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Healing Academy*

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

While most people know how hard it can be to **ditch a nicotine addiction**, they often aren't aware of *why* it's harder for some people than others! New research studies recently uncovering some strong connections you may not have expected... including ADD/ADHD! Find out...

What Could be Adding to Your Addiction?

ADD/ADHD Can Make Kicking a Habit Even Harder

Do you ever wonder what comes first... the smoking (addiction) or the ADD/ADHD (disorder)? Statistics on smoking are not in favor for those with the disorder, as **40% of adults with ADHD smoke**, compared to 26% of the general population, according to the Centers for Disease Control and Prevention.

Many smokers with ADD/ADHD claim that smoking is a **"self-medicating" rationale** for their addiction, as they say that **nicotine helps them focus** and improve performance.

While there is no hard evidence to support this, pre-clinical data does show that dopamine may be released while smoking, so it can affect mental processes and impulse control (but doesn't necessarily improve it).

These findings are the result of a new study published in the Journal of the Society for Research on Nicotine and Tobacco, which shows that **smokers with the disorder showed lower quitting rates** than those without ADD/ADHD symptoms.

Regardless of whether or not smoking helps control symptoms, the dangers of smoking far outweigh any alleged benefits, as **smoking remains the number one preventable cause of death** in the United States, accounting for 1 in 5 deaths annually.

Since ADD/ADHD is a neuropsychiatric condition that develops in early childhood (and persists to adolescence and adulthood if left untreated), researchers suggest utilizing the findings to **understand the added struggle**, which can help to overcome it—as **motivation and will** are the primary factors needed to conquer



[Elderberry Syrup](#)

Created for Planetary
Herbals by licensed
acupuncturist and clinical
herbal



[Mushroom Glyco Nutrients](#)

NOW® Mushroom
GlycoNutrients is a nutritional
supplement designed to



addiction.

In addition, the study encourages us to take **proactive measures to avoid addiction** in the first place – such as discouraging our children or other younger people with ADD/ADHD from smoking to **thwart nicotine dependency**.

For those already addicted, natural and holistic treatments can **also lessen the urge to smoke and help you to restore balance** in your body. Supporting the nervous system and helping to **maintain balanced serotonin levels** in the brain can help to provide the support you need to successfully quit.

Combined with **knowledge, motivation and natural support**, it is possible to lead a life free of nicotine addiction!

*"My husband has asked me to write in and thank you for the help and support you have given us while we both stopped smoking. ...We have received nothing but wonderful support from everyone and the remedies have been amazingly effective. I can't say that there were no difficult moments, but we did it together. I will always remember the day we both wanted to tear each other's hair out and survived on handing each other the **NicoTonic** tablets to suck every time one of us threatened to blow a gasket! Thank you once again from both of us."*

—Trevor and Molly, UK

Benefits of Quitting Smoking

- Decreased risk of lung and other cancer, heart disease, stroke, pneumonia and bronchitis, emphysema
- Increased energy levels and improved fitness
- Better-looking skin and less wrinkles
- Whiter teeth and fewer dental problems
- A better sense of taste
- Lessened chance of fertility problems
- Improved immunity
- Saved money that you would have spent on cigarettes



Stop Smoking UltraPack™

The Stop Smoking UltraPack helps to prepare your body for nicotine withdrawal, reduce your cravings & control your appetite to prevent weight gain and reduce the side effects during withdrawal.

For included products, visit:

[Rx-Hale™](#) + [Crave-Rx™](#) + [NicoTonic™](#)



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LEARN MORE

Retail Price:
\$124.85

Your Price:\$80.95

support



[Zenergize Immunity, Citrus](#)

Getting sick (or at least pretending to) was sort of fun back in the old da



[VRL-X](#)

Overall health can often occur naturally if the body receives the proper nu



[Germ Defense Lozenges](#)

Germ Defense Lozenges are dietary supplements used to boost your immune sys



Ask Our Experts

Question:

"I am a 37-year-old woman who has always had trouble paying attention to details at work and concentrating. I am a hard worker and eager to work hard and to learn. However, my speedy mind and attention difficulties are causing me to make mistakes at work—to the point of being on the verge of losing my job my career. You understand why after many years of knowing this about my self, it is time that I seek help. Could you please recommend natural choice? Thank you."

--Suzanne

Answer:

Hi Suzanne,

Thank you for your query.

We can recommend the use of our [Focus ADDult](#), an herbal remedy which is very helpful in teens and adults who have concentration problems. It is especially beneficial when there are also low motivation issues or fatigue. [Focus ADDult](#) works very well to naturally support clarity of mind during work and learning.

[Focus ADDult](#) contains three highly effective tonic herbs in concentrated medicinal extract. It is important that it be taken regularly in order to enhance the overall tonic effect. While some people show an immediate effect, most people can expect to notice a difference in energy levels and mental clarity after about three weeks of continued usage.

While [Focus ADDult](#) is highly effective on its own, its effectiveness will be increased with regular exercise, sufficient sleep and a healthy, balanced diet. For more info, please go to: [Focus ADDult](#)

Please let us know if there is anything else we can assist you with.

Warm regards,

The Native Remedies Team

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