

*how to quit*  
*smoking*  
*naturally*

revised edition 2

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### **Important notes**

- This guide is not intended as a substitute for the medical advice, recommendation or treatment of a qualified medical practitioner.
- The content of this guide is intended as general information and for educational purposes only.
- Any person suffering from a condition which needs medical attention should consult a qualified medical practitioner.
- Any person who has symptoms that are causing concern should consult a qualified medical practitioner.
- Always consult with a qualified medical practitioner before changing your diet.

### **[Smoking: Quit Of It Naturally With Crave-RX](#)**

# Quitting Smoking

Smokers are five times more likely to suffer from a heart attack in their 30's and 40's than non-smokers. Smoking related illness kill 40% of smokers before they reach retirement. Quitting smoking is the most powerful health measure a smoker can take. Risk is directly associated with the number of cigarettes smoked per day.

The toxins in tobacco find their way into the bloodstream, which in turn affect every organ and tissue in the body. It damages the blood corpuscles, the nervous system and causes poor circulation.

Smoking puts extra strain on the body and puts it in a weakened state, which can lead to serious illnesses such as:

- Lung cancer
- Emphysema
- Bronchitis
- Oesophagus cancer
- Bladder cancer
- Heart disease
- Ulcers

Smoking can make symptoms of other conditions such as arthritis, the menopause, osteoporosis and male impotence worse.

By quitting smoking, within weeks you will regain your sense of smell and taste, the lungs will improve, causing less shortness of breath and wheezing, within two years the risk of a heart attack has halved, within three years the risk of a heart attack has regained to that of a non-smoker and within ten years the risk of lung cancer has halved.

Try quitting smoking by using methods such as:

- Nicotine replacement therapy
- Hypnosis
- Exercising
- Using artificial cigarettes
- Eating wild oats (*which will help to reduce cravings*)

**The following supplements may help if you are quitting smoking**

- Antioxidants
- Copper
- Kava kava
- Magnesium
- Multivitamin and multi-minerals

- Selenium
- St John's wort
- Vitamin C
- Vitamin E
- Zinc

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All the best

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