

# Smoking

1. Nicotine is a primary cause of cigarette addiction.
2. Once inside the central nervous system, nicotine stimulates the release of dopamine, leading to the feeling of satisfaction and well-being, much like the use of cocaine, morphine and amphetamines.
3. Major cigarette smoke components:
  - Nicotine
  - Carbon Monoxide
  - Ammonia
  - Styrene
  - Toluene
  - Hydrogen Cyanide
  - Formic acid
  - Formaldehyde
  - Hydrogen Sulfide
  - Quinones
  - Phenol
  - Lead Naphthalene
  - Benzene
4. Many smokers believe that smoking increases concentration, treats stress and gives pleasure; these beliefs are FALSE. The lightheaded feeling that may accompany the act of smoking gives the smoker a false sense of pleasure or release. However, smoking actually causes a decline in physical and intellectual functioning.
5. Similar to other to all addictions, nicotine withdrawal elicits a number of clinical consequences and lasts for several weeks it includes such symptoms as: irritability, anxiety, depression, difficulty concentrating, weight gain, restlessness and impatience.
6. Major Smoking Related Diseases:
  - Chronic Obstructive Lung Disease
  - Digestive Disorders
  - Heart Disease
  - Lung and Other Cancers
  - Respiratory Disorders

*Look at yourself; conduct a fearless inventory of how you are taking care of your body and therefore your mind and soul. Are you keeping in touch with your creator, superior being or holy power? Are you being true to yourself and keeping in touch with your own psyche, knowing what is best for you and all involved with you?*

*"Always aim at complete harmony of thought, word and deed." - Mahatma Gandhi*