

# Natural Approaches to Quitting Smoking

A recent British poll found that most European smokers would rather go without sex for a month than go without cigarettes. Quitting smoking is not a walk in the park, but there are ways to make the process easier. The following are some natural approaches to help deal with the urge while kicking the habit:

## Acupuncture and Laser Therapy

Research has shown that acupuncture has physiological effects in the body, such as increasing the release of endorphins, a natural pain killing substance that allows the body to relax. Low level laser therapy has been used for almost 20 years for addictions without any significant side effects. Both therapies involve stimulation of acupuncture and trigger points to help a person experience feelings of relaxation and well-being and to decrease cravings.

## Vitamin C

German researchers recently subjected 120 people to a stressful situation: public speaking combined with math problems. Half of the subjects were given 1,000 mg of vitamin C and half were not. Cortisol (a stress hormone) and blood pressure were found to be significantly lower in the Vitamin C group. The treated group also found that they felt calmer. Furthermore, since smoking increases free radical exposure, body tissues become depleted of vitamin C. Therefore, supplementing with Vitamin C when you're quitting may be a good idea.

## Herbal Remedies

The combination of Valerian and Passion Flower was recently studied for its effects on preventing anxiety in stress-induced situations. The results demonstrated that a standardized

extract of the two herbs in combination had a stabilizing effect on induced stress. For smoking cessation this herbal combination provides a safe alternative for stress relief.

## Eating Well

The European Journal of Clinical Nutrition found that there was a strong correlation between dietary insufficiency and the number of cigarettes smoked. The heavier the smoker, the less fruits and vegetables were consumed. If you are preparing to quit, change your mindset about nutrition. You deserve good food. Try fruits and vegetables that you haven't tried before or take a cooking class. Your body will thank you for it.

On your journey to becoming smoke-free I would like to leave you with a quote from Franklin D. Roosevelt:

"It is common sense to take a method and try it. If it fails, admit it frankly and try another. But above all, try something."

If you would like to find out more about nutrition and smoking cessation, including how to beat cravings and avoid weight gain, Dr. Ng will be lecturing on Natural Approaches to Smoking Cessation at the Choices Market in White Rock on Tuesday, January 16 at 7pm. Please refer to our event calendar for registration details.



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*Dr. Ng is a Naturopathic Physician and co-founder of the Mountainview Wellness Centre. He specializes in Anti-aging Medicine, Chelation Therapy, Prolotherapy, Thyroid Conditions, Gastro-Intestinal Disease, Addictions and Men's Health, and can be reached at 604-538-8837.*