



STOPPING SMOKING

HOW TO INCREASE YOUR HEALTH, WEALTH & HAPPINESS

Most people know the harmful effects of smoking, one in five people who smoke will die prematurely from a smoking related illness. These include cancer, emphysema, bronchitis, heart disease, circulatory disease. Ex-smokers immediately reduce their likelihood of suffering many of these diseases.

On a purely cosmetic note smoking increases lines on the face and gives a grey or purple-red complexion (making the smoker look older than they really are). Smoking also encourages the body fat to distribute differently, often resulting in a pot belly.

The cause for these effects is the hundreds of toxins contained in cigarette smoke.

And the effects are not restricted to the smoker. The smoke emitted from the end of a burning cigarette contains double the concentration of nicotine and tar when compared to

that inhaled by the smoker through a filter.

As well as the damaging effects on your health smoking is also getting to be a very expensive pastime. Giving up smoking will save a substantial amount of money over a year and a stunning amount over a lifetime.

However, nicotine causes a feeling of relaxation and wellbeing that people do not want to lose by quitting. But by finding more natural ways to get these feelings you will find a way of relaxing and getting into a good mood without the reliance on smoking.

If you decide to give up smoking then the most important aid is motivation. It will be easier to give up if you want to, not because your friends and family want you to. Get help and support: stop at the same time as a friend and support each other; let your friends know you are giving up and phone them for a chat when you need to; use self-help books; use the internet (try quitsmokinguk.com); call a smoker's helpline:

Scotland Smokeline 0800 84 84 84

There are withdrawal symptoms that you may experience when you stop smoking, they are the body's natural way of purging itself of the chemicals from within the cigarettes. Knowing about the symptoms and the reasons for them in advance, may make them easier to cope with when they occur.

GOOD NEWS		BAD NEWS		
Within	What Happens	Symptom	Cause	Solution
20 mins	Blood pressure and pulse rate return to normal.	1 - 2 days Dizziness	Increased oxygen levels in blood and blood pressure lowering to normal	Be careful, take precautions and don't work too hard
2 hours	REAL CRAVINGS as the nicotine continues to leave your system.	1 - 5 days Coughing, nose running	The body's respiratory system begins to clean itself	Drink lots of fluids
8 hours	Levels of nicotine & carbon monoxide in the blood are halved, oxygen levels increase back to normal.	1 - 5 days Sore throat	The clearing away of nicotine and tar and the growth of new tissue	Suck sweets, eat honey or anything else that will soothe your throat
24 hours	Lungs start to work more efficiently and clear out mucus and other gunk left there by cigarette smoke.	1 - 5 days Tight chest	The coughing causes the chest muscles to get sore	Try relaxation and deep breathing exercises
48 hours	Nicotine is completely out of the bloodstream. Sense of taste and sense sharpen.	1 - 2 weeks Flatulence & constipation	Temporary slowing of intestinal movement	Eat lots of fibre and drink lots of fluids
1 week	Most of the nicotine withdrawal symptoms are completely gone.	1 - 2 weeks Headaches	Increased blood flow (with more oxygen) to the back of the brain	Drink lots of fluids and do relaxation exercises
2-12 weeks	Circulation improves. Skin looks fresher. Energy level increases.	2 - 4 weeks Irritability	Your body is desperate for nicotine	Relaxation exercises
3 months	The tiny hairs (cilia) in the lungs that were paralyzed by the tar start to work again and are able to remove the mucus so you can cough it up.	2 - 4 weeks Reduced concentration	Increased blood flow and oxygen to brain and lack of stimulation from nicotine	Don't over exert yourself.
3 to 9 months	Lung function has increased by 10%. Less coughing, wheezing, shortness of breath and sinus congestion.	2 - 4 weeks Fatigue	Without nicotine your metabolic rate drops down to normal	Don't over exert yourself. This feeling will go away.
After 5 years	Risk of having a heart attack half that of a smoker. Risk of cancer of the mouth and throat half that of a smoker. Risk of having a stroke the same as a non-smoker (5 - 15 years after quitting).	After 1 Month The bad news is much reduced, social pressure replaces the side effects of giving up.		
After 10 years...	Risk of lung cancer half that of a smoker Risk of having a heart attack the same as if you'd never smoked!			

THINGS TO HELP

There are many different methods people have used to successfully give up or to aid in the process. Some of the well known ones include hypnosis, nicotine patches and acupuncture.

Herbal Help

There are many ways in which taking herbs can help when trying to give up smoking. While some of these have scientific background, others have a historical background or come from customer recommendations.

Cravings

Black pepper essential oil is used to reduce the craving for a cigarette. Bottles of essential oil are very small, so that you are able to carry it around with you and smell it whenever you want, or, put a couple of drops on a handkerchief. It is concentrated, so do not put it straight on your skin. It may however be put into a cream and rub it into your hands when you feel a craving. This gives your hands something to do during the craving.

Herbs which are often recommended to help with cravings include:

Plantain taken as a tea;

Chewing a nugget of **Dandelion Root**;

Chewing **Liquorice Root**;

Oats taken in any form (as a herbal remedy or as a food).

Lobelia contains a chemical similar to nicotine (called lobeline), it is also good for the lungs. It cannot be bought over the counter, but **Potters**

Vegetable Cough Remover contains lobelia, or a **consultation with a herbalist** may enable you to get a prescription to help give up.

If all else fails, try chewing Calamus Root or **Chamomile** Flowers (and then spitting the chamomile out), apparently cigarettes taste disgusting afterwards!

Relieve tension

The effects of caffeine are altered with nicotine, therefore it is advisable to reduce coffee and tea intake while trying to give up smoking.

Why not swap your tea or coffee for a herbal tea. There are many herbal teas which may be used to relieve the tensions that build up during stressful times. **St John's Wort**, **Skullcap**, **Vervain** and **Valerian** all have a reputation for relieving stress. St John's Wort is recommended by many people specifically for giving up smoking¹.

Essential oils may be used to help relieve tension, burn them in an essential oil burner, put a couple of drops in the bath or place a couple of drops on a handkerchief and carry it around with you. Essential oils of **Lavender** and **Chamomile** are relaxing, whereas the citrus oils (such as **Orange** and **Grapefruit**) are uplifting.

Rescue Remedy is used for stressful situations. Helpful to take (in drops or as a spray) when you really feel like a cigarette (or screaming at someone).

¹ St John's Wort cannot be taken with a number of different medications, always check before using it.

OTHER HELP

Weight Gain

There are three main reasons people gain weight when they quit smoking:

Nicotine is stimulant which means it speeds up your metabolism and so helps your body to burn up more calories.

When the oral gratification of a cigarette is gone, many people turn to food as a substitute for smoking.

Smoking can cause a reduction in appetite and when you quit smoking food may also taste better, so you may eat more.

Eat a healthy diet and snack on low fat and calorie foods such as fruit and vegetables. The best withdrawal diet is one which keeps your blood sugar level constant and so doing stops you from developing food cravings. In order to follow this diet (often called the Glycaemic Index

Diet) you will need to cut out sugar and highly processed foods and you will need to eat six small meals a day (consisting of complex carbohydrates, proteins, vegetables and fruit).

Remember to exercise, it will help to; improve your health, control weight and keep your mind off smoking.

Drink!

Drink lots of fluids to flush out the nicotine and toxins from the body. Cut down on caffeine as caffeine in tea, coffee and cola can be more potent once you stop smoking.

Have an Incentive

Now that you are saving money on cigarettes, why not put the money towards a treat. Whether it is a regular massage, spending money for the holidays or a new stereo, make a point of doing something with your new found wealth.

TOP TIP: if you find that you experience an almost irresistible urge to have a cigarette, IF YOU CAN HOLD OUT FOR FIVE MINUTES THE URGE WILL PASS. This little tip works, in fact, it's probably one of the best kept secrets of quitting. Try it and, if it works, tell someone else about it.



Glasgow's Independent Specialists in Herbal Remedies and Natural Healthcare.

At **Woodland Herbs Clinic** we offer Medical Herbalism (the professional use of herbs and diet to address medical complaints), massage therapies, acupuncture and physiotherapy. In our **shop** we offer: herbal remedies, vitamins & supplements, natural body care and a **free advice service**.

The advice on herbal remedies listed in this leaflet comes mostly on the recommendation of ex-smokers. The information on smoking and its effects on the body comes from: <http://www.quitsmokinguk.com>