

## **Vitamins Depleted by Smoking**

The major vitamins depleted by smoking are vitamins A, B, C and E. These vitamins must be supplemented into the diet to help rebuild the tissue and decrease the craving. Vitamin A should be prescribed at 20,000 IFS a day, vitamin C at 1,000 - 3,000 mg a day, and vitamin E at 1,000 IFS a day. Extra vitamin C can also be given, as it is a strong stimulator of endorphins that help reduce the craving. Patients can also be taught to wrap a rubber band around the wrist, and upon craving snap the rubber band on the skin. This accomplishes several things: the pain stimulates endorphins and helps to stop the craving, and the craving is associated with the snapping rubber band, thereby desensitising the patient through negative conditioning.

After the patient has taken Anti-Smoking I drops orally for a week or two, they may shift to skin application by putting three drops on the skin over an acupuncture point, such as those between the thumb and index finger (the Hoku point), and the webbed area closer to the index finger. By massaging this into both spots, slight amounts of nicotine can be put into the skin, which also helps the patient by stimulating the acupuncture point. This acupuncture point is connected to many places in the body, and helps to correct blood sugar imbalance.

Lung Liquescence and Heart, Lung homeopathic glandular are also helpful in rebuilding tissue and diminishing craving. The Endorphin homeopathic helps in diminishing craving, as well.

One side effect of quitting smoking is initial weight gain. It has been shown that weight gain can be avoided by taking 1,000 mg of calcium a day. The best formula we have for this is the Crystallized Cell Salts, which supplies a well-balanced blend of all needed minerals. Two tablets a day supplies the needed calcium that helps prevent weight gain.

NOTE: The SMOKING PROGRAMME for the SCIO/EFPX does not work in subspace. You need to attach the client via the harness.