

How to quit nicotine cold turkey - for Sunriders.

(smoking - a troublesome obsessive-compulsive disorder)

By Dr. Van Beveren

Congratulations on your decision to finally quit smoking! This is a time for deep reflection on your journey - past, present and future. Wellness can only be reached through choice. And there is always a choice. With choice as an ally - decision-making is easy. Identify your core values, morals and belief system and throughout this moment by moment decision-making time - evaluate their usefulness to you. The point of power is always in the present moment. Be responsible for your thought patterns.

"The truth about our childhood is stored up in our body, and although we can repress it, we can never alter it. Our intellect can be deceived, our feelings manipulated, our perceptions confused, and our body tricked with medication (nicotine). But someday the body will present its bill, for it is as incorruptable as a child who, still whole in spirit, will accept no compromise or excuses, and it will not stop tormenting us until we stop evading the truth" - Alice Miller.

Timing - sequence, patterns, cycles, rhythm, habits, addictions - when we lose our natural daily, monthly, seasonal sequence with the earth and the universe - our body-mind continuum seeks - no demands - a synthetic cycle to prove its "aliveness". Addictions are the result of the brain proving that it still is in the ring and fighting.

In the hierarchy of enzymatic and energy expenditure we see addiction withdrawal as a crucial function, then muscular weakness is followed by cleansing, fat maintenance, physical emotional and mental defensiveness and, finally, regeneration and higher mind function.

Decide that it takes more than willpower - it takes time and effort. So it is advantageous to quit with a friend. Keep in contact at least 4-6 times daily. Call more frequently if the urge to smoke or need for encouragements is strong. Calling for help or companionship is not a sign of weakness but of strength. The buddy system has been successful for years so do not pooh-pooh it. Nicotine has proven itself stronger than you for many years - don't underestimate its momentum. The more times you quit - the harder it becomes. Make this your last time. But take your time to prepare and carefully plan a daily routine for all the following duties. Remember that addiction is more about timing than substance. Laughing, humor, comedy all are important - but especially during this time.

Exercise - 20-30 minutes daily. 100-120 cardiac beats per minute. Then both of you should use a Far Infra-Red Sauna for 20-30 minutes once per day for a week. Taper off.

Lots of showers - at least two per day. Start off with warm water and gradually make it lukewarm. Do not make it cold. Shampoo with Kandesn. Use a coarse towel to dry the skin. Dry Skin Brushing before the shower is essential.

Eat very little - SunRider Basics only. Breath "Sunbreeze Oil" rubbed in hands all day long. A small drop on the tongue when the urge strikes.

Drink Lots of weak Calli and FD with SunnyDew (SR) - slowly and frequently - keeping the stomach filled with Calli/FD fluids. Vitaspray (SR) under the tongue frequently. Pop the SR Conco at least once per hour for a few days.

Stop "digestive fires" - including meat, fish, chicken, cayenne, sugar, salt, coffee, colas, alcohol, TV, Other Smokers, Spices, aspirin, chocolate, etc. Eat organic nuts, seeds, and other chewy snacks - lots of celery sticks, carrots sticks, prunes with the pits - keep the pits in the mouth for a while. Eat mostly core fruits - apples, pears, nectarines, peaches, apricots, dates, figs, etc. Do not use honey for at least 3 weeks after your "Q-day". Use your honey for lots of sex during these quitting days - at least twice per day to keep the adrenal glands in shape and reduce the withdrawal syndrome.

Brush teeth often with SR (Sunsmile) toothpaste very often during the day. Much more than three times daily. Use the SR mouth tabs all day long as well as the Citric C and the Herbcac.

Conscious breathing is essential now. Bring yourself back to constant awareness of your breathing. Become immersed in the rhythm. In thru the nose - out thru the mouth. Repeat this awareness with every desire to smoke but especially when breathing the Sunbreeze in your hands.

Use affirmations that are unique to your situation. Use them as a mantra - repeating them over and over again until they become just another frequency - vibrating through and in your being without thought. Example: "I freely choose not to smoke today or tomorrow".

Use flower essences - their subtle effects having been specifically chosen to reflect the emotional situation that started the smoking habit. You may need a practitioner for this task.

Know WHY you're quitting. State the reasons clearly and precisely and then write them down several times keeping them in every pocket for at least a few weeks. Warn Everyone around you that you are going into a withdrawal peak around the second or third day and that your behaviour will be different. You will need their support and sometimes their forgiveness. Prepare the house and car for your grief process. Be sure that the odors of accoutrements (ashtrays, rugs, curtains, clothes, car seats, etc.) do not present an obstacle to your going thru the grieving.

Stages of grieving are denial ("this can't be happening to me"), Anger, Bargaining, Depression and finally Acceptance. Do not gloss over any of these stages but be willing to have others recognize them in you.

Cold Turkey is much easier, cleaner and effective than tapering - unless you've been smoking for decades. First decide on a day and built a ceremony around it. Invite any and all non-smoking friends (if you have any!). Best time to quit is in the evening after supper. Be sure to use hydrochloric acid (Hydrozyme - from Moss) after meals for at least a few weeks - tapering off with (SR) Assimilaid later on.

Start eating normally after seven days. You've probably had headaches, been nervous, had abnormal cravings, some people even have muscle cramps, etc. Be sure to congratulate yourself - most people don't make it to seven days. The suggestions here include foods that stimulate the thyroid to keep it going strong so that weight loss and not weight gain follows. Keep the urine very pale. Amonia and Purine in meats will stimulate the craving for nicotine. Stay a vegetarian for as long as possible or (if you must!) eat only organic poultry and deep sea fish for at least three months.

Candy is Dandy but Liquir is Quicker. Stay away from all sweets except SunnyDew. Keep the blood sugar normal by placing it directly on the tonque. No mucous forming DAIRY. Use lots of fuit and fruit juices. Start the day in the morning with organic tomato/carrot juice. Full strength. Lots of HOME-MADE soups and salads - be creative! Emphasize the fruit fiber bar (Vitalite Sunbar from Sunrider) with Slimcaps - as nicotine will often be a substitute for peristalsis. Make sure you have at least two Bowel Movements daily. Use spelt, amaranth, corn or oat-based cereals. Melba toast, rye bread, cucumbers, radishes (loaded with iodine), etc.

Your circulation will now be the most daunting problem. Use a hat or cap, mittens or gloves, long sleeves, undershirt - better to sweat a little than get chills - even for a second.

Hope this helps,
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