

## Tobacco Information

"Tobacco using is a habit which frequently affects the nervous system in a more powerful manner than does the use of alcohol.; the habit is more difficult to overcome. Body and mind are, in many cases, more thoroughly intoxicated with the use of tobacco than with spirituous liquors, for it is a more subtle poison."  
{3T 562.1}

### **ITEMS THAT WE USE, EAT, OR DRINK THAT FOSTER A DESIRE FOR TOBACCO/NICOTINE**

**#1: TEA & COFFEE** – "By the use of tea and coffee an appetite is formed for tobacco..." (3T 563.3)

**#2: CONDIMENTS, RICH FOOD, SPICY FOOD** – "At the table, loaded with injurious condiments, rich food, and spiced knickknacks...acquires a taste for that which is hurtful to him,..The appetite soon craves something stronger, and tobacco is used to gratify that cravings..."--Review and Herald, Sept. 6, 1877. {Te 182.4}

**#3: IN MANY CASES, FLESH ITEMS** – "Many parents educate the tastes of their children and form their appetites. They indulge them in eating flesh meats and in drinking tea and coffee. The highly seasoned flesh meats and the tea and coffee, which some mothers encourage their children to use, prepare the way for them to crave stronger stimulants, as tobacco..." {3T 488.3}

### **NATURAL REMEDIES FOR:**

#### **#1: STOP SMOKING URGE REMEDY:**

¾ c. fresh lemon juice

¼ c. honey (not from grocery stores...only Trader Joe's, Farmer Markets, or Honey Farm...NOT RAW KIND)

1/3 teaspoon peppermint oil (you can get this from [www.youngliving.com](http://www.youngliving.com) and then search for peppermint oil.

My member number is 759967 and you can order under me.

\*\*\*Combine all ingredients and take 1 teaspoons when you have the urge to smoke.

#### **#2: WATER:**

**A. Drink lots of water when the urge comes on.** This will flush out the nicotine from the body

**B. #2: STEAM BATH:** Sit in a tub that is filling up. Use thermometer and when the temperature reaches 102 degrees, sit in this for 20 minutes. Be sure to drink plenty of water before, during, and after and keep a cold rag on the head at all times. You may need a bowl of ice water on the side to dip the head rag in when it gets hot. Rinse off in cool water. Do not friction dry your body. Pat dry, then lay down for about 30 minutes if possible.

Diabetics and those with heart disease are blocked or hardened arteries should not do the Steam Bath

**OR**

**A COLD SHEET WRAP** (this is good for those who can't do the steam bath)

Dip a queen size sheet in a bucket of cool water, then wrap the body completely in this sheet while in the nude. Then wrap with a blanket and lay down for 30 minutes. This will draw toxins out of the body.

#### **#3: BATH:**

Soak in a warm bath for 30 minutes.

### **BIBLE VERSES FOR HELP:**

**Psalms 50:15** – “And Call upon me in the day of trouble: I will deliver thee, and thou shalt glorify me.”

**Philippians 4:13** – “I can do all things through Christ which strengtheneth me.”

**1 John 4:4** – “Greater is He that is in you than he that is in the world.”

**1 Corinthians 15:57** – “But thanks be to God which giveth us (me) the victory through our Lord Jesus Christ.”

**1 Corinthians 10:13** – “...God is faithful, who will not suffer you to be tempted above that which ye are able; but will with the temptation also make a way to escape that ye may be able to bear it.”

### **ALCOHOL INFORMATION:**

**“Two thirds (66.6%) of the drunkards in our land created an appetite for liquor by the use of tobacco.”**

--Signs of the Times, Oct. 27, 1887. {Te 72.3}

“Many mothers who deplore the intemperance which exists everywhere do not look deep enough to see the cause. They are daily preparing a variety of dishes and highly seasoned food which tempt the appetite and encourage overeating. **The tables of our American people are generally prepared in a manner to make drunkards...**” (3T 563.1)

### **ITEMS WE USE, EAT OR DRINK THAT FOSTER A TASTE FOR ALCOHOL:**

#### **#1: TEA, COFFEE, AND TOBACCO:**

“By the use of tea and coffee an appetite is formed for tobacco, and **this encourages the appetite for liquors.**” (3T 563.3)

“..It is only a step from tobacco using to liquor drinking; in fact, the two vices usually go together.” {Te 71.2}

**“This appetite for tobacco is self-destructive. It leads to a craving for something stronger,--fermented wines and liquors...”** -Letter 102a, 1897. {Te 58.1}

#### **#2: RICH, HIGHLY SEASONED FOOD:**

“Those who accustom themselves to a rich, stimulating diet, find after a time that the stomach is not satisfied with simple food. It demands that which is more and more highly seasoned, pungent, and stimulating. As the nerves become disordered and the system weakened, the will seems powerless to resist the unnatural craving. The delicate coating of the stomach becomes irritated and inflamed until the most stimulating food fails of giving relief. A thirst is created that nothing but strong drink will quench.” {Ed 203.2}

**At the table, loaded with injurious condiments, rich food, and spiced knickknacks**, the child acquires a taste for that which is hurtful to him, which tends to irritate the tender coats of the stomach, inflame the blood, and strengthen the animal passions. **The appetite soon craves something stronger, and tobacco is used to gratify that craving. This indulgence only increasing the unnatural longing for stimulants, liquor drinking is soon resorted to, and drunkenness follows...**” --Review and Herald, Sept. 6, 1877. {Te 182.4}

#### **#3: FLESH FOOD ITEMS:**

“Many parents educate the tastes of their children and form their appetites. **They indulge them in eating flesh meats and in drinking tea and coffee.** The highly seasoned flesh meats and the tea and coffee, which some mothers encourage their children to use, **prepare the way for them to crave stronger stimulants, as tobacco. The use of tobacco encourages the appetite for liquor, and the use of tobacco and liquor invariably lessens nerve power.**” {3T 488.3}

## **NATURAL REMEDIES TO HELP STOP ALCOHOL CRAVING:**

### **#1:**

- 1 c. honey (purchase only from Trader Joe's, Farmer's Market, or a Honey Farm)  
(Honey drops the alcohol content in the blood)
- ½ t. peppermint oil (go to [www.youngliving.com](http://www.youngliving.com) and order under my member # 759967)
- 1 t. cayenne pepper (90,000 heat units...May purchase from us)
- 1 t. ginger root powder (may purchase at Winco or Whole Wheatery)
- ½ c. blackstrap molasses (may purchase from Whole Wheatery...Plantation Brand is best)
- ⅓ c. black cherry concentrate (may use the frozen kind or purchase from Trader Joe's)

\*\*\*Mix all the ingredients above and chill. Take 1-2 Tablespoons at every craving.

### **#2: STEAM BATH:**

Sit in a tub that is filling up. Use thermometer and when the temperature reaches 102 degrees, sit in this for 20 minutes. Be sure to drink plenty of water before, during, and after and keep a cold rag on the head at all times. You may need a bowl of ice water on the side to dip the head rag in when it gets hot. Rinse off in cool water. Do not friction dry your body. Pat dry, then lay down for about 30 minutes if possible.

Diabetics and those with heart disease are blocked or hardened arteries should not do the Steam Bath  
**OR A COLD SHEET WRAP** (this is good for those who can't do the steam bath)

Dip a queen size sheet in a bucket of cool water, then wrap the body completely in this sheet while in the nude. Then wrap with a blanket and lay down for 30 minutes. This will draw toxins out of the body.

**#3: BATH:** Soak in warm water for 30 minutes.

### **#4: ACTIVATED CHARCOAL POULTICE OVER THE LIVER:**

Go to YouTube and type in HOW TO DO A CHARCOAL POULTICE. Put this poultice over the Liver at least one time a day x 7 days.

### **#5: HERBAL LIVER TEA**

**MILK THISTLE AND DANDELION ROOT** are considered **THE MOST EXCELLENT HERBS FOR THE LIVER.**

These 2 herbs detoxify the Liver while rebuilding the cells.

Put 2 Tablespoons of each: Dandelion, Milk Thistle, and Red Clover into a pot with 36 oz of water. Bring to soft boil, then simmer and cover x 20 minutes. Remove from burner, strain, and put into 32 oz. Mason jar. Drink 8 oz 4 x day. **DO NOT DRINK WITH MEALS -- DRINK 30 MINUTES PRIOR.**

**\*\*\*DRINK THIS X 30 DAYS**      **\*\*\*CONSULT WITH YOUR PHYSICIAN FIRST**

**\*\*\*Adding fresh lemon juice (approx. 1 to 2 lemons) will help draw out the volatile oils from the herbs, making them more effective.**

### **BIBLE VERSES FOR HELP:**

**Psalms 50:15** – “And call upon me in the day of trouble: I will deliver thee, and thou shalt glorify me”

**Philippians 4:13** – “I can do all things through Christ which strengtheneth me.”

**1 John 4:4** – “Greater is He that is in you than he that is in the world”

**1 Corinthians 15:57** – “But thanks be to God which giveth us (me) the victory through our Lord Jesus Christ”

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