

## Give up smoking with some natural help

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It is not often reported that the blood is made acid by smoking and it is important to bring alkalinity back into the system.

Natural Green foods such as wheatgrass, barleygrass, alfalfa and bilberry and the minerals calcium, magnesium and zinc help with this process.

Cigarette smoke releases poisonous heavy metals, including cadmium, into the system and the herb Milk Thistle and these green foods can offer heavy metal detoxification and general liver support. Green foods and trace minerals also help to stabilise blood sugar, reducing the inevitable sugar cravings.

Giving up smoking can be very stressful and the adrenal glands are your main anti-stress organs. Rhodiola and the B-complex (especially vitamin B5) offer excellent adrenal support.

To help reduce the free radical damage generated by smoking, a good daily antioxidant complex is recommended.

Eat regular meals unrefined fresh organic fruit and vegetables and cut out acid-producing foods including red meats. Eat little and often to maintain blood sugar stability. Relaxation, yoga, and walking are recommended. Steam saunas and skin brushing can aid detox.

10 reasons to give up Smoking:-

- Cancer causing
- Poisons others around you
- Depletes nutrients
- Creates odours
- Increases heart disease by 50%
- Damages lungs
- Reduces life expectancy
- Reduces immunity
- Very expensive
- Emotional dependency

Now - The natural anti-smoking programme that really works

### BOOSTING THE IMMUNE SYSTEM

We all produce cancer cells every single day, but with a good immune system, the cells do not get a chance to develop into anything serious.

Supplement daily with antioxidants. The key antioxidant minerals are selenium, zinc, copper and manganese. The key antioxidant vitamins are A, C and E.

### DETOXIFICATION

Cigarettes contain a cocktail of damaging chemicals including nicotine, cadmium, benzopyrene and carbon monoxide. Use milk thistle and green food blend to help reduce acidity in the blood and aid transportation of these damaging chemicals from the body. Calcium, magnesium and zinc will also adjust alkalinity.

## STRESS & CRAVINGS

To help reduce cravings supplement with glutamine powder and trace minerals. To reduce stress levels and support your adrenal system, consider the B-complex vitamins and the herbal adaptogen Rhodiola rosea, which can boost energy and reduce stress.

### 10 top tips for quitting

Work with your health store to develop a vitamin and herb programme.

Write a list of the reasons why you want to stop.

Set a date and tell all your friends.

Throw away all cigarettes and accessories.

Keep your hands and mouth busy with fruit, gum and raw vegetables.

Millions of other people have quit. You can do it too.

Visualise your teeth. Think of them as clean and fresh instead of tarnished and smelly.

Practice relaxation techniques, ie yoga.

Avoid the locations you associate with smoking.

Place the money you would have spent in a large jar and watch it pile up!

“Natural remedies can be a useful tool in giving up smoking. We've seen plenty of good results with our own customers,” says Keith Woolley, Director, Boots Herbal Stores (an authorised Viridian stockist). [www.ethicalvitamins.co.uk](http://www.ethicalvitamins.co.uk)

[You can find this press release here](#)