

Beyond ADDICTION



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Say 'NO!' to Tobacco & Nicotine

SECRETS TO BEATING TOBACCO ADDICTION

Did you know that new research indicates that nicotine addiction starts with the very first puff of a cigarette and that addictive symptoms can manifest themselves within the first few days of use?

While it may be true that nicotine addiction is difficult to gain the mastery over, there are some simple practices that one can introduce into one's lifestyle and daily routine that will significantly improve the likelihood of long-term success in overcoming the nicotine habit.

1. Commitment

There is a vast difference between *wanting* to quit and *deciding* to quit. Yet it is amazing how many people who desperately desire to break free of some enslaving practice fail to actually *decide* to quit. Real commitment will combine a definite decision to quit with a practical plan of action.

2. Take One Day at a Time

The idea that an addict has to live the rest of their life without their cherished substance is often times overwhelming and fear inspiring. The rest of one's life can seem like a long time and a huge commitment. This psychological hurdle often dooms the escape to freedom before it even gets off the ground. Key to avoiding this pitfall is to take only one day at a

time. Each morning a fresh commitment should be made to be nicotine free. Tomorrow's challenges and concerns cannot and must not be carried today!

3. If You 'Fall' Get Back On Track Immediately

Despite one's best and most sincere efforts, it is possible that a slip-up could occur. If it does, recommit to the healing process immediately and get back on track with the action plan. DO NOT fall for the defeatist thinking pattern that says, 'Oh well, seeing as how I've messed up by smoking one cigarette, I might as well finish off the entire pack.' The sooner one gets back on the path to recovery, the less of a setback the slip-up will be.

4. Regular Moderate Exercise

One of the simplest yet most effective means of controlling nicotine cravings is by getting moderate exercise. Exercise helps in numerous ways. Firstly, it provides a constructive substitute activity. Secondly, exercise results in the release of endorphins -



Did You Know

that second hand cigarette smoke hurts those who are involuntarily forced to breathe it in? This reason alone should be sufficient to consider quitting the habit!

the body's internal feel-good brain chemicals which will offset the nicotine cravings by elevating mood, combatting depression, and reducing stress symptoms. In fact, moderate exercise of only 15 to 30 minutes can reduce nicotine cravings for up to 50 minutes afterwards. Exercise also improves the body's

ADDICTED?

If you've ever wondered whether you are addicted to tobacco? Here are a few questions to ask yourself:

- 🕒 Have you ever tried to quit, but couldn't?
- 🕒 Do you continue to smoke at present because quitting is difficult?
- 🕒 Do you ever experience strong cravings to smoke?
- 🕒 Is it hard for you not to smoke in places where smoking is not permitted?
- 🕒 When you haven't smoked for a while, do you manifest any of the following symptoms: irritability, difficulty concentrating, restlessness, anxiousness, sadness or depression?

The more of the symptoms listed above that are manifested in your experience related to the use of tobacco products, the stronger the indication that you have become an addict to nicotine.



oxygenation and circulation, leading to improved overall healing and recovery.

Regular moderate exercise will also serve to combat the weight gain which is often associated with quitting the use of tobacco products.

5. Surrender All Other Substances

Numerous research papers have been published in medical journals indicating that tobacco use is correlated with the use of other substances such as alcohol and illegal drugs. This correlation is more than incidental. While the precise mechanism of action varies from substance to substance, the net effect of increasing dopamine in the brain is common to many different substances.

Dopamine is the brain chemical responsible for the sense of reward gained from taking drugs (the 'high'). Damage to this reward pathway in the brain is what causes the phenomenon of cravings and leads to the cycle of addiction.

This means that when tobacco is used in connection with alcohol, caffeine, or one of the illegal drugs, the 'high' effect is amplified, leading to increased damage of the reward pathway where the dopamine neurons are situated.

For the best chance of long-term recovery, it will be important to quit using any substances that artificially stimulate and cause damage to the reward pathway. In other words, to optimize your chances of staying nicotine free, give up all substances - including alcohol, caffeine and the illegal drugs. Retaining alcohol, caffeine or any of the illegal drugs while attempting to quit smoking will be counterproductive in that

it will slow the healing of the damaged reward pathway and may lead to the triggering of cravings to smoke.

6. Drink Lots of Clean Water

Water taken internally serves to flush out the toxins that are being removed by the liver and kidneys. It also ensures that the blood remains well diluted, resulting in improved circulation and oxygenation - essential for optimum brain and body organ function. The more effectively you flush out the system with clean water, the faster the body will remove the poisonous tobacco toxins.

Most people need two liters of water a day to maintain healthy body function. While cleansing the body from nicotine, this amount may need to be increased to two and a half or even three liters per day.

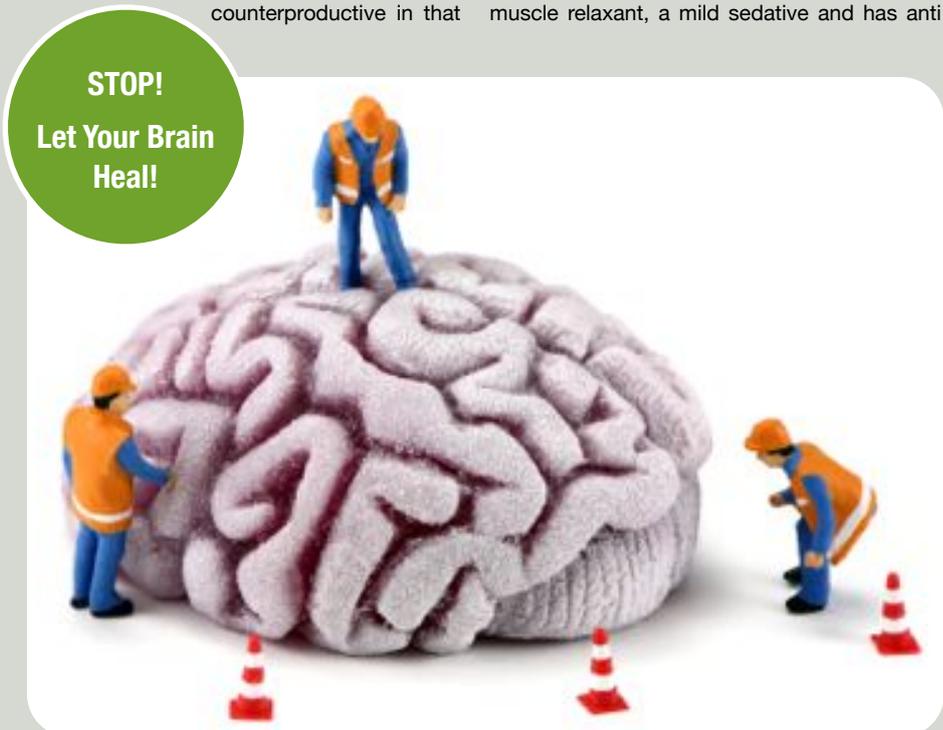
7. Herbal Teas

In addition to pure water, certain herbal teas will benefit the body by assisting with cleansing, accelerating healing or simply by soothing frayed nerves.

In terms of cleansing, a *peppermint and stinging nettle* brew will help the body flush itself.

Rooibos (Redbush) tea is a great tea for counteracting the oxidizing effects of free radicals which smoking causes in overwhelming measure throughout the body systems. Redbush tea has one of the highest antioxidant counts of all the herbal teas and contains no caffeine (unlike Green Tea).

For those times when you need to relax or soothe away cravings, consider making use of *chamomile tea*. Chamomile is a smooth muscle relaxant, a mild sedative and has anti



STOP!
Let Your Brain Heal!

inflammatory properties. *Valerian root* is another well known herb which can be brewed as a tea when one needs help relaxing or getting to sleep.

While most people have no problem using various herbal supplements, it may be worthwhile confirming with your medial doctor before making use of these herbs.

8. Natural Remedies

There are a number of simple things that one can do at home. For instance:

Hydrotherapy is the science of using water externally to treat disease and invigorate the body system. One of the most simple hydrotherapies that one can use to alleviate cravings and soothe the body system is to take a hot bath for 15 to 20 minutes, followed by a 30 minute rest in bed. Alternatively one can make use of a contrast shower. Simply climb into the shower and make it as hot as can safely be enjoyed for 3 minutes. Follow this by switching to cold for 30 seconds to 1 minute. Repeat this cycle 3 times (ending on cold). Take a rest in bed for 30 minutes afterwards. The contrast shower will alleviate cravings, soothe the body system, boost the immune system's efficiency substantially and leave one feeling invigorated.

Medicinal Charcoal is essentially black carbon which is left when wood or coconut shells are burned in the absence of oxygen. The charcoal is then put through a high temperature steam process which further enhances the charcoal's adsorbent properties. Because it is an adsorbent it actively draws impurities, toxins and poisons to itself. These harmful substances then become trapped inside the charcoal grains' porous cave-like indentations and tunnels (which are visible when one looks at a grain of charcoal under a microscope). When the body eliminates the charcoal, the impurities which have become trapped inside its grains are also eliminated. Charcoal tablets are often available from pharmacies. The powder, which is more effective due to its larger surface area, is usually only available from health stores. Simply mix one or two table spoons of charcoal powder in a glass of water and drink it down. Remember to drink lots of additional water afterwards as charcoal can cause constipation when not taken with adequate amounts of water.

Charcoal can also be used externally by way of applying a charcoal poultice over the abdomen area. The poultice will draw impurities through the skin. Simply mix the charcoal with water so that it has a moist

cement-like consistency (not too liquid, not too dry). Apply the charcoal to one half of a cotton cloth large enough, when folded in half, to cover the abdomen area. Once the charcoal has been applied to the cloth, fold the clean side over the top of the charcoal. Hold the poultice over the abdomen area and secure it by wrapping plastic wrap around the entire waistline a few times. This will not only hold the poultice in place, but also prevent the poultice from drying out - at which point it will no longer be effective. If the poultice is fitted correctly, it will be of minimal discomfort. If one's occupation or daily activities involves a lot of physical movement, it may be best to only put the poultice on during the evening and at night when one goes to bed. Do not reuse charcoal poultices.

Vitamin B Complex / B12 injections or oral supplements will help to restore the body's depleted vitamin store and boost natural defenses. In addition to this, it will help one cope better with stress, thus enabling one to deal with cravings and the change of lifestyle more effectively. The injection option will be more efficiently utilized with quicker assimilation time than the oral supplements.

Your local pharmacy will be able to supply more information on where the vitamin B complex / B12 combination injections can be administered.

9. Substitution

Smoking addiction consists of at least two main components: (1) a chemical dependence on nicotine; (2) a ritual.

The ritual aspect refers to the personal routine and habit that each individual smoker follows when lighting up their cigarette.

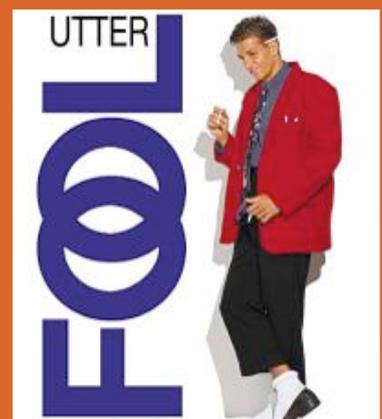
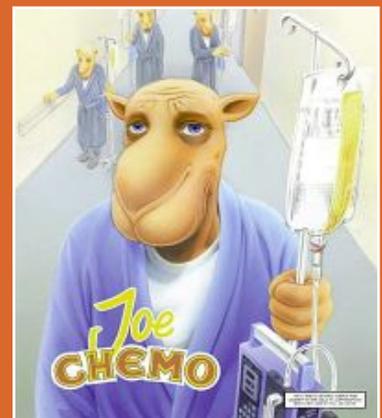
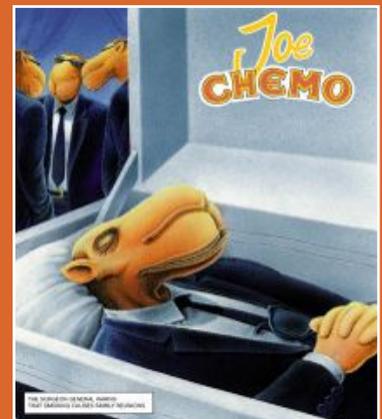
For instance, a smoker may reach for his cigarettes in his front shirt pocket where they are always kept. He may then tap the box three times on the table before retrieving a cigarette. He may then smell it or let it hang between his lips for a minute or two before finally lighting up.

It may prove helpful, when quitting, to become conscious of these routines and plan an activity that can act as a substitute for the ritual behavior.

For instance, one may replace the box of cigarettes with a click-pen. Whenever the urge to smoke is felt, the pen may be retrieved and clicked a few times. This may prove a little annoying to others in the office, but if it helps the smoker break out of the ritual of smoking it is worthwhile. Some people have found chewing on carrot sticks to be a constructive substitute for the ritual of lighting up a

THE TRUTH

In the days when cigarettes and other tobacco products were legally allowed to be advertised (as they still are in some countries), the use of these products was associated with sex appeal, status and success. The images below give a more realistic illustration of what the use of tobacco products holds in store for the user.



cigarette. Still others find a short, brisk walk to be the best substitute. The possibilities for substitution are as endless as one's personal imagination and willingness to experiment.

10. Get Rid of All the Paraphernalia

The last thing that one needs when trying to quit smoking is to have reminders of the habit lying around in plain sight. Get rid of the ashtrays, lighters, tobacco pipes, cigarettes and whatever else was used to support the smoking habit.

This purging action is of great psychological benefit. It provides a sense of closure and a definite clean start. More than this, it results in the tobacco products not being close on hand during a time of weakness.

When living with a smoker or when at work with other smokers, it may not be within one's power to fulfill this step absolutely. The principle is to do the best you can, with what you have, where you are.

It can sometimes help to communicate to friends and colleagues that you're quitting the smoking habit. This may result in fewer invitations to join with smokers during the smoke break. It may even result in someone else deciding to join you on the journey to freedom.

11. Adequate Sleep

One of the withdrawal symptoms, when coming off tobacco products, is irritability. Going to bed late (around midnight or later) seriously decreases the quality of one's rest due to a lesser amount of growth hormone being produced for the body's rejuvenation. By simply shifting your bedtime to include at least two hours before midnight, you'll not only give the body a better quality of rest, but will find that you're able to better handle stress, being less irritable and quick tempered.

12. Team Up With a Support Buddy

There is a well known English saying, "No man is an island." This is especially true when trying to break free from harmful addictions.

One of the most helpful keys to beating tobacco addiction (or any addiction for that matter) is to have an accountability partner - someone who you trust and who you will be able to contact when feeling weak or needing some encouragement to stay the course to freedom. This may be someone who has already beaten tobacco addiction themselves, or someone who can function as a prayer partner.

13.. Reliance On Divine Aid

While it is true that an accountability partner or a support group is of great value to anyone trying to break free of addiction, it is of even more value to to rely upon divine strength and power. God has pledged Himself to restoring human freedom and supplying overcoming power. The Bible contains numerous powerful promises to this effect. Cultivating a genuine and practical relationship with God will result in a new power for daily living as well as a new outlook on life.

In case you think that God cannot possibly understand what it's like to struggle against temptation and the clamor of appetite, take a look at Luke 4:1-4. Verse 2 emphasizes the fact that after 40 days of fasting, Jesus was hungry. At Jesus' weakest and most vulnerable point, He was confronted by the master-tempter who encouraged Him to turn the stones into bread to satisfy His appetite. Talk about temptation! There is not an addict in all of history who has faced such a severe temptation.

Yes, Jesus does understand! Yes, Jesus does care! Jesus is relevant to the struggles we face in the 21st century!

The good news is that in the same way that Jesus was able to gain the victory over temptation, so too the same power is available from God to us in our struggles to overcome our addictions (after all, an addiction is simply one form of a perverted appetite). In God is found the solution to our weaknesses and



Give Your Lungs & Wallet a Break!



failings. By uniting our human weakness with His divine strength, victory will be ours.

If you would like to learn more about how spiritual principles can benefit you in overcoming addiction, visit the End Time Power website (www.endtimepower.com), click on the "study library" section and download the document entitled "Keys to Success: Promises You Can Count On" from the "Beyond Addiction" series.

Pr Adrian Webster knows first hand what it is like to be held in the clutches of an addictive lifestyle. In 1997 he finally found freedom from addiction, by the grace of God. For more about Adrian's personal story watch the first two episodes in the Beyond Addiction series, available at www.endtimepower.com in both audio and video formats - free of charge.



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Beyond ADDICTION

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