

Addiction-nicotine

Description

To Jesus:

You can use this as an aide to your own research and share with your doctor.

You can use [drugs.com](#) or other trusted health websites to look up the latest information on prescription & herbal drugs possible side & interaction effects.

Addiction- nicotine

Why stop using cigarettes?

Cigarette smoking is addictive because of the well over dozen addictive chemicals added to cigarettes. Cigarettes have a lot of toxic chemical additives & burning the tobacco is a toxin as well, too often causing lung cancer & COPD (difficulty breathing).

What about nicotine?

Nicotine use (outside of tobacco) appears to increase longevity & significantly reduce dementia. It is one of the most effective treatments for Parkinson's symptoms. It is a cognitive enhancer & significantly improves productivity for most. The safest way to use

it appears to be buying the highest strength patch & cutting it up into tenths & using 1/10th a patch on the skin only when needing to concentrate & taking it off when done. Used in this way it does not appear to cause regular cravings, tolerance or addiction.

It appears to also fill the receptors for & block some viral infections. Taking 50K of Vitamin D3 after a meal with fat or under the tongue/gums appears to block all viral infections, & taking 1/2 ts (cooked or with hot water) of elderberry fruit or flower (doesn't need cooking) appears to block all viral & bacterial respiratory infections.

Cold turkey

It may be best to first attempt to quit by just stopping smoking completely. Studies show that getting off of all drugs at the same time improves abstinence from all of them. Someone trying to get off of another drug but still smoking is getting all of the ups & downs & cravings of smoking, which can increase relapse to other drugs.

Nicotine cravings

Black pepper smell

Smelling black pepper- rubbing black pepper in oil under nose appears to reduce nicotine cravings.

MCT oil

Coconut oil & MCT oil may help cigarette cravings, as well as organic kale & maca, a nonaddictive stimulating adaptogen. MCT oil taken 1/8th or more teaspoon with food or under tongue every four hours gives a lot of extra physical & mental energy all day long.
naturalnews.com/048234_quit_smoking_nicotine_addiction_nutrition.h

Lobellia

Lobellia is called Indian tobacco as it mildly stimulates nicotine receptors and may substitute during cravings. It also appears to significantly help asthma and COPD.

Natural tobacco

Next may be to switch to tobacco with no additives. Cigarette companies put in a lot of chemicals that are addictive, and people have to withdraw from both these addictive chemicals AND nicotine. Withdrawing from the chemicals first may help, then getting off the tobacco next.

Dangers of varenicline (Chantix)

Varenicline (Chantix) is used as a stop smoking treatment. It appears to increase violent & suicidal ideology in more people than any other drug reported to the FDA. The FDA has required a black box warning about suicide while on varenicline (Chantix), and the company's

own website warns about hostility & agitation as well as suicidality. An independent review of the Adverse Event Reporting System record to the FDA by the Institute for Safe Medication Practices found that varenicline (Chantix) had 18 times higher reports of being suspected of causing acts of violence against others than the average drug. And that was independent of reports to the FDA of varenicline (Chantix) suspected of causing suicidal ideation/suicide attempts/completed suicides.

healthland.time.com/2011/01/07/top-ten-legal-drugs-linked-to-violence/

Prescription Drugs Associated with Reports of Violence Towards Others

Thomas J. Moore, Joseph Glenmullen, Curt D. Furberg

DOI: 10.1371/journal.pone.0015337

Cytisine (Tabex) (also helps alcohol addiction)

Cytisine, from the Golden Rain acacia plant (*Cytisus laborinum* L.), has been used safely for over 50 years for stopping smoking in eastern Europe. It increases smoking cessation by up to 300%. It works by partially activating the same receptors in the brain that nicotine plugs into, while blocking much of the effects of nicotine at the same time.

A review of 21 studies revealed that cytisine appears to be much more effective than varenicline (Chantix) but with side effects equivalent to placebo. If taken with too much nicotine it can cause the same side effects as nicotine overdose (but contains no nicotine). People usually take a dose every two hours or so at first or just every time they feel a craving to smoke/chew tobacco, eventually spacing their doses out more. Cytisine appears to lower

the craving for nicotine on a permanent basis in many, long after their last dose.

Adapting the Sinclair Method to nicotine addiction

Since cytisine works to block the nicotine receptors much like naltrexone blocks opiate

receptors, using the Sinclair method with cytisine for nicotine addiction may work the same way.

In the Sinclair method (78% success rate) people take a naltrexone tablet once a week then an hour later drink alcohol intentionally. The naltrexone blocks much of the pleasure from the alcohol and after 3 to 4 months the personâ€™s no longer finds alcohol rewarding & moves on to full abstinence or occasional alcohol use but only after ingesting naltrexone.

The Sinclair method might work for nicotine addiction by taking cytisine and then very slowly smoking one cigarette or just a couple puffs off one (to avoid nicotine overdose side effects).

Because the cytisine would be blocking the pleasure of the nicotine, this could lead to an

extinguishment of the addictive behaviors as people would stop associating nicotine with

pleasure. Doing this once a day could might people control their smoking at other times

because they would know they would be able to smoke later in the day. After a couple weeks

people may stop smoking entirely because they find it no longer pleasurable (when smoking after.

Using the Sinclair method with cytisine for smoking might improve

smoking cessation rates up to the 78% that the Sinclair method has found for alcohol addiction.

Hajek, McRobbie and Myers (25 Feb 2013). "Efficacy of cytisine in helping smokers quit: systematic review and meta-analysis". *Thorax* 68 (11): 1037-42. doi:10.1136/thoraxjnl-2012-203035. PMID 23404838.

Another review of comparable studies found cytisine to be more clinically and cost effective than varenicline (Chantix).

Leaviss, Joanna; Sullivan, William; Ren, Shijie; Everson-Hock, Emma; Stevenson, Matt; Stevens, John; Strong, Mark; Cantrell, Anna (2014). "What is the clinical effectiveness and cost-effectiveness of cytisine compared with varenicline for smoking cessation? A systematic review and economic evaluation". *Health Technology Assessment* 18 (33).

doi:10.3310/hta18330

Tabex appears to have all the benefits of Chantix, but none of the severe neurological & behavioral side effects.

https://www.washingtonpost.com/business/economy/pill-promises-a-safer-cheaper-way-than-chantix-to-quit-smoking/2015/05/15/8ce5590c-f830-11e4-9030-b4732caefe81_story.html

<http://www.cthreefoundation.org/about-the-sinclair-method.html#.WSnxDca1vv8>

<http://www.the-alcoholism-guide.org/sinclair-method.html>

<https://www.the-sinclair-method.com/>

From the tabex.net website:

Contraindications:

Advanced atherosclerosis, some forms of schizophrenia, pheochromocytoma, conditions connected with severe impairment of the cardiovascular system and malignant hypertension.

The drug should be administered carefully to patients with exacerbated peptic ulcer.

Berberine for nicotine addiction

Berberine (as an extract) & in the Chinese herb *Rhizoma Coptidis Chinensis* root (Huang Lian) may help nicotine addiction.

Oregon Grape root, and barberry root, appears to reduce nicotine's addictive effects when taken before nicotine ingestion and to reduce lung inflammation & the chances of oral cancer. It also appears to reduce cocaine's effects, and to help opiate withdrawal symptoms of anxiety & depression.

J Pharm Pharmacol. 2007 Dec;59(12):1663-9.

Coptidis Rhizoma attenuates repeated nicotine-induced behavioural sensitization in the rat.

Lee B, Yang CH, Hahm DH, Lee HJ, Choe ES, Pyun KH, Shim I.

Toxicol Ind Health. 2013 May;29(4):317-24. doi: 10.1177/0748233711433933. Epub 2012 Mar 7.

Reducing the inhibitory effect of cigarette smoke on the activity of oral peroxidase by the addition of berberine in cigarette filter.

Wu J, Ye X, Cui X, Li X, Zheng L, Chen Z.

Free Radic Biol Med. 2003 Feb 1;34(3):377-84.

Inhibition of oral peroxidase activity by cigarette smoke: in vivo and in vitro studies.

Reznick AZ, Klein I, Eiserich JP, Cross CE, Nagler RM.

Inflammation. 2013 Oct;36(5):1079-86. doi: 10.1007/s10753-013-9640-0.

Berberine attenuates cigarette smoke-induced acute lung inflammation.

Lin K, Liu S, Shen Y, Li Q.

Bupropion (Zyban, Wellbutrin)

Bupropion helps double smoking cessation rates over placebo. It is a level 3 anticholinergic which lowers choline, the concentration chemical in the brain & can cause ADHD symptoms & hallucinations. It is contraindicated for people with seizures, schizophrenia, bipolar affective disorder, eating disorders, are pregnant or breast feeding. Bupropion is a potent inhibitor of cytochrome p450 2D6, causing higher blood levels of drugs dependent on p450 for metabolization.

The use of bupropion SR in cigarette smoking cessation

Scott Wilkes

Int J Chron Obstruct Pulmon Dis. 2008 Mar; 3(1): 45â€“53.

PMCID: PMC2528204

Bupropion and other non-nicotine pharmacotherapies

Elin Roddy

BMJ. 2004 Feb 28; 328(7438): 509â€“511.

doi: 10.1136/bmj.328.7438.509

PMCID: PMC351853

Clinical efficacy of bupropion in the management of smoking cessation.

Jorenby D.

Drugs. 2002;62 Suppl 2:25-35.

Nicotine replacement therapy (NRT)

NRT consists of nicotine gum, nicotine patches, and nicotine lozenges. It has an 10% after one year and 7% after four years improvement in abstinence over placebo. Efficacy can be increased by using patches & gum/lozenges in combination, and women appear to need more followup to maintain cessation.

Nicotine replacement therapy for long-term smoking cessation: a meta-analysis.

Etter JF, Stapleton JA.

Tob Control. 2006 Aug;15(4):280-5.

A meta-analysis of the efficacy of over-the-counter nicotine replacement.

Hughes JR, Shiffman S, Callas P, Zhang J.

Tob Control. 2003 Mar;12(1):21-7.

Meta-Analysis of the Efficacy of Nicotine Replacement Therapy for Smoking Cessation: Differences Between Men and Women

Antonio Cepeda-Benito, Jose T. Reynoso, and Stephen Erath

Journal of Consulting and Clinical Psychology

2004, Vol. 72, No. 4, 712-722 DOI: 10.1037/0022-006X.72.4.712

E cigarettes

E cigarettes can be useful in helping to stop the negative health effects of smoking, but only when choosing a company that labels all their ingredients & has tested them all in an E cigarette use for safety. Companies too often (at least in cigarettes) will put in dangerous or even deadly ingredients if it boosts addiction & sales.

N-acetylcysteine (NAC) & nicotine addiction

NAC may help to reduce nicotine/cocaine/alcohol/gambling addiction & cravings, as well bipolar depression/mania symptoms, schizophrenia, respiratory disorders, liver problems, and grooming disorders-hair pulling, skin picking, and nail biting.

NAC appears to be one of the best treatments for COPD & all lung diseases including lower respiratory infections like influenza, especially in inhaled form as it thins mucus.

NAC appears to reduce cancer in multiple stages with multiple interventions, making it highly useful in preventing/treating lung cancer in people who have lung damage from smoking.

alienherbalist.com/n-acetylcysteine-nac

Odlaug BL, Grant JE. N-acetylcysteine in the treatment of grooming disorders. J Clin

Psychopharmacol. 2007;27:227-29. [PubMed]

Grant JE, Odlaug BL, Kim SW. N-acetylcysteine, a glutamate modulator, in the treatment of

trichotillomania: a double-blind, placebo-controlled study. Arch Gen Psychiatry. 2009;66:756-63.

[PubMed]

Berk M, Jeavons S, Dean O, et al. Nail-biting stuff? The effect of N-acetyl cysteine on nail-biting.

CNS Spectr. 2009;14:357-60. [PubMed]

LaRowe SD, Mardikian P, Malcolm R, et al. Safety and tolerability of N-acetylcysteine in

cocaine-dependent individuals. Am J Addict. 2006;15:105-10.

[PMC free article] [PubMed]

LaRowe SD, Myrick H, Hedden S, et al. Is cocaine desire reduced by N-acetylcysteine? Am J

Psychiatry. 2007;164:1115-7. [PubMed]

Mardikian PN, LaRowe SD, Hedden S, et al. An open-label trial of N-

acetylcysteine for the
treatment of cocaine dependence: a pilot study. Prog
Neuropsychopharmacol Biol Psychiatry.

2007;31:389â€“94. [PubMed]

Knackstedt LA, LaRowe S, Mardikian P, et al. The role of cystine-
glutamate exchange in

nicotine dependence in rats and humans. Biol Psychiatry.

2009;65:841â€“5. [PMC free article]

[PubMed]

Van Schooten FJ, Besaratinia A, De Flora S, et al. Effects of oral
administration of

N-acetyl-L-cysteine: a multi-biomarker study in smokers. Cancer
Epidemiol Biomarkers Prev.

2002;11:167â€“75. [PubMed]

N-acetylcysteine in psychiatry: current therapeutic evidence and
potential mechanisms of action

Olivia Dean et al.

J Psychiatry Neurosci. 2011 Mar; 36(2): 78â€“86. doi:

10.1503/jpn.100057 PMID: PMC3044191

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3044191/>

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3036554/>

<http://dro.deakin.edu.au/view/DU:30035461>

<http://www.sciencedirect.com/science/article/pii/S0006322306015101>

<http://www.sciencedirect.com/science/article/pii/S0165614713000023>

<http://journals.lww.com/behaviouralpharm/Abstract/2008/10000/Antide>

[N_acetyl_L_cysteine.9.aspx](http://journals.lww.com/behaviouralpharm/Abstract/2008/10000/Antide/N_acetyl_L_cysteine.9.aspx)

<http://www.sciencedirect.com/science/article/pii/S0165614708001223>

<http://archpsyc.jamanetwork.com/article.aspx?articleid=483113>

<http://www.nature.com/npp/journal/v36/n4/abs/npp2010226a.html>

Combination therapies

Using a combination of Tabex and nicotine replacement therapy appears to be more effective in quitting than any one alone. Because Tabex is the most effective and the most long lasting, it could be used first. Then if thatâ€™s not enough, using a nicotine replacement is next. If more is needed, the patch can be used in combination.

Evid Based Mental Health 1999;2:74 doi:10.1136/ebmh.2.3.74
Combination therapy of varenicline with nicotine replacement therapy is better than varenicline alone: a systematic review and meta-analysis of randomized controlled trials

Ping-Hsun Chang et al.
BMC Public Health 2015, 15:689 doi:10.1186/s12889-015-2055-0
<http://www.healthline.com/health-blogs/freedom-smoking/does-it-help-add-nicotine-gum-bupropion>

Category

1. Uncategorized

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