

Those Marlboro Men

Marlboro men dashing over the plain, the picture of sturdy manhood. Macho men, those Marlboro men—tough, outdoor types. Cowboy hats and cigarettes chiseled against the big sky. Handsome horses and saddles gleaming in the sun. Life with cigarettes looked as neat as slick magazines and twice the fun. Or was it?

Whatever happened to those handsome cigarette salesmen? How have their lives worked out? How did their sun set? Look at the oxygen tank strapped to the saddle of a dying Marlboro man, John Holmes. His doctor said, "Dying with emphysema." Ray Madson died of lung cancer at 47 years. Bob Julian died from lung cancer at 51, John Harlan at 55 as well as Harold Lee and Junior Ferris both at age 62.

Look at how they looked dying with lung cancer. Tired losers in pain. Many others also died too early with heart attacks.

The data have been in for years. Marlboro men looked great when they were young, but how quickly they aged, and all too often died miserable, painful, unnecessary deaths. Smoking is a cruel, phony sham!

More than a billion people are caught, hooked, and addicted to tobacco. It is snuffed, chewed, and smoked, by habits that kill. Millions have tried to stop. But, even in the so-called

"enlightened" America, millions still are on this long cancer trip of smoking. In fact, about one in every three cancer deaths is caused by tobacco, and one out of every three people who smoke will die tobacco-related deaths.

Tobacco and its smoke are laced with chemical poisons. Each cigarette smoked shortens life.. Tobacco is the most preventable cause of disease and death in the world. Heart disease, cancer, emphysema, and numerous other diseases are the fruit of this popular poison.

How Tobacco Hooks, Then Hurts, Then Kills

First, nicotine hooks the brain, forging a habit that is harder to quit than alcohol. Within seconds of smoking, the nicotine goes from the smoke in the lungs into the blood, from there to the heart, and from there to the brain. Nicotine chemically stimulates the "pleasure centers" in the limbic system of the brain. Gradually, after just another cigarette, and after awhile another, and by and by another, the brain of the smoker focuses on smoking. He, or to be modern, she, gets a new and different order of leadership inside of the brain. Nicotine rules.

Instead of the executive centers in the frontal cortex running the brain normally, the lower center of the brain calls the shots. Tobacco smoke tastes so good, feels good,

looks cool, and other smokers seem to feel closer. Soon nicotine in the lower portion of the brain seems to control not only the higher cortex, but the whole brain. Another addict is born. There are one billion slaves to nicotine in the world.

Meanwhile the small aldehydes and the cyanide components of tobacco smoke first paralyze the system that cleans out the lungs every two or three hours.

There are several hundred chemicals in tobacco smoke. They cause multiple effects. After paralyzing the microscopic fingers called cilia that keep the airways clean, they set about to destroy the cilia. The cleansing mechanism is being compromised—then ruined. Next the stinky dark-brown tar, just like that in a spittoon, collects down inside of the lung. The cancer-forming chemicals in this tar go to work stealthily. It may take years before a person spits up enough blood to scare him into going to the doctor. Hence, any smoker should get an x-ray every year—if the cancer gets big, it's a death sentence for the smoker. Only a few live as long as five years after surgery. Lung cancer death is the commonest cancer death in America in both men and, now, of women.

Other chemicals like nitrogen oxides lead to emphysema; others irritate and inflame, thus increasing lung problems and disease for those in the envi-

ronment at home or work. Other chemicals just stink!

There is hardly an organ system in the whole body from brain to bones that tobacco doesn't influence directly or indirectly. One of its most serious effects is in causing coronary heart disease. Carbon monoxide and nicotine both attack the lining cells of the arteries by punching tiny holes in the corners. This lets normal cholesterol and LDL levels push through to gradually ruin the coronary arteries at *normal* cholesterol levels. This kills twice as many people as cancer of the lung.

Each year well over 400,000 people are killed by tobacco. This makes the numbers of our war-dead appear insignificant by comparison. How about a cigarette death "memorial wall" in Washington, D.C.?

It is a War!

It is a war! Tobacco vs. Jane and John Q. Public. Yes, it does affect the whole family, the office force, and even the community, because only about one-sixth of the tobacco poison goes to the smoker—the rest is its gift to the local environment! Wives of Japanese smokers have about twice the incidence of cancer of the lung as do wives with non-smoking Japanese spouses.

Internally, the war is between the higher nature, especially the frontal cortex (hereafter called the higher brain) vs. the lower nature, centered in the limbic system (hereafter called the lower brain), under the spell of nicotine, the poison with prof-

its.

The Life or Death Issue— How Can a Person Stop?

Millions would like to stop smoking forever. The whole person must be liberated from the tyranny of tobacco. This requires a miracle but can be done if it is done right. Then, appetite- and stress-control will be much easier after the "smoke settles." Smoking addiction is a broad, multi-factoral problem. Its solution must be global. The physical, mental, spiritual, and social dimensions of this drug behavior must be addressed and dealt with lovingly, firmly, and scientifically.

What is the best solution? Not another drug, not just talk, not egocentric human resolution, either. They are "ropes of sand."

A Strong Broad Plan

For decades the Seventh-day Adventist church has championed stop-smoking plans that have demonstrated around the world that they care about the smokers and that they can help people stop this killing habit. The attack plan has four balanced components:

Spiritual: It is essential to receive Divine Power for motivation to control willpower and obtain victory over smoking. All need bigger and better help than man has to offer to conquer Nicotine, Inc.

Mental: The best of health and medical science needs to be focused on the problem.

Physical: The whole body needs to be strengthened and

organized to throw out the poisons and build a new person.

Social: Human support, encouragement, and friends helping friends can accomplish a lot.

Spiritual Help—Spiritual Action

God loves smokers. He can help anyone to stop smoking permanently. What the smoker needs is to meet the Great Physician, who loves us. He not only can forgive the past, He can bring peace to the present, and power for throwing out nicotine and reinstating the individual person to take charge of his or her own life. This involves restoring the will power of the frontal lobes—the true executive centers. True victory is active, not passive or obtained by methods that may not give a complete victory. The Divine Power of Jesus Christ combined with human cooperation focused by converted *will action* and *heart response* can turn addiction clear around to abundant living. It works!

A New Operating System in a New Computer

A fine new computer without good software is practically useless. When we give ourselves totally to the Great Physician, He gives us a new heart—a new computer. But it needs a new operating system and software. The finest software in the world is His inspired Word—the Bible. It has anti-virus components that can clean out the addictive connections in the brain by overcoming evil with good. For

example:

How Bible Promises Work in The Brain

It is simple. The precious promises of God in the Bible are heaven's software for our personal computers. When taken in and used properly, they clean out the negatives and replace them with positive information, attitudes, and motives. As we learn these promises, cherish and use them, they wonderfully change the most discouraging outlooks. Our brains receive divine power. Temptations weaken; will-power and self-control improve.

Bible *Power4Health*: "Now unto Him that is able to keep you from falling, and to present you faultless before the presence of His glory with exceeding joy." (*Jude 24*). "Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes I will help you, I will uphold you with My righteous right hand." (*Isaiah 41:10, NKJ*)

There are many such promises in the Bible that you can write on cards to review as you are walking for exercise. Keep these promise cards where you formerly kept cigarettes, as in your shirt pocket over your heart, or in your Memorize several promises before you find yourself in need of a cigarette.. Be instantly ready to meet temptation. Then there is another potent weapon.

Super Cell Phone

Successful busy people often have cell phones on-the-ready.

Christians have super communications with the headquarters of the universe. You can leave this phone off the hook all the time, with no big phone bills. Talk to God just as you talk to your best friend, because He is just that. Tell Him. Listen to Him. He will remind you what to do, even how to do it. A big secret for victory over bad habits is regular, genuine prayer. At least three times a day have a private talk with God. It makes all the difference between victory sometimes, and victory consistently. When temptation strikes, pull out this laser sword. God's word, the Bible, is powerful and sharper than any two edged sword. (*Hebrew 4: 12*)

Mental Help

Health and medical science can provide information that helps equip one intellectually to understand what tobacco does, and to equip reason for its share in the struggle over nicotine-driven cravings. For lasting victory this needs to be combined with divine power. The combination is synergistic.

Social Aspects

Because divine power and spiritual resources are so crucial in the vertical dimension, it is all the more reason to look for help from others in a supportive fashion.. This includes social support and finding others to encourage you to develop a positive cheerful attitude and even to help in your decision making. Skillful leadership of social support is very useful and conducive to successful

persuasion. Some smokers stop more easily in large groups, others succeed better one-to-one. Social activities should not be neglected just because groups dynamics can't do it all.

Physical Components: Watch Your Batteries

Your brain has millions of tiny "batteries". Skimpy, irregular sleep won't allow these "batteries" to be charged up properly, chemically. After-taking time to read passages in the Bible, and for prayer, go to bed early. In the morning you will not only be rested, you will be primed for success in the struggle against tobacco and other challenges of life.

Hydrotherapy Helps

The proper use of water can help equip you to deal with the symptoms that usually accompany nicotine withdrawal. Start each day with a good hot shower. Finish this off with a dash of cool water then a brisk rub-down. Each day lower the cool temperature a little, the next day a little more. Before long you can develop this routine into a hydrotherapy treatment called a hot-and-cold shower. If you are tough enough, switch the cold finish to straight cold After your hot-and-cold shower you should feel super! If not, you may have been over-working or under-sleeping or both.

Octane for the Brain

Our brains are so particular that they can't even function when one eats only fat. Whole grains, fresh fruit and plenty of it (or canned or frozen, with

minimal added sweetening when fresh fruit is not available), some nuts, olives, or seeds—a balanced vegetarian diet with all those fancy natural phytochemicals to keep us young and vigorous—that is the best way to give 100 percent octane to the brain. Skip the caffeine, it is just another false brain stimulant. It perks you up briefly, but sets you up for a let-down later.

After eating a delicious breakfast for the brain, get right up from the table and get moving. You will soon see and feel that exercise is a builder for the whole person not just a temporary lift with a built-in letdown.

Eat for Strength

Not for drunkenness! That is what the wise man Solomon wrote in Ecclesiastes 10:17. This requires persevering effort and trouble, because much of ready-prepared, packaged, restaurant, and take-out food is so highly salted, spiced, and full of chemicals that the blood is altered to make us short-fused, irritable, and quick on the nicotine draw.

It does this by chemically stimulating the lower brain. Second-hand food like beef, or third-hand foods like bacon, pork chops, or luncheon meats, stimulate the lower brain and compromise the higher areas of the brain. Self-control is almost impossible, or at the least, compromised. This is the reason a vegetarian life-style is basic to long-term victory over tobacco.

Just a hint: By eating simpler

and lighter, especially at night, you will sleep better and wake up in the morning primed for the most important meal of the day—breakfast.

Drink Water Not Alcohol

Alcohol knocks down your control centers so your nicotine cravings are almost impossible to deal with. Drink the purest water you can get, and plenty of it! At least six to eight glasses per day are in order.

Exercise for life

Don't overdo it, but plenty of serious exercise like a good, long walk, a refreshing swim, or a stimulating bike ride are fine. Avoid excessive fatigue, especially for the first week of your stop-smoking program. After each meal take an exercise break. Early in the morning, brisk exercise is a good tonic. Late in the day, slower walking or a moderate workout will help you unwind and also help you make a special deep-sleep chemical, melatonin, that causes you to go down into deep, delta-sleep sooner. You are more refreshed in less time.

What About Drugs and Tobacco Addiction?

For many years numerous drugs have been advocated to cure the tobacco habit. The medical community even uses nicotine itself in the forms of nicotine patches and sprays, desperately willing to try any shortcut to victory. By and large these drug approaches are weaker and less successful than gaining victory over tobacco by using natural methods. The

long-term results are often frustrating and disappointing. One reason, of course, for these failures is that the brain is enormously more complicated than we realize, so drug programs may be doomed to failure because they don't address all issues.

The drug industry and medical science seem to be trying anything and everything for a short-cut to stopping smoking. The latest in this line of attempts is a drug called bupropion, or Zyban™, or Wellbutrin®, a mood-elevating drug. It is being used in some big government hospitals as a major therapy in stop-smoking plans especially for persons who have had extreme difficulty and failures stopping in the past.

One inspired writer on health issues has written, "There are many, many afflicted in our world with tobacco poison.... The physician, if he is not a novice, can trace the effects back to the true cause, but he [does not always] say to them, 'This habit is killing you.' They prescribe drugs to cure a disease which is the result of indulging unnatural appetites, and two evils are produced in the place of removing one."—E. G. White, *Medical Ministry*, p 225. To see other quotes on tobacco by the same author (click here)

Let's take a serious look at bupropion. Is it safe enough and good enough to really recommend?

This Drug Bupropion—How Does it Work?

Careful microdialysis-probe studies have shown that this drug is one of a class which blocks the re-uptake of dopamine. Temporarily, it helps depressed people feel better. But when later the capacity of the brain to make and deliver dopamine for normal mood support was studied, the dopamine supply was found to be sub-normal.(1) This suggests that bupropion can interfere with the brain's ability to function normally. It is a crutch, a short-term mood-elevator, but it weakens the very nerve cells that should be controlled, strengthened, and liberated from another short-term mood-elevator, nicotine!

Seizures Can Result!

In a careful study of over 3,000 people on bupropion, five seizures occurred. Three convulsions were from usually recommended dosage and two more had convulsions from overdose. A large study of over 1,600 people reported that about 4 per thousand suffered *seizures*!(2) In another study of 55 people, 4 had grand mal *seizures*.(3) In a large government hospital setting these seizures could be managed much more easily and promptly than in the community setting.

Bupropion Fails at Mayo Clinic and Yale

As documented in the *New England Journal of Medicine*, after one year of the bupropion program for smoking cessation, only 23% were still free of smoking.(4) Often better rates than this are available with

other methods. From the viewpoint of public health this is a very low success rate. Bupropion was tried on 149 subjects, using a placebo-controlled, randomized, double-blind clinical trial for the cocaine habit. Results? "No significant differences between placebo and bupropion".(5) This is not tobacco. Right. But this shows bupropion is not magic— it's just another drug.

Other Side Effects of Bupropion

A survey of the latest published reports of the adverse effects of bupropion reveals that more and more side effects are emerging. As a leading pharmacology professor at the George Washington University used to say, "*New* drugs have few side effects!" Of course, side effects tend to emerge as people have more experience using them. The Medline Data Base from the U.S. government for adverse effects from bupropion use lists the following conditions that have developed after bupropion use: psychosis, major depression, serum sickness, eosinophilia, neurotoxicity, dyskinesia, tics, nightmares, insomnia (common), agitation, lethargy, tremors, secondary mania, falling backward, elevated blood pressure, rhabdomyolysis, transient ischemic attack, ECG conduction delay, headaches (common), dry mouth, and nausea.

Death in The Pot

Any drug either prescribed, over-the-counter, or street derived, is overdosed on occa-

sion. So is bupropion. Several deaths have resulted.(5)(6)

Legal Quagmire

Admittedly, although a weaker brain drug, prescription or use of bupropion carries considerable legal and financial risk and responsibility. With the known and growing list of side effects listed above, it is far too dangerous and weak in long-term benefits for any group outside of a public hospital, preferably a government hospital, to get entangled with. The cost/benefit ratio is clearly unacceptable for non-physicians to be legally associated with it.

Something Better Than Drugs

We have seen that brain drugs fail to cure nicotine addiction successfully. One-year success rates of only 20 to 30 percent are dismally low. The nicotine habit hooks the brain more powerfully than alcohol does.

What the addict needs is to meet the Great Physician, who loves us. He can forgive the past, bring peace to the present, and empower the future with our cooperation. A little book called *Steps to Christ* is a great book to learn more about how to have a relationship with God. The Wildwood Lifestyle Center & Hospital has used it with smokers for years. It works. At its taproot, the smoking problem is a microcosm for humankind's entire behavioral sin problem. What is needed is not a spray-paint job, not a feel-good quick fix

from pills or bottles. We need a Savior—a close, powerful friend who can help us out of the black hole of sin into the glorious light of the abundant life. The Divine power of Jesus Christ, combined with human power focused by a converted will, can overcome addiction and can gain abundant living.

But—What About Those Withdrawal Cravings

We have good news for you. Although cravings may increase for three or four days, they then get weaker and weaker. The better you stick with the total program, the sooner they become nuisances, and then drop on down to zero! For the first few days they can be strong. But, God and you are now partners. Pray to Him. Get up and get moving, inhaling deeply for more oxygen. Millions have quit forever, so can you. Stick with it!

If You Slip

Should you slip, you may have lost a battle but you have not lost the war! Ask God to forgive you. Ask Him, "Where did I go wrong?" Find out. Then get up and move forward. Many smokers must try several times. To win the war you have to keep fighting.

If You Need Special Help

Look in the phone book for the Seventh-day Adventist Church near you—they know how to put you in touch with social, spiritual, and lifestyle help in stopping smoking forever. Their stop-smoking plans are either free or very economical.

But What If-Then What?

If you do not have complete victory over tobacco after participating in two or three stop-smoking programs then there is still an almost sure-fire way to stop. Go to a lifestyle center for at least 10 days for a round-the-clock live-in program. They have had years of experience in dealing with detoxification and its many side-effects. They also can start you on a program of appetite, weight, and stress control. See the list of lifestyle centers in the US.

Conclusions:

The way to stop smoking forever is to make a global change—conversion to God, cooperation with His laws, His power, His promises, His methods. In this battle, drugs are only crutches. The whole lifestyle, around the clock, must surround the whole person with wisdom, help, and power in the following ways:

Spiritually: Serious, deep conversion to God is a spiritual necessity. Heavenly grace and earthly cooperation blended together are much more likely to create permanent victory.

Mentally: You must learn and understand the truth about the risk of the destructive physical habit of smoking including a bible-centered and science-centered approach.

Physically: Adopt the whole-person approach. The whole person deserves the whole truth, not just a Band-Aid temporary fix-up, giving only temporary improvement and feelings.

Socially: You need some real

friends who are willing to cross town in the middle of the night and give a treatment for a headache, not just suggest you take another pill. Stay away from old smoking buddies. They are not what you need, at least not right now.

Social psychology can be helpful, but right principles are often not used, so you must use caution. Successful living must learn to face stress, pressure, fatigue, and even loneliness.

Personally: God empowered personal will-action is a must.

Then, victory is certain.

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