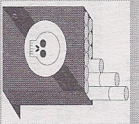


# TOBACCO

◆ CONCERNING YOUR HEALTH ◆



## NICOTINE—AN ADDICTION

Of the people who use nicotine, 95-100% are addicted. Tobacco is one of the most addictive of all substances used by humans. It kills more people than any other drug, accidents or the disease AIDS in the developed countries of the world—450,000 per year in just one country.

Tobacco is a mixture of more than 20 different poisons. The main ones are nicotine, coal tars, carbon monoxide, cyanide, furfural and ammonia.

## THE SMOKER AND DISEASE

What are some of the diseases related to smoking? We all know that smokers are more likely to develop lung cancer than non-smokers. We also know that smoking contributes to heart conditions. There is also evidence that diabetes, cataracts, leukemia and many other types of cancers are more common among smokers. One of the worst conditions caused by smoking is emphysema, the lungs are actually destroyed by smoking. The victims of emphysema have a sensation of feeling continually smothered. There is no known cure for emphysema. The best answer: STOP SMOKING IMMEDIATELY.

If you are a smoker, quitting smoking is the most important step you can take to improve your health and live longer. *Many of the disease conditions can be prevented by stopping smoking immediately.*

## SECOND-HAND SMOKE

Many smokers do not realize the danger that the tobacco smoke has upon others as well. The second-hand smoke can be as lethal as smoking is to the smoker.

Especially at risk are children of smokers who must breathe the lethal air over a lifetime. The work place is another area that poses a great risk. The Journal of the American Medical Association reports that "Working with people who smoke in the office is as bad as living with a smoker and may be worse." Researchers at University of Massa-

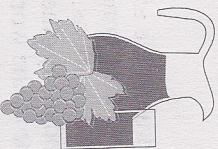


chusetts tested air samples at 25 companies where smoking was allowed. Nicotine levels averaged 8.6 micrograms per cubic meter, 0.3 in non-smoking offices. Experts say 6.8 poses significant risk.

## HOW YOU CAN QUIT!

Make the decision to stop smoking today. Here are some suggestions to make quitting easier for you:

- 1) Avoid the usual things associated with smoking.
- 2) Avoid places where you previously smoked while relaxing.
- 3) Avoid alcohol, coffee and tea.
- 4) Rearrange the furniture in the room.
- 5) Eliminate the odors of smoke—shampoo carpets, clean curtains.
- 6) Don't become bored. Keep busy.
- 7) Avoid stressful situations and arguments.
- 8) Get adequate sleep each night.
- 9) Get up early and go for a walk.
- 10) Follow a warm shower with cool water.
- 11) Begin a regular exercise program.
- 12) Have a good breakfast and a light supper.
- 13) Keep fruit juice, fruit, celery and carrot sticks around.



Try to drink lots of water (8 glasses a day). Nicotine inactivates caffeine and if you are not smoking, the caffeine will build up in your system. The fruit juice and fruit will slow the excretion of nicotine so you are less likely to have the cigarette craving.

Find a friend to stop smoking with. Keep in close contact to encourage each other. Telephone that person when you have an urge to smoke. PRAY. God will help you. Repeat these words "**1 CHOOSE NOT TO SMOKE.**"

