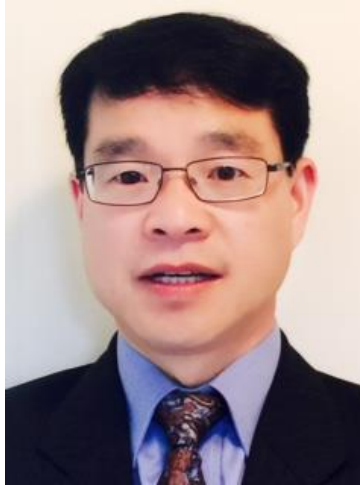
The era that smoking cigarettes make you look sexy, help you relax, and lift your spirits is definitely vanishing. But this doesn't mean it is the end of tobacco smoking. We still have long way to go. Historically, even death penalty had negligent effect on stopping smokers from smoking. In contrary, Repressive measures seem to have aroused a spirit of popular rebellion and helped to increase the use of tobacco. It is no doubt that the traditional tobacco smoking has significant negative impacts on individual smokers and society, and should be banned. However, to some smokers, life seems not worth living without smoking. It is apparent that tobacco smoking delivers special something which can't be obtained from anywhere else. That special something is nicotine, a stimulant, which causes the body to release pleasurable chemicals, such as, acetylcholine, dopamine, endorphins, enkephalins, epinephrine, norepinephrine, and serotonin etc. These chemicals generate high effects in human body, which is the true reason why people like tobacco smoking.

Smokers are now fortunately to have numerous alternatives to enjoy the healthy magic exciting nicotine, and avoid the thousands of toxins and carcinogens from combustible tobacco. It is possible to create nicotine effect or supply nicotine in a large variety of formulae:

- Natural Methods, such as [acupressure](#), [cognitive behavioral therapy](#) and [hypnosis](#)
- Semi-Natural Methods, such as [acupuncture](#) and [herb](#)
- Nicotine Supplement Products, such as [nicotine gum](#), [nicotine lozenge](#) and [nicotine patch](#)
- Alternative Smokes, such as [smokeless tobacco](#) and [electronic cigarette](#)

Therefore, smoking should be rebranded as toxic brand and non-toxic brand. It is smoker's right to use the non-toxic brand and enjoy the stimulating gift from nature.

About the Author



Dr. Anthony Hu had his medical education in China, PhD training in biomedicine in Sweden, and post doctoral training in biomedicine in US. He has been working in biotech industry for more than 20 years. He participated in research, development, and generation of quit-smoking products. As a life-time social smoker, he has been personally experiencing most of the quit-smoking products described in this book. Every smoker is unique and every quit-smoking product is special. It is smoker's right to know and understand all quit and alternative smoking options available. With power of smoking knowledge, smoker will surely make the best choice.

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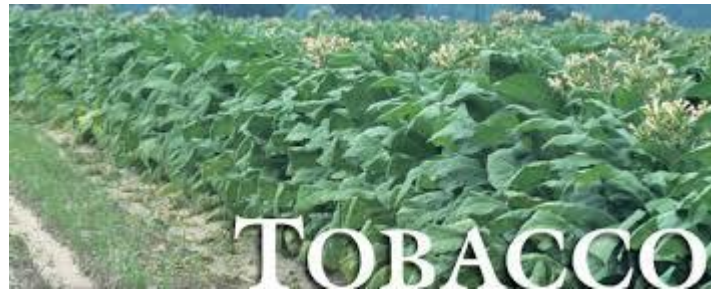
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Chapter 1 The Points of Tobacco Smoking

Tobacco is a Dirty Weed, I Like It

Here is a poem by Graham Lee Hemminger, Penn State Froth, Tobacco.



Tobacco is a dirty weed
I like it.
It satisfies no normal need.
I like it.
It makes you thin, it makes you lean,
It takes the hair right off your bean.
It's the worst darn stuff I've ever seen.
I like it.

Despite its obvious health risks and negative social stigma, still for every five people in the world, one is a smoker. Out of the 6.7 billion people living in this world, 1.2 billion people smoke tobacco. That's 18% of the world's population. Seriously, this is something many of us don't understand. Throughout history smoking bans and prohibitions introduced by authorities resulted in minimal quit-smoking outcome. In spite of some harsh punishments including death penalty, smoking and smokers had continued to thrive and spread all over the world. Repressive measures seem to have aroused a spirit of popular rebellion and helped to increase the use of tobacco. The psychological pleasures and physiological satisfaction derived from tobacco smoking proved much more

powerful than religious, moral, and legal persuasions. It seems that the senses of excitement derived from a cigarette can't be obtained from anything else. Some smokers are unhappy, unsatisfied, nervous, bored, anxious, lonely, tired or just frustrated without their cigarettes. Some smokers use cigarettes to keep them thin, make them better able to think, or that they are more sociable while smoking. Some smokers smoke to celebrate the joyful times of life. Food, drink, fun and games, and even sex all seem to lose their appeal without an accompanying cigarette. Some smokers survived so many challenges in life, whose last, largest pleasure and perhaps his most effective way of relieving stress, are the treasured freedom to smoke. Some smokers have had multiple heart attacks, circulatory conditions resulting in amputations, cancers, emphysema and a host of other disabling and deadly diseases. They are fully aware that smoking is crippling and killing them, but continue to smoke anyway. To them, life seems not worth living without smoking.

The pleasure miracle provided by the little white paper roll has so much to offer that I can safely predict the cigarette is here to stay. It should point out that this predication is not intended as a eulogy of the habit of smoking, but rather as an objective estimation on why people smoke cigarettes.

Smoking Brings Psychological Pleasure



In mythology and religion, fire and smoke are full of meaning. Its floating intangibility and unreal character have made it possible for imaginative man to visualize it as mystery and magic. For thousands of years, tobacco has had a sacred purpose for many people all over the world. It was used for praying, for showing respect, for healing, and for giving spiritual protection. Tobacco was considered the ultimate sacred plant and its smoke fog was believed to carry one's thoughts and prayers to the God or other powerful spirits.

Even for us moderns, fire and smoke have strong fascination. It is true magic that you allow to swallow fire and to exhale smoke through a lighted cigarette. Fire is the symbol of life, and the idea of fire is surrounded by much superstition and inspiration. Smoke or fog extends the fire further. When smoker light his cigarette and see the glow in the dark, he feels he is not alone any more. A cigarette seems to be something alive. When it is lighted it appears to be awakened, brought to life. It's a fascinating thing to watch the smoke take shape. The smoke, like clouds, can form different shapes. Smokers like to sit back and blow rings and then blow another rings through the first ones, which make smokers relaxed.

The mind can concentrate best when all outside stimuli have been excluded. Smoking literally provides a sort of "smoke screen" that helps to shut out distractions. Many smokers felt and they couldn't think or write without a cigarette. Moderate smoking stimulates their mental alertness, gives them a focal point and attention, provides their hands something to do; otherwise they might make them self-conscious and interfere with their mental activity.

Smoking Conveys Physiological Satisfaction

Modern life brings us a lot of worry, anxiety, stress, and depress. These affect us not only psychologically but also physiologically. Our modern culture lacks adequate



relaxation. Many of us not only do not know how to relax, but do not take time to learn. Instead, we pick up unhealthy methods to relieve pressure from daily life. Smoking helps us to relax, since it gives us a legitimate excuse to linger a little longer after meals, to stop work for a few minutes, or to sit at home without doing anything that requires effort.

When a person feels depressed, the rhythm of his breathing becomes upset. A short and shallow breath creates a heavy feeling in the chest. Smoking results in deep breath, forces a rhythmic expansion of the chest, and thus restores the normal pace of breathing. These actions remove weight on the chest and may relieve mental depression temporarily. When we are enraged, we breathe heavily. Smoking makes smokers breathing more steadily, and thus calms them down.

Smoking brings oral pleasure. Oral pleasure is just as fundamental as sexuality and hunger. It functions with full strength from earliest childhood. There is a direct connection between thumbsucking and smoking. Adult smoking may be an extension of child thumbsucking to provide comfort. The satisfied expression on a smoker's face when he executes the entire process of smoking is ample proof of his sensuous thrill.



There are scientific evidences that why so many smokers feel they smoke more under stress. Stress has a physiological effect on the body which makes the urine acidic. Whenever the urine becomes acidic, the body excretes nicotine at an accelerated rate. Thus, when a smoker encounters a stressful situation he loses nicotine and goes into drug withdrawal. Most smokers feel that when they are nervous or upset cigarettes help calm them down. The calming effect, however, is not relief from the emotional strain of the

situation, but actually the effect of replenishing the nicotine supply and ending the withdrawal. It is easy to understand why smokers without this basic knowledge of stress and its nicotine effect are afraid to give up smoking. They feel that they will be giving up a very effective stress management technique.

Smoking Reduces Incidence of Some Diseases

Tobacco smokers think that antismoking activists misrepresent research to make smoking seem more dangerous than it is. For example, smokers argue that many of the chemicals found in cigarette smoke, such as lead and arsenic, are found in much higher concentrations in so called healthy foods, such as wine and fish. Furthermore, smokers contend that cigarette opponents fail to acknowledge the role smoking has had on reducing the incidence of a number of diseases, such as, Alzheimer disease, Parkinson disease, depression, pain, and obesity etc.

The Whole Point of Smoking is Inhalation of Nicotine

The whole point of tobacco smoking is inhalation of nicotine, a stimulant, which causes the body to release pleasurable chemicals, such as, acetylcholine, dopamine, endorphins, and enkephalins, epinephrine, norepinephrine, and serotonin etc. These chemicals generate high effects in human body, which is the true reason why people like tobacco smoking.



Chapter 2 Nicotine and Nicotine Dependence

Nicotine is an organic compound and is clear to pale yellow in pure form. It is naturally found in tobacco, tomato, and other plants in the Nightshade family. Nicotine is a relatively small molecule and easily enters human body. As nicotine enters the body, it is distributed quickly through the bloodstream and cross the blood-brain barrier. In the brain, nicotine acts on nicotinic receptors and results in releasing a number of neurotransmitters, including acetylcholine, dopamine, endorphins, enkephalins, epinephrine, norepinephrine, and serotonin etc. The increased levels of the neurotransmitters are responsible for euphoria and relaxation.



Nicotine is a highly addictive substance. The addiction has to do with biochemical reactions in the human body. Its addictive nature has been found to show that nicotine activates reward pathways - the circuitry within the brain that regulates feelings of pleasure and euphoria. As mentioned, after nicotine enter human body, a number of neurotransmitters were released. Dopamine is one of the key neurotransmitters actively involved in the brain. By increasing the levels of dopamine within the reward circuits in the brain, nicotine acts as a chemical with intense addictive effects. These effects spur the continued use of tobacco and lead to dependence. Getting dopamine boost is part of the addiction process. Nicotine dependence means you can't stop using the substance, even though it's causing you harm. In some people, using any amount of tobacco can quickly lead to nicotine dependence. Nicotine dependence brings a host of health problems. At the same time, quitting tobacco use causes withdrawal symptoms, including irritability and anxiety. Withdrawal from nicotine is both physical and mental. Physically, the body

is reacting to the absence of nicotine. Mentally, the user is faced with giving up a habit, which calls for a major change in behavior. Both the physical and mental factors must be dealt with to quit and stay quit.

Many factors contribute nicotine dependence. The genes we inherit play a role in some aspects of nicotine dependence. The likelihood that we will start smoking and keep smoking may be partly inherited. Some people experiment with smoking and don't experience pleasure, so they never become smokers. Other people develop dependence very quickly. Some "social smokers" can smoke just once in a while, and yet another group of smokers can stop smoking with no withdrawal symptoms. These differences may be explained by genetic factors that influence how nicotine receptors on the surface of our brain's nerve cells respond to nicotine. People who have mental illness, such as, depression, schizophrenia, substance abuse etc, are more likely to be smokers. Smoking may be a form of self-medication for these disorders.

It is important to remember that even though you quit smoking, nicotine craving remains with you for the rest of your life. Never test this hard way and stay absence of tobacco smoking!

Chapter 3 Abstinence

Combustion is the problem of the conventional cigarette smoking. When burned, all combustible matter produces toxins, including carcinogens. Smoking cigarettes is like burning dirty. The temperature of burning cigarette is low, and oxygen supply is scarce. Few toxins are specific to the burning of tobacco leaves; and a lot are simply in the smoke because organic material is being burnt. Cigarette smoke contains over 4,800 chemical compounds including more than 60 known carcinogens. No threshold level of exposure to cigarette smoke has been defined but there is conclusive evidence to indicate that long-term smoking greatly increases the likelihood of developing numerous fatal conditions.



Cigarette smoking is responsible for more than 85% of lung cancers and is also associated with cancers of the mouth, pharynx, larynx, esophagus, stomach, pancreas, uterine cervix, kidney, ureter, bladder and colon. Cigarette smoking has also been linked to leukemia. Apart from the carcinogenic aspects of cigarette smoking, links to increased risks of cardiovascular diseases (including stroke), sudden death, cardiac arrest, peripheral vascular disease and aortic aneurysm have also been established. Many components of cigarette smoke have also been characterized as Ciliotoxic materials that irritate the lining of the respiratory system resulting in increased bronchial mucus secretion and chronic decreases in pulmonary and mucociliary function. Besides the significant negative impacts on the tobacco smokers, the second-hand smokes causes

similar detrimental effects on peoples around the smokers. There is no safe level of exposure to tobacco smoke.

100% smoke-free environments is the only way to protect everyone from the harmful effects of tobacco smoke. The best way to prevent tobacco dependence is to not smoke in the first place. It is important to remember that nicotine, the active component in tobacco, is highly addictive. Some people could not resist it after smoking cigarette only once.

Instead of thinking of smoking, there are a lot of heath ways to make you fit and happy. Some examples are listed below.

Exercise regularly

Exercise is a key to get fit. Additionally, it is a superb tension reducer and your entire body will have a fantastic possibility to recuperate from many years of cell deterioration. Make sure you go forward one step at a time; do not drive yourself too much. Consult your doctor prior to starting any type of workout program.

Have a proper diet

Cigarette smoking robs your system of vital minerals and vitamins, which will have to be recouped when you finally kick the habit. This is realized by maintaining a balanced eating routine throughout and following the quitting process. Minimize your liquor, tea and coffee consumption; take in lots of organic vegetables, fruits, brans, nuts and seeds; and look at your calorie and fat intake, as excess pounds can easily be taken on when you stop smoking, especially without resorting to nicotine replacement.

Stay hydrated

Drink enough water to keep your body hydrated and eliminate unhealthy chemical substances, including nicotine. Your tobacco urges can even be substantially reduced if you consume enough liquids.

Get rid of the smoking reminders

Dispose of any reminders of your smoking years, including lighters, cigarette receptacles and cigarettes. Do not coax yourself and steer clear of it at all costs. The tiniest reminder could make you run back to your awful addiction.

Find help

Get all the support you can obtain from buddies, family and co-workers. Try to talk these people into giving up cigarette smoking with you. A team attempt is far more powerful than attempting a really hard job all on your own.

Promote smoke-free environments



Support legislation to make all workplaces smoke-free. Encourage smoke-free public places, including restaurants or other places.

Support legislation to increase taxes on tobacco products. Higher prices discourage teens from starting to smoke. Higher prices on tobacco products, coupled with smoke-free workplace laws, are the most effective public health policies to reduce smoking in adults and prevent young people from ever starting.

Chapter 4 Quit Smoking Strategies

Different people have different reasons to quit smoking. The reason is not important. What is important is that you have taken the decision to quit smoking. This is a huge achievement. Meanwhile, don't spoil it by rushing to the end without walking all the way. You need to establish your own strategies and to prepare and educate yourself to succeed in quitting smoking.

Smoking has played a long term and significant role in your life for many years, and breaking that physical and emotional tie is not something that will happen without effort and discomfort. Nevertheless, as you become more prepared to let go of an unhealthy way of living in exchange for a healthy lifestyle you can expect the process to become easier. Quitting is the easy part - you just stop. It's the preparations you take before you quit that determines if you'll be successful or not. So make sure you have all the data you need before you try and you will be the success you want to be.

In the subsequent chapters of this book, all known quitting smoking methodologies are discussed. Please review individual programs and compare them. Judge each program on the basis of the steps you need to follow. After thorough comparison, pick your favorite program.

The last bit of advice is to determine a specific day that you'll quit smoking. It will aid you if you pick out a day of the month that may be important to you personally, something equivalent to a birthday or an anniversary. You can also choose New Year's Day, because it's significant as a fresh starting point. Whatever date you choose, stick to it and you'll be free from tobacco smoking forever.

Chapter 5 Cold Turkey

"Cold Turkey" is an expression describing the actions of a person who gives up a habit or addiction all at once. The term originates from the idea that cold turkey is a dish that requires little or no preparation in the kitchen. "To quit like cold turkey" would be to quit in the same way a cold turkey is served, just as to do quickly and without preparation.



There are two ways to quit smoking: either little by little or abruptly. It's your call whether giving up gradually or abruptly would be effective for you. If you decide to progressively decrease your intake, it is essential to specify and comply with a non-negotiable quit date. Otherwise, you set a quit date and when that day comes, you stop smoking entirely.

Cold turkey is simple, self-managed and low cost. The individual must be highly committed to the goal of quitting. Withdrawal symptoms may be severe for some people, especially if they have been smoking a brand of cigarette with a high nicotine level.

In this approach, do not rely on substitutes for your cigarette smoking addiction. Using products (including nicotine replacement), services or persons as emotive support mechanisms during this extremely tough process must be avoided. If a support mechanism is suddenly taken out of someone's existence, backslide could come next. Any kind of reliance may probably develop into a fresh addiction that can supplant the old one.

It may be useful to understand that stopping smoking has phases. Stopping smoking will make you feel a sensation of loss given that you've had the habit for years. Removing your attachment to it will be the same as a formal separation or the loss of a loved one. You have to experience the denial, rage, negotiation, depression, and acceptance phases for your recovery from addiction to be successful.

Quitting smoking is a dramatic behavior change. Psychologists James Prochaska, John Norcross, and Carlo DiClemente studied individuals who had successfully quit smoking. They discovered that people who quit smoking went through the distinct stages of change on their way to improved well-being. The stages of change are as follows:

1. Precontemplation. People at this stage see no problem with their smoking and have no intention of changing it.
2. Contemplation. In this stage, people come to understand their smoking problem and consequences, and they start to think about taking action to quit smoking.
3. Preparation. In the preparation stage, people are planning to take action within the next month and are putting together a quitting smoking plan of action.
4. Action. A person in the action stage has taken the leap and is actively quitting smoking.
5. Maintenance. After quitting smoking has been achieved successfully, measures are taken to prevent relapse.

Although everyone has different perceptions on quitting smoking, understanding stopping smoking processes may provide you with guidance in your journey of this important and difficult task.

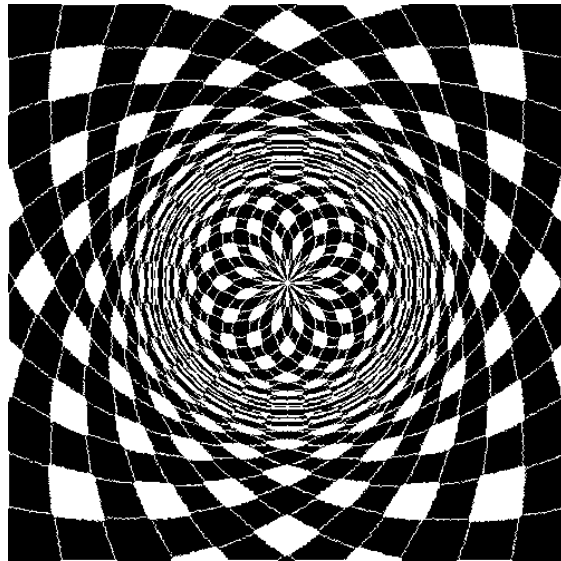
Chapter 6 Hypnotherapy

Drew Barrymore, Charlize Theron, Matt Damon, and Ellen DeGeneres all quit their smoking with hypnosis. Drew Barrymore managed to kick a two to three pack a day habit that she had had since her teens with the assistance of hypnosis. Charlize Theron beat her smoking habit through hypnosis. Matt Damon quit smoking straight after just three sessions with his hypnotherapist and felt "it is amazing I didn't even want cigarettes any more". Ellen was cured on her smoking by a guest hypnotherapist on the spur of the moment and told the hypnotist, "You've helped me tremendously and probably saved my life, definitely changed my life"



Hypnosis is concentrated relaxation and allows a person to relax, while focusing on a particular problem or desired result. It's not just relaxing or falling asleep. During hypnotherapy, you relax your mind and body, moving past the guard of your conscious mind, to the subconscious mind. Your conscious mind constantly edits and grades and judges your thoughts and inputs. Your subconscious mind is a sponge waiting to absorb whatever you give it. Your subconscious mind doesn't know the difference between reality and imagination. Therefore, if you can get past the locked gates of your conscious mind to your subconscious mind, you can feed the subconscious "imagined reality." So if you can imagine yourself as a non-smoker, your subconscious mind will accept that as reality. By reprogramming your subconscious mind you can change your actual behavior. Hypnosis is the key to removing the barrier your conscious mind places in front of you, and reaching the subconscious.

Hypnosis isn't some magical, mystical trance that someone places on you by swinging a watch back and forth. Instead, it is a natural state of your most amazing brain. When you access your subconscious, you are basically using self-hypnosis. Probably the most obvious example of this is when you are driving a car and begin to relax your mind and think about something other than the road in front of you. Five, maybe ten minutes later, you arrive at your destination and suddenly realize you are there, but you don't consciously remember driving yourself there! You entered your subconscious mind. This is very similar to self-hypnosis. Hypnosis is not mind control. It's a naturally occurring state of concentration. It's a means of enhancing your control over both your mind and your body



Hypnosis is one of the natural methods to say goodbye to cigarettes. It doesn't use willpower or other chemicals that might lead one to stop smoking. When you start smoking you tell your subconscious mind about the benefits of smoking. With time these beliefs become permanently ingrained into your mind-set. Hypnosis treatment with positive affirmations helps you to significantly change the way you perceive smoking. Hypnosis is a technique that is mainly focused on erasing your physical and emotional wants to smoke. Hypnosis process taps in your subconscious level and change the way how you view smoking. The therapies would suggest things that would make you stop smoking.

There are three major ways that you can use hypnosis to stop smoking: self-hypnosis, hypnotherapy by a certified hypnotherapist, and combination of these two methods.

Self-Hypnosis

Self-hypnosis involves using techniques to relax yourself, and guide yourself through the images that can make quitting smoking work. This technique can take practice and time to master. Self hypnosis is usually thought of as a person listening to some type of mass-produced media, intended to induce a willingness to absorb suggestions centered around quitting smoking.

An effective self hypnosis should be designed and created by the very person who will ultimately use and benefit from it. Unlike the mass-produced hypnosis, this hypnosis is made for the exact purpose that the person wishes, including the precise words and phrases that mean the most to that person.



Below is a short view of the self hypnotic process. Though lots of variations of this method have been used, these are the basic steps you have to go through in order to hypnotize yourself to accomplish self improvement.

1. Write down your goals from the most important to the least important. If all possible, your goals should be measurable.

2. For each goal, you should formulate fitting suggestions which means you have to convert your goals into specific instructions to your subconscious mind on how to achieve each goal you want to reach.
3. Use the first minutes of your self hypnosis session to get as relaxed as you possibly can. Try to forget about all your worries and problems.
4. Start your hypnotic initiation phase by saying and repeating out loud the hypnotic words you have chosen, thinking of these words or listening to a hypnotic tape or CD customized for your hypnotic needs.

Before you start up your self hypnotic exercises you should make a time schedule for it. Do your hypnotic sessions every day, five minutes a day is enough. Repeat your suggestions as often as possible during the day. Measure your progress.

Hypnotherapy

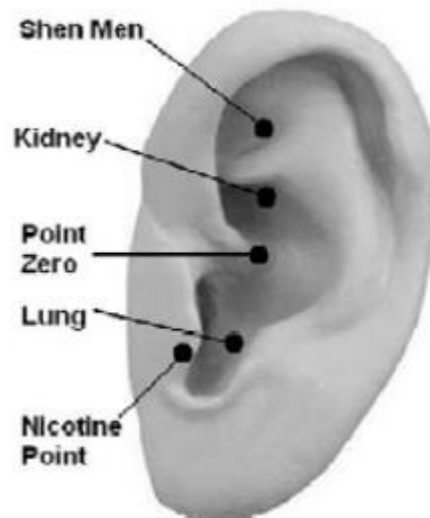
A hypnotherapist is certified and has specific training and expertise to help you relax and guide you using specific images and words that work to help you quit smoking. Some hypnotherapists will offer a one-session program, while some may suggest multiple sessions to make sure you succeed.

Combination

An alternative is a combination of the above two methods: use a recorded program produced by a professional and you listen to it in the comfort of your own home or office. This option is far less costly than visiting a hypnotist in person, and it gives you flexibility and repeatability in your program. There are audio hypnosis programs and video hypnosis program to help you quit smoking.

Chapter 7 Acupuncture

Based on the traditional Chinese medicine, invisible life energy travels around the body along special pathways. The energy flow is critical for human health. When this energy flow gets blocked, people have health problems. An acupuncturist inserts thin sterile needles into the skin at certain places where energy is thought to be blocked. The needles are then twisted (either by hand or electrically) to free the energy flow and to provide health benefits.



Acupuncture is used to help people give up smoking. It is executed to re-align the vitality in your entire body and possibly to generate neurotransmitter. There are some specific energy points in the body that are relevant to smoking. These energy points include: Shenmen, Sympathetic, Lung, Liver, Kidney, Nicotine point, and Point Zero. These energy points are generally near the front section of your ear. The nicotine points can spark specific energies. Special needles are employed to spark specific energies in these points. These energies provide benefit to quit smoking in following ways:

- Suppress appetite and reduce weight gain.
- Improve mood and reduce depression.

Options For Smoker By Anthony Hu, MD, PhD

- Relax body and divert stress.
- Balance and detoxify entire body.
- Decrease nicotine cravings.

Although acupuncture treatment has proven to be effective, there are certain drawbacks:

- Some people have in-bred fear of needles, which lead to a deterrent to this form of treatment.
- Some needles can cause pain or discomfort.
- Satisfactory results require weekly visits to the acupuncturist by the patients over periods of 2 to 3 months. This demands investment of time and money, and can lead to de-motivation on the part of the patient.
- Access to professional acupuncturists may be difficult.

To overcome the drawbacks of traditional acupuncture treatment, acupressure can be used to achieve the same purpose. Acupressure is usually performed by use of a small ball. The ball is placed on the acupoints to obtain the same effectiveness as the traditional needling techniques.

Acupuncture treatments to quit smoking are usually combination with herbal medicine to gain synergistic effects.

Chapter 8 Herbs

A number of natural herbs produce the same effect as nicotine, yet is not addictive, and helps eliminate the desire to smoke. The dried leaves and flowers derived from such plant have a rather strong smell and when chewed, they taste the same as tobacco.

**This Miracle Herb
Will Help You
Quit Smoking!**



Beware of the side effects of quitting smoking herbs, including palpitations, cough, acute heartburn, seizures, stomach cramps, excess sweat, tremors, and dizzy. If you experience any of the symptoms mentioned, stop using the herbs immediately and seek medical attention. Do not allow children or pregnant women to take the herbs. Do not mix this herb with other sedatives or alcohol.

There are a lot of alternatives that are offered to those who want to give up smoking. Among all the variants the most natural choice is quit smoking herbal. This is a very efficient method that uses natural herbs which will help you quit this vice.

Quit smoking herbal is provided under different forms: tablets, inhalers, cigarettes made of herbs that is a certain and natural remedy against nicotine withdrawal of the body. The effectiveness of this method has been confirmed and it is also preferable because it has immediate results and it does not cause addiction.

Tablets

Under various names these tablets are a combination of natural herbs, vitamins and minerals that will help you recover from the bad period after quitting smoking. These will also fool your body which is addicted to nicotine by supplying other elements necessary for your organism.

Their effect is also obvious when it comes to other unpleasant symptoms after giving up smoking, for example it is very good against depressions, insomnias, and other nervous moods.

Inhalers

Inhalers are very easy to use, and they are a great quit smoking herbal product: whenever you feel the need of lighting a cigarette you should just inhale the aroma, the smell will compensate your need to smoke a cigarette. The decision to operate upon this sense is the fact that it is the most powerful of all the other senses and it is here that smoking reacts.

Your respiratory apparatus will no longer bear the smell of the cigarette and this way you will voluntary refuse your old bad habit.

Pseudo Cigarettes



These are the cigarettes that will determine you to quit smoking while still smoking. This is a very good idea because for a smoker there isn't always the need to smoke but their need to do something with their hands. Smoking determines some automatic gestures that unconsciously govern you.

This is a very efficient way to deceive your own psyche. Apparently the smoker preserves his daily routine but he actually quits his vice little by little without even realizing it. Instead of filling up his organism with nicotine he replaces in fact toxic elements with natural ones.

Quit smoking herbal has the benefit of solving a smoker's problems by making use of natural elements In order to achieve the best results it is better if these methods are used together, or at least two of them. By combining them, smokers will easily find a way to get rid of their unhealthy habit and to recover fast from the troublesome period that follows.

Deciding to give up smoking is not so difficult but the problems appear after the last cigarette. That is why the nicotine that your body needs has to be replaced by these herbs that present the advantage of not causing addiction like other unnatural methods.

Chapter 9 Laser

Low-level laser therapy for smoking cessation operates on principles similar to the 5,000 year old ancient Asian healing art of Acupuncture. [Acupuncture](#) is known to reduce tension, increase circulation, and enable the body to relax more deeply. Soft laser is applied to energy points related to addiction on your hands, face, wrist, and ears. You feel the sensation from the low-level laser, such as warming, pulsating or tingling feeling. Low-level laser is used to promote the release of endorphins in the body. Endorphins are natural chemicals in your body that signal your system to decrease stress and increase energy. The Laser Therapy procedure is external, non-invasive, drug free, and non-thermal.



Chapter 10 Over-The-Counter Nicotine Replacement

Nicotine replacement therapy (NRT) is the use of various forms of nicotine delivery methods intended to replace nicotine obtained from tobacco smoking or other tobacco usage. These products are marketed for use in smoking cessation efforts to help deal with withdrawal symptoms and cravings caused by the loss of nicotine from cigarettes. Several forms of NRT have been marketed, including [cigarette filters](#), nicotine fading, [gum](#), [lozenge](#), [patch](#), and [pouch](#).



Cigarette Filters

The [filters](#) attach to cigarettes and gradually reduce the amount of nicotine consumed. The filters usually reduce the nicotine by 25% the first week, 50% the second week, 70% the third week, and 90% the fourth week. Please note that filtered cigarettes, those that come with the filter attached when purchased, are not the same as a cigarette filter. A cigarette filter to filter out nicotine is purchased separately from cigarettes and has to be attached to each new cigarette.

Nicotine Fading

Nicotine fading is a process of changing the type of cigarettes you smoke to gradually reduce your nicotine intake before you quit altogether.

When using this method, individuals reduce the nicotine level of cigarettes smoked by 30/60/90 percent over a three week period and stop altogether during the fourth week. This method may help reduce the effects of nicotine withdrawal symptoms. The American Lung Association can provide a list of the nicotine levels of the cigarette brands. This method is simple, self-managed and inexpensive, but requires a high level of motivation and adherence.

With the nicotine fading method you reduce your nicotine dose slowly over one or two weeks but stills smoke your regular number of cigarettes. You can do this by switching brands. As you know, different brands of cigarettes provide different amounts of nicotine. By switching to cigarettes with lower levels of nicotine, you can gradually bring down your addiction to nicotine before you quit smoking. This will help you avoid a steep drop in your nicotine level that can cause strong withdrawal symptoms. You will then be able to stop smoking more easily when your quit day arrives.

Nicotine Gel

Nicotine Gel, also know as nicotine cream, is simple NRT. In the gel, there is nicotine. All you need to do is dispense gel and rub into your skin. You get your nicotine fix fast.

Nicotine Gum



This is a drug in gum form, with enough nicotine to reduce your urge to smoke. The gum releases small amounts of nicotine, which is absorbed into the body through the mucous

membranes of the mouth. This cuts down on withdrawal symptoms and makes it easier to break the smoking addiction. It tastes very different from regular gum, because it contains nicotine.

Nicotine Gum likes ordinary chewing gum and is available in 2- and 4-mg nicotine strengths. When a person chews nicotine gum and then places the chewed product between the cheek and gum tissue, nicotine is released into the bloodstream through the lining of the mouth. To keep a steady amount of nicotine in the body, a new piece of gum can be chewed every 1 or 2 hours. The 4-mg dose appears to be more effective among highly dependent smokers (those who smoke 20 or more cigarettes per day). Nicotine gum might not be appropriate for people with temporomandibular joint (TMJ) disease or for those with dentures or other dental work such as bridges. The gum releases nicotine more effectively when coffee, juice, and other acidic beverages are not consumed at the same time.

It requires smokers to discontinue the use of cigarettes when using the gum. Individuals who are highly addicted to cigarettes have a greater chance of becoming dependent on the gum. This method is self-managed but requires a high level of motivation and adherence. Smokers often need to chew 10 to 12 pieces of gum daily over a 3 to 6 month period. This can cost up to several hundred dollars, but is less expensive than smoking. Few insurance policies cover this expense. Nicotine gum is not recommended for use in pregnancy, for a person who has recently suffered a heart attack, persons with life-threatening heart rhythms, severe or worsening chest pain, or with active TMJ or joint disease of the jaw.

Side effects of nicotine gum may include:

- Lightheadedness, nausea, mouth and throat irritation, and an excess amount of saliva.
- A bad taste from the gum. A mint and a citrus flavor are available. And most people find they taste much better.

- A tingling feeling on the tongue while chewing the gum.
- Hiccups.
- Upset stomach (nausea) or heartburn. This is sometimes caused by improper use, such as chewing the gum without "parking" it between your cheek and gum.
- Jaw pain caused by chewing. Nicotine gum is not recommended for people who have problems with the jaw joint (temporomandibular, or TM, disorders).

Nicotine Lozenge

The nicotine lozenge is also available over the counter in 2- and 4-mg strengths. The use of the lozenge is similar to that of nicotine gum; it is placed between the cheek and gum tissue and allowed to dissolve. Nicotine is released into the bloodstream through the lining of the mouth. The lozenge works best when used every 1 or 2 hours and when coffee, juice, and other acidic beverages are not consumed at the same time.



Side effects of nicotine lozenges may include:

- Upset stomach, especially if you swallow the lozenge.
- Hiccups.
- Heartburn.
- Headache.

- Excessive gas (flatulence).

Nicotine Lip Balms and Nicotine Lollipops

Nicotine Lip Balms and Nicotine Lollipops are just like lollipop and contain nicotine salicylate, natural sweeteners, and flavorings in a sugar-free base. These products are not in market, since nicotine salicylate is not approved for drug use by FDA. Please note FDA-approved smoking cessation products are made from different forms of nicotine.

Nicotine Patch

Nicotine Patch, or Transdermal Patch is a small patch containing nicotine, which are attached to the skin with adhesive. A new patch is worn on the skin each day, supplying a



small but steady amount of nicotine to the body. They provide an alternate source of nicotine, and so help reduce withdrawal symptoms. It requires smokers to discontinue the use of cigarettes when using the patch. This method is a good choice for a highly addictive smoker, particularly if they have been smoking a cigarette with a high level of nicotine. Each patch lasts 24 hours. In order to be successful, individuals must have a high level of motivation and adherence. Therapy with this method is usually recommended for 10 to 12 weeks. Nicotine doses are gradually lowered as the treatment progresses. Transdermal patches are not recommended for use during pregnancy, for

persons with a history of high blood pressure or other heart diseases, skin problems or allergies to adhesive tape.

Side effects include:

- A skin rash at the location of the patch. This may be a reaction either to the sticky backing on the patch or to the nicotine. People with sensitive skin or allergies to adhesive should not use the patch. Moving the patch to a different part of your body or using a nonprescription antihistamine cream, ointment, or gel (such as Benadryl) may relieve some of the discomfort.
- Sleep problems when using a 24-hour patch, such as having trouble sleeping or having especially vivid dreams. This is because your brain isn't used to getting nicotine when you are sleeping. Removing the patch after 8 p.m. may help decrease this side effect. If the sleep problem is a nicotine withdrawal symptom, not a side effect, removing the patch may not help. Talk with your doctor if you have sleep problems.

Nicotine Pouch

[Nicotine Pouch](#) is the new alternative for you who prefer to put something under your lip. Small and discrete pouches without tobacco, but with nicotine that quickly reduces cigarette craving.

Nicotine Wafer

The nicotine wafer is thin, light, pleasant-tasting disc of edible paper that contains the same amount of nicotine as a cigarette. Placed under the tongue, it dissolves and releases its nicotine content in less than a minute. The wafer delivers nicotine nearly as quickly as a cigarette does and satisfies the smoker right away.

Nicotine Water

Nicotine Water is bottled water with nicotine.

Chapter 11 Prescription Medications

Prescription medicines have also been used to help people quit smoking. There are two classes of prescription medicine for quit smoking, one is nicotine medicine and the other is non-nicotine medicine. The nicotine replacement medicine use nicotine as the major component. Non-nicotine medicine does not contain nicotine, but affect the nicotine receptors in people's brain and prevent nicotine binding to the receptor.

Nicotine Medicine

Nicotrol Inhaler

The Nicotrol Inhaler delivers a vaporized form of nicotine to the mouth through a mouthpiece attached to a plastic cartridge. The measured doses of nicotine can be delivered. Even though it is called an inhaler, the device does not deliver nicotine to the lungs the way a cigarette does. Most of the nicotine only travels to the mouth and throat, where it is absorbed through the mucous membranes. It is intended for use at maximum dosages for up to three months, with another three months spent gradually weaning off the medication. The nicotine inhaler provides about one-third the amount of nicotine in a cigarette. The inhaler should not be used any longer than six months because of the risk of addiction.

The advantages: The medication is easy to use, as patients inhale measured doses of nicotine and it reduces the urge to smoke along with other withdrawal symptoms.

The disadvantages: The Nicotrol Inhaler should be used as part of a total behavioral therapy program, contains nicotine and could be addictive, could irritate the mouth or throat, can exacerbate existing health conditions including cardiovascular disease, renal or liver disease, ulcers and endocrine disorders and could interact negatively with other medications. The nicotine inhaler may not be a good choice if you have a breathing problem, such as asthma, allergies, or a sinus condition.

Side effects of nicotine inhalers may include:

- A cough.
- A scratchy throat.
- An upset stomach.

Nicotrol Nasal Spray

Nicotrol Nasal Spray is a nicotine solution administered as a nasal spray. The spray comes in a pump bottle containing nicotine that tobacco users can inhale when they have an urge to smoke. Absorption of nicotine via the spray is faster than that achieved with any of the other types of nicotine replacement. Used in conjunction with behavioral therapy, Nicotrol Nasal Spray has been proven to help ease withdrawal symptoms and enhance your chances for long-term success in quitting smoking. There is a risk individuals will become addicted to the nasal spray, so it should not be used longer than three months.

Like most medications, Nicotrol Nasal Spray has both pros and cons. On the positive side, it provides measured doses of nicotine to your body in order to decrease withdrawal symptoms, reduces the urge to smoke and offers a simple-to-use nasal spray. On the down side, it may be habit-forming, contains nicotine (which is addictive), should be used only when you have discontinued smoking completely, irritates the nasal passages, can exacerbate existing health conditions (including cardiovascular disease, renal or liver disease, ulcers and endocrine disorders) and could interact with other medications.

This product is not recommended for people with nasal or sinus conditions, allergies, or asthma, nor is it recommended for young tobacco users. Side effects from the spray include sneezing, coughing, and watering eyes, but these problems usually go away with continued use of the spray.

Non-Nicotine Medicine

Chantix

Chantix, also referred to as Varenicline, is a non-nicotine medication designed to target the nicotine receptors in your brain to block nicotine from reaching them. Chantix latches on to the same receptors in the brain that nicotine binds to when inhaled in cigarette smoke, an action that leads to the release of dopamine in the pleasure centers of the brain. The drug blocks any inhaled nicotine from reinforcing that effect. The drug also slows the release of dopamine, which cuts the craving to smoke that occurs when nicotine's effect wears off.

There are receptors for nicotine in your brain. When you smoke, the nicotine you inhale attaches to these receptors. This sends a message to a different part of your brain to release a chemical called dopamine. Dopamine gives you a feeling of pleasure. But it does not last long. That's why your body craves more nicotine. This can become a vicious cycle.

While also decreasing the amounts of dopamine released from your brain, this medication must be taken several days in advance of your last cigarette-smoking day and up to 12 weeks after you have had your last smoke. Patients start taking Chantix 7 days before their quit date. This lets Chantix build up in the body. Patients can keep smoking during this time. Make sure that you try and stop smoking on your quit date. Most people will keep taking Chantix for up to 12 weeks. If you have completely quit smoking by 12 weeks, ask your doctor if another 12 weeks of Chantix can help you stay cigarette-free.

Chantix may help those who wish to stop smoking in two ways:

- Provide some nicotine effects to ease withdrawal symptoms.
- Blocking the effects of nicotine from cigarettes if the patient resumes smoking.

Advantages: Chantix is an easy-to-use oral medication, contains no nicotine and has been shown to reduce cravings and withdrawal symptoms.

Disadvantages: Chantix takes approximately one week to reach therapeutic levels, poses some risk of allergic reaction, could interact with alcohol and other substances. Side effects include nausea, insomnia, vomiting, gas, and changes in dream. It has been linked to increased thoughts of suicide, behavioral changes, aggression and depression in some patients. Chantix should not be taken by patients who have had an eating disorder, seizures, epilepsy or other serious medical condition. Warning label is placed on Chantix to alert patients the possible mental-health side effects.

The U.S. Food and Drug Administration approved Chantix as an aid to quit smoking in 2006.

Zyban

Zyban's history is interesting. Smokers who happened to be users of the anti-depression medication Wellbutrin (bupropion hydrochloride) often reported a lessening in the desire for cigarettes. Through further testing, the drug was found to be effective in treating the smoking addiction, and helping smokers quit. Wellbutrin was rebranded as Zyban and marketed as the smoking-cessation drug.

While it is not clear how Zyban works, it does effect noradrenergic and/or dopaminergic mechanisms in the brain which have been implicated as pathways of nicotine addiction. It does not contain any nicotine so it is very different from the nicotine replacement therapies such as the patches or gum. It has been shown to help individuals stop smoking, as well as reduce nicotine withdrawal symptoms and cravings.

The most common side effects from Zyban include dry mouth, insomnia, agitation and difficulty sleeping. Individuals should not increase the dosage of Zyban without their doctor's knowledge because it can cause seizures at higher than recommended dosages.

Options For Smoker By Anthony Hu, MD, PhD

Advantages: Zyban is an easy-to-take oral medication that does not contain nicotine.

Disadvantages: Zyban takes approximately one week for the medication to reach therapeutic levels; could interact with other alcohol and other substances; and should not be used by patients who have had or currently have an eating disorder, seizures, epilepsy or other serious medical condition.

Zyban was approved by the U.S. Food and Drug Administration (FDA) in 1997 as an aid to smoking cessation treatment.

Chapter 12 Combined Approaches

From being a cold turkey, to [acupressure](#), [cognitive behavioral therapy](#), [hypnosis](#), [nicotine gum](#), [patch](#), [lozenge](#), [pouch](#) and Zyban, you attempted it all but nothing seems to work for you to stop smoking. It is so annoying that you would always return to square one. Don't be disturbed because you are not alone. There are lots of folks who have enough self-determination to give up smoking, but find it is difficult to realize their quitting smoking goal. Single quitting smoking method may not be effective. Combined approaches could be the way to go.



Studies show that smokers who use a combination of cessation aids greatly increase their chances of remaining smoke-free. Smokers who used a combination of a nicotine patch and nasal spray doubled their chances of remaining smoke free for six years. In another study, researchers compared the effects of treating smokers with Zyban alone, the patch alone, both Zyban and the patch, or a placebo (sugar pill). The group with the highest rate of success was those who used Zyban and the patch. Other studies have shown evidence that nicotine replacement therapy, in combination with behavioral or psychological support is more successful than drug therapy alone. There are so many alternatives for quitting smoking. It is definitely possible to uncover the best combination for you to quit smoking.

Chapter 13 Alternative Smoking

Some years ago, while I was smoking cigarettes in the car, my 5 yr old son went to back of the car and inhaled tailpipe smoke. I was so angry and asked why he inhaled tailpipe smoke. He said I just want to taste smoke like you. It is true that burning tobacco is similar to burning gasoline and smoking tobacco is similar to smoking waste pipe. Tobacco smoke contains more than 60 known cancer-causing chemicals and more than 4,800 other harmful substances. If we could prevent burning tobacco, poisonous chemicals can be reduced significantly and smoking safety can be improved drastically. Right now, there are two classes of such smoking, smokeless tobacco and electronic cigarette.

Smokeless Tobacco



Many terms are used to describe smokeless tobacco products, such as oral, chewing, Chaw, dip, plug, snuff, spit, and spitless tobacco. They come in two forms: snuff and chewing tobacco.

Snuff is a fine-grain tobacco that often comes in teabag-like pouches that users "pinch" or "dip" between their lower lip and gum. Chewing tobacco comes in shredded, twisted, or "bricked" tobacco leaves that users put between their cheek and gum. Whether it's snuff or chewing tobacco, you're supposed to let it sit in your mouth and suck on the tobacco juices, spitting often to get rid of the saliva that builds up. This sucking and chewing allows nicotine, which is a drug you can become addicted to, to be absorbed into the bloodstream through the tissues in your mouth. You don't even need to swallow.

Smokeless tobacco delivers a high dose of nicotine. An average dose from snuff is 3.6 milligrams (mg) and from chewing tobacco is 4.5 mg – compared with 1 to 2 mg from one cigarette. Despite this difference, blood levels of nicotine throughout the day are much the same among smokers and those who use smokeless tobacco.

Smokeless tobacco products can be just as addictive as conventional tobacco and are similarly associated with many dangerous health effects. Although smokeless tobacco is safer than tobacco smoking, all forms of oral tobacco have chemicals known to cause cancer (carcinogens). They are not safe substitutes for conventional tobacco. These products can cause cancer of the mouth, pancreas, and esophagus (the tube that carries food from the mouth to the stomach). Smokeless tobacco also cause many other health problems, such as gum disease, destruction of the bone sockets around the teeth, stained teeth, tooth loss, and bad breath etc.

Electronic Cigarette



Electronic Cigarette is a small battery powered device that delivers nicotine liquid solution in a vaporized form, fog, when inhaled air activates an atomizer. It has a red light at the tip that lightes up with each drag. Electronic Cigarette performs similarly to traditional smoking. It looks, feels and tastes like a cigarette, and delivers all the pleasures of smoking, but it does not contain tobacco, tar or known carcinogens. Thus, electronic cigarette users enjoy nicotine, but don't suffer from harmful chemicals like hydrogen cyanide, ammonia, and acetones. Electronic cigarette is a cleaner and healthier smoking option.

Chapter 14 Medicines in Development

Several nicotine vaccines are under investigation in clinical trials. The vaccines cause the immune system to develop antibodies to nicotine. These antibodies then bind to nicotine as it enters the bloodstream and prevent the nicotine from reaching the brain, effectively blocking the effects of nicotine. Without the 'high' from nicotine the incentive to smoke diminishes.

One antismoking vaccine is called NicVax which is being developed by GlaxoSmithKline and Nabi Pharmaceuticals.

Another antismoking vaccine is called CYT002-NicQb which is being developed by Swiss biotechnology company Cytos AG.

Concluding Remark

Smokers are fortunately to have numerous alternatives to quit smoking. Natural or semi-natural methods, such as cold turkey, [hypnotherapy](#), [acupuncture](#), [herbs](#), and [laser](#) etc, should be primary choices. Nicotine replacement therapies (NRT), such as [nicotine gum](#), [lozenge](#), [patch](#), [pouch](#), are secondary choices. Another option is prescription medicines. To gain synergistic quit-smoking outcome, combing applications of different quit methods can be employed. In case you think that smoking is part of your life and there is no way for you to quit tobacco smoking, alternative smokes, such as [smokeless tobacco](#) and [electronic cigarettes](#), may be the choices.



Resources

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