

# Natural Help 4...

## Smoking



### Why is Smoking Addictive?

There is no doubt about it: [Smoking](#) kills. One of the best ways to live a longer, healthier life is to stop smoking. This however, has proven to be one of the hardest things for smokers to do. It is hard for smokers to quit because they are addicted to nicotine. Nicotine is a **powerful, highly addictive drug found in tobacco** that is considered to be as addictive as heroine and cocaine.

But, nicotine is not the only harmful drug found in tobacco. There are over 4000 toxic chemicals and gases that are toxic and addictive, including arsenic, methane, ammonia, carbon monoxide and formaldehyde. The smoker **becomes physically and psychologically dependent** on the nicotine and other chemicals and this is what sets up the ever increasing addiction. When smoke is inhaled, these chemicals enter the bloodstream via your lungs and move throughout the body.

Nicotine also acts as a stimulant, increasing your heart rate and producing pleasant, satisfying feelings making you want to smoke more. The **health and wellbeing of others are also affected** when you smoke around them. Second-hand smoke is just as dangerous as active [smoking](#), and that is why [smoking](#) in public has been prohibited.

### Dangers of Smoking

[Smoking](#) is responsible for serious medical conditions such as lung cancer, bladder cancer, heart disease, **systemic organ damage**, emphysema, and chronic bronchitis to mention just a few. It also causes premature wrinkles, bad breath stained teeth, fertility problems, low energy levels, and places you at a greater risk of illnesses like colds and flu.

Women who smoke during pregnancy stand a greater chance of having a miscarriage or a low birth-weight baby. There are also implications if you **smoke while breastfeeding, as nicotine is passed through the breast milk to the baby**. If you are over the age of 35, smoke and use birth control pills, you have a much higher risk of having a stroke or a heart attack.

### Help to Stop Smoking

Kicking the habit and **stopping smoking is extremely difficult** and requires willpower, determination and support. Once you have made the decision that you want to [stop smoking](#), there are various treatment options available to assist you such as:

- Nicotine Replacement Therapy (NRT) which is available over-the-counter or

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The content of this ebook is intended for informational purposes only.

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.

- by prescription in the form of nicotine patches, gum, microtabs, lozenges, inhaler, nasal spray or inhalators
- Prescription medication such as Zyban and Champix which are variations of antidepressant drugs prescribed to help people [stop smoking](#)
- Laser therapy treatment
- Acupuncture
- Counseling
- Hypnosis

## Natural Remedies

Natural and holistic treatments can **also lessen the urge to smoke and help you to restore balance** in your body. Treatments like herbal and homeopathic remedies are safe and effective to use. They contain a combination of ingredients such as Avena sativa, Garcinia cambogia and Gotu Cola (Centella asiatica) to reduce nicotine cravings and balance the mood. Consult a reputable homeopath, herbalist or naturopath for guidance on a management plan tailored to suit your needs.

## Benefits of Stopping Smoking

The [benefits of stopping smoking](#) include:

- Immediate health benefits for men and women and increased life span
- Decreased risk of lung and other cancer, heart disease, stroke, pneumonia and bronchitis
- Women who [stop smoking](#) before pregnancy or during the first 3 to 4 months of pregnancy reduce their risk of having a low birth weight baby to that of women who have never smoked.
- Increased energy levels and improved fitness
- Better looking skin and less wrinkles
- Whiter teeth and fewer dental problems
- A better sense of taste
- Saving money that you would have spent on cigarettes

## 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

The advertisement for NativeRemedies features a green leaf logo at the top. Below it, the text reads "NativeRemedies THE NATURAL CHOICE". A green banner with white text says "LIVE A HEALTHY LIFE!". The central image is a photograph of a smiling family consisting of a woman, a man, and two children. Below the photo, the text states "Proven, Safe, 100% Natural Herbal and Homeopathic Remedies for You and Your Family". At the bottom, there is a brown button with the text "CLICK HERE".

### 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.

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 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

## **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](#)

[Pet Herbal Info Blog](#)

[The Natural Beat Blog](#)

[PetAlive Natural & Herbal Remedies for Pets](#)

[Native Remedies - Natural & Herbal Remedies](#)

[Remedies4 - Free Natural Health Ebooks](#)

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.

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*



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Natural Choice

**Proven Products.  
Excellent Service  
and Delivery**

ages, as well as during pregnancy and nursing.

[Learn more about NicoTonic](#)

**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](#)

**Stop Smoking UltraPack:** All natural stop smoking herbs the health benefits of quitting smoking

Each of the products listed above **play an integral role** during your *Stop Smoking* process. Although they can be purchased individually, this ultrapack has been created to complement each other and **together they provide the maximum benefit** during nicotine withdrawal.

[Learn more about Stop Smoking UltraPack](#)

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

### **Six Good Reasons to choose Native Remedies as your trusted suppliers of herbal & homeopathic remedies:**

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](#).



**[Read more about the Native Remedies Full Spectrum Approach™](#)**

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