

THE ORGANIC WAY

This little publication is not selling medical advice. Number one, it's given away for free. And two, it's relating the personal experience of my son who had been a dedicated, addicted smoker for more than 40 years. He did not want to quit smoking.

Having tried to quit several times and found it impossible, he wasn't even trying to quit. However, because of the horrific cost of cigarettes in our state, he changed the tobacco products he was smoking. Several months later he was struck by such a severe cold, bronchitis, or something similar, that he could barely breathe. Dragging in every breath was so difficult that it scared him, frightened him so badly that he stopped smoking.

Instantly. With no addiction withdrawal. Truth be told, he did have to deal with some of his habits that had included a cigarette but, comparatively speaking, that was no problem!

In the United States, one is probably addicted to smoking, not BECAUSE they smoke, but because of WHAT they smoke.

A team of researchers from Oregon Health and Science University in Portland Oregon compared 11 brands of US Brand-name cigarettes and found that some are 40 times more addictive than others. (Names of those brands was not published)

The researchers measured the "freebase" nicotine delivered by inhaling the first three puffs when smoking a cigarette. The results varied from 1% or 2% to 36%.

Cigarettes delivering such high levels of "freebase" nicotine explains their enormous addictive power.

Scientists have shown that a drug becomes more addictive when it is delivered rapidly to the brain. Just like "crack" cocaine causes vaporized cocaine to reach the brain in seconds, "freebase" nicotine vaporizes and passes rapidly through the lungs, to the blood stream and to the brain.

"Freebase" nicotine is produced by adding chemical elements to the tobacco, thought to be ammonia and urea. It is not in itself an additive.

There are over 600 chemical additives added to US made Brand-name cigarettes. These additives are not regulated in the US.

Read more about the study at the following:

<http://www.ameinfo.com/26989.html>
<http://www.newscientist.com/article.ns?id=dn3990>

So, unless one wants to pay above premium prices for cigarettes imported from some other country, and this without a clue as to which cigarettes to buy, one has two choices if they want to continue smoking:

1. Continue to smoke American Brand-name cigarettes that, according to the above study, are more addictive with every puff.
2. Switch to cigarettes available in America that have NO additives.

Native American cigarettes, made on the reservation, have NO additives. They are available online.

Even as my son continued to smoke, he was ridding his body of the "free-base" nicotine addiction. And, because he was still smoking, he did not have that panicked "this is my last pack of cigarettes" feeling that drove him to smoke with even more frantic determination.

After he'd switched to Native American cigarettes for a few months his addiction was gone, and he had nothing left but the smoking habit. His quitting then, when he decided to do it, was both successful and far, far easier. For all practical purposes, it was almost painless.

(States will probably charge for unpaid cigarette taxes if online cigarette sellers supply order information to them. The privacy policy on most reservation websites state that they do not report information on their customers. Other websites, selling both Native American cigarettes and American Brand-name cigarettes may be required to do so.)

Following are four websites for authentic Native American cigarettes. Their descriptions relate them to the American Brand-name cigarettes they are most like.

http://www.blackhawktobacco.com/	closed for business
http://www.senecasmokeshop.com/	still selling as of 5/2010
http://www.skydancercigarettes.com/	closed for business

Update: 3/2010 Big tobacco's push to shut down Native American cigarettes fails, at least for now. See the New York Times piece at:
<http://www.nytimes.com/2010/03/06/us/06seneca.html?hp>

JHWhite Pubsco <http://www.aniota.com/~jwhite/>

Update: 3/2012 Today I received the following email from buydiscountcigarettes.com

Many of our old customers still call us looking to buy cigarettes. We no longer sell them. However, thanks to some recent court rulings, some Indian tribes are selling Native-made cigarettes again. If you are looking for a place to buy cigarettes online, try BuyCigarettes.com. If you have questions, please contact BuyCigarettes.com at their website as we will be unable to help you.

JHWhite's current publications include "Case Management Workbook for Victims of ID Theft" in a printable PDF format and as zipped up files for Word and Open Office. The workbook was designed to make your recovery from identity theft as easy and convenient as it can possibly be and, along the way, to save you time, money and effort.

As well as "Bookkeeping Basics", she has also published "Anti-embezzlement Methods for Small (and not so small) Businesses" and "How to Detect Embezzlement on the QT" Look for them and others at <http://www.aniota.com/>