

# Natural Help 4...

# Nicotine Addiction



## What is Nicotine Addiction?

Nicotine is an addictive drug and a natural ingredient found in the tobacco plant. It is a colorless, toxic alkaloid containing powerful chemicals such as carbon, hydrogen and nitrogen. Many products including cigarettes, cigars, chewing tobacco, pipe tobacco as well as nicotine replacement products use nicotine. This substance causes **changes in the brain which induce a euphoric state of mind** for the smoker.

When a person smokes and inhales the nicotine, a chemical called dopamine in the brain is released, producing feelings of pleasure and satisfaction. These **good feelings cause the smoker to want to use it more and more**. However, when nicotine is absent and the smoker has not had a regular nicotine fix, unpleasant withdrawal symptoms are experienced.

The dependence on nicotine is based on psychological and physical factors. For instance, the smoker develops certain typical behaviors associated with smoking. Usually, a cigarette is smoked after eating, while drinking a cup of coffee or alcohol, in stressful situations or when another smoker is smoking. Acting as a stimulant, nicotine's addictive properties definitely affect mood and performance. Nicotine has been said to be **even more addictive than alcohol, heroin and cocaine**, and it can take as few as four cigarettes to develop a lifelong [addiction](#).

## Symptoms of Nicotine Addiction

Symptoms of nicotine [addiction](#) include:

- Smoking increasingly more than usual
- Urgent need to smoke despite efforts to decrease intake
- Tolerance to nicotine decreases, thus causing the smoker to increase nicotine intake to derive the same effect
- Withdrawal symptoms when trying to quit
- Personal and professional life is affected due to extensive time spent smoking, e.g. your partner may be tired of you always going outside for a cigarette or you get into trouble at work because you always out of the office on a 'smoke break'
- Excessive amount of time spent on the obsession with the acquisition, purchase and use of cigarettes and tobacco
- Continuing to smoke even when you have been diagnosed with a medical condition that makes smoking even more dangerous, such as a heart attack or a stroke

## Symptoms of Nicotine Withdrawal

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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

Symptoms of nicotine withdrawal include:

- Nervousness and anxiety
- Difficulty concentrating
- Headaches
- Weight gain
- Insomnia
- Decreased heart rate
- Irritability and depression
- Mood swings
- Improvement in taste and smell

## Diagnosing Nicotine Addiction

Nicotine addiction is diagnosed based on the observance of certain set behavior patterns displayed by the smoker. An individual is **addicted to nicotine** if he or she:

- Regularly smokes more than five cigarettes per day
- Smokes immediately after first waking up in the morning
- Resists any form of smoking cessation

## Effects of Nicotine on the Body

There are **harmful and negative effects** of nicotine on the body which result in serious health problems and medical conditions such as:

- Lung cancer
- Other cancers, including cancer of the mouth, larynx, oesophagus, lung, kidney, bladder, pancreas and uterine cervix
- Cardiovascular disease including an increased risk of strokes
- Organ damage for example to the bladder and kidneys
- High blood pressure
- Asthma
- Acute respiratory illnesses
- Chronic bronchitis
- Pneumonia
- Emphysema
- Chronic obstructive pulmonary disease
- Osteoporosis

## Immediate effects on the body that are also dangerous include:

- Increased heart rate
- Reduction in appetite
- Nausea and occasional vomiting
- High blood pressure
- High glucose blood levels
- Increased respiration
- Insomnia or trouble sleeping
- Increased risk of illnesses such as colds, flu and bronchitis
- Injuries and wounds take longer to heal and tend to heal less well



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### Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

- Bad breath and halitosis
- Stained teeth, increased cavities and gum disease
- Smelly hair and clothing
- Low hormone levels and fertility problems
- Low energy levels

## What Causes Nicotine Addiction?

Nicotine is the substance in tobacco that keeps the smoker addicted. When the smoker inhales the nicotine, it causes the smoker “to feel good” by increasing the release of the brain chemical called dopamine. When the **nicotine releases dopamine into your brain**, you become calm and relaxed and so you continue to remain dependent.

## Help for Nicotine Addiction

There are numerous methods and treatments that you can use if you want to [quit smoking](#). Because **nicotine addiction is very difficult to beat**, most people need some sort of assistance in quitting. If you feel that you do not have enough willpower and determination to quit cold turkey, conventional or alternative treatment approaches may be able to help you become smoke-free.

### These treatment approaches include:

- Over-the-counter medication such as nicotine replacement therapy or NRT (patches, gum or inhalers that have nicotine in them) helps you to deal with withdrawal cravings
- Prescription medications such as antidepressants
- Counseling, support groups and smoking cessation programs
- Acupuncture
- Hypnosis

It is important to remember that for any of these treatments to be successful, they have to be part of a broader ‘stop smoking treatment plan’. Research the various treatment options thoroughly so that you can **make an informed choice and be aware of the risks involved**. Determination and inner strength as well as support and encouragement from loved ones will also help you on your way to giving up nicotine for good.

## Natural Remedies

Due to the unpleasantness of the withdrawal symptoms, many people who try to [quit smoking](#) end up replacing the cigarettes with some other type of [addiction](#). This may be an [addiction](#) to prescription medication, such as sleeping tablets or tranquilizers, or an [addiction](#) to food. While you will **definitely experience the health benefits** of giving up nicotine, no one wants to replace one [addiction](#) with another!

A healthy diet, adequate exercise as well as natural and holistic treatments such as acupuncture, massage and herbal and homeopathic remedies can also **help the smoker overcome nicotine addiction**. Herbal and homeopathic treatments are a safe and effective means to reduce nicotine cravings (without giving you more

## Ask Our Experts a Product Question

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to get you an answer within 24 hours.

## Great Health Sites

[Naturally Beautiful Me](#)

[Natural Pet Health Blog](#)

[Natural Holistic Health](#)

[Mom's Blog](#)

[Health or High Water](#)

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nicotine) and will also help to prevent weight gain and alleviate anxiety and irritability.

There are a number of ingredients such as *Avena sativa*, *Garcinia cambogia* and *Gotu Cola* (*Centella asiatica*) which will help to **address the symptoms of nicotine withdrawal**. Remember to consult a homeopath, herbalist or naturopath about a treatment program that best suits your needs.

## More Information on Nicotine Addiction

Once you have decided to quit and smoked your last cigarette, you will begin to experience physical withdrawal symptoms. Although the intensity may differ from person to person, the\*physical withdrawal symptoms are usually the hardest\* and most difficult part of quitting for the smoker.

It may help to know that physical withdrawal symptoms and effects will last anywhere from about 72 hours to several weeks. Knowing that the **first few days are the worst** and that there IS an end to the unpleasant withdrawal symptoms can help you to tolerate them better.

## Nicotine Withdrawal Symptoms and How to Manage Them

- **Anxiety** – exercise regularly and practice relaxation techniques such as deep breathing or meditation. Natural remedies can be very helpful with anxiety and restlessness.
- **Coughing** – drink water or relieve the irritation and dryness with cough drops. Chewing gum will also help to keep your mouth moist.
- **Craving for a cigarette** – find a distraction or wait out the craving (usually lasts five minutes). A change of activity is one of the best things you can do. Go for a short walk, jump on your exercise bicycle, phone a friend, turn on the TV or put on some music to sing to.
- **Sleepiness and lethargy** – limit caffeine intake and other stimulants and practice relaxation techniques. Use natural remedies to help with insomnia.
- **Feeling agitated and irritable** – take a walk, try a massage or listen to relaxing music.

## Coping with Nicotine Addiction

Quitting smoking is one of the most difficult things to do, and often your attempts may fall by the wayside. The fact that you are eager to stop even though you may falter means that you are half way there. Here are some useful tips to make your quest more successful:

- Join a gym and start exercising at least three times a week
- Eat small, healthy meals throughout the day and avoid sugary foods
- Drink lots of water to flush out toxins and help with the nicotine cravings
- Spend more time with non-smokers and you will find yourself not wanting to smoke quite as much
- Involve yourself in other activities such as painting, scrap booking, playing golf, building puzzles, swimming, or writing poetry
- If you're feeling hungry, have a healthy snack (carrot sticks or rice cakes) instead of reaching for a cigarette
- During stressful situations when you really need to blow off steam, squeeze a stress ball, have a work-out at the gym, go running, listen to loud music or



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- phone a friend who can offer support
- Try positive self-talk and affirmations such “I can do this” or “I want to be”
- Say no when offered a cigarette, and the more often that you refuse, the more you will be testing your willpower and the easier it will become
- Practice deep breathing and visualization techniques for inner strength and to keep you calm

## The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic

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- 1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.
- 2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.
- 3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

- 4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.
- 5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.
- 6) We offer an unconditional [One Year Money Back Guarantee](#).

medicine can accomplish just as much, if not more – without the risk of side effects, [addiction](#) and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don’t make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

## **Related Natural Remedies:**

**[Crave-Rx Drops:](#)** Helps maintain systemic and mood balance during and after nicotine withdrawal.

A former smoker herself, our Clinical Psychologist Michele Carelse tried many times to stop smoking, and understands how difficult this can be. As a result, she **developed natural products to support the body** and maintain a sound balance of emotional, psychological and nervous system health.



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Crave-Rx is one of three natural remedies formulated by Michele as part of the [Stop Smoking UltraPack](#). It may be used on its own or as part of the complete program, depending on individual need. However, **generally it is recommended for use along with the complete program** for best results and maximum support.

[Learn more about Crave-Rx Drops](#)

**NicoTonic:** Promotes nervous system functioning for people undergoing nicotine withdrawal

**Triple Complex NicoTonic** is a safe, non-addictive, natural remedy containing *100% homeopathic ingredients* especially selected to temporarily **relieve irritability, restlessness and tension while quitting smoking**.

Triple Complex NicoTonic is a *combination of three biochemic cellular-supporting tissue salts* especially selected for their benefits on the nervous system. NicoTonic helps to **prevent this ‘short fuse syndrome’**.

Triple Complex NicoTonic is taken internally to **soothe the nerves and reduce the nervous tension and agitation** we often associated with quitting smoking. Presented in small tablet form, Triple Complex NicoTonic is easy to ingest and hassle-free with **no artificial colors or preservatives**.

Due to its unique homeopathic formula, Triple Complex NicoTonic is *safe for all ages, as well as during pregnancy and nursing*.

[Learn more about NicoTonic](#)

**Calm Within CD:** Improve relaxation, support balanced emotions and stress levels.

The Calm Within CD is composed by our Clinical Psychologist to promote good physical and emotional health using a specially developed therapeutic sound techniques and [soothing music](#).

A combination of therapeutic script and nature's [soothing sounds](#) induce a state of [deep relaxation](#), effectively relieving tension and supporting the body's natural ability to heal. In therapy with music that heals anxiety and depression such as nature's soothing sounds the listener is taken through a series of progressive relaxation steps, leading to a state of deep relaxation. Thereafter guided imagery is used to further enhance and expand therapeutic benefits.

[Learn more about the Calm Within CD](#)

**Rx-Hale:** Helps maintain balanced mood during the nicotine withdrawal program

Rx-Hale tablets are the **first step in preparing yourself physically and mentally to stop smoking**. Used for four weeks before you stop smoking and then throughout the process, Rx-Hale tablets will ensure that when the “Big Day” arrives - your first day without cigarettes - **you will feel confident and prepared!**

Especially formulated by our Clinical Psychologist Michele Carelse, Rx-Hale tablets contain selected natural ingredients to **promote health in the brain and nervous system**, helping to support well-being and emotional balance.

Rx-Hale tablets contain a unique combination of herbal and mineral ingredients to **support the health of the brain and nervous system**, maintaining serotonin levels within healthy limits. This means that you will feel a sense of well-being and confidence before you even start!

Taken during the month before you stop smoking and continued for a few months until the worst is over, Rx-Hale Tablets **ensure that your efforts to stop smoking are fully supported** by a healthy brain, feelings of well-being and the maintenance of stable sugar levels within the normal range - making sure that you begin – and successfully end - feeling strong and ready to face the challenges ahead of you!

[Learn more about Rx-Hale](#)

Read the testimonials for these quality products [here!](#)

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