

## **Homeopathic help to stop smoking**

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We all know that we live in a polluted world and the level of carbon dioxide in the atmosphere has never been higher. Indeed the man pulled out the fossil soil carbon, the first coal then oil, and poured it in the air we breathe.

It is therefore unreasonable to continue smoking. Excepted if we agree to shorten our earthly life on earth. Smoking causes clogging of arteries, harmful for future pregnancies (the child will suffer from intra uterine growth retardation) .It has effects on the heart, lungs (respiratory failure) and especially the considerable increase risk of cancer (lung, larynx, bladder ...)

But how to quit when it became an addiction ??? Assistance is needed .Of all the proposed methods, homeopathy is simple, fast, effective and inexpensive. Here is a protocol that has proven often to be effective.

### **TAKE ONE DOSE OF CARBO VEGETALIS 30CH :**

This is the charcoal, so this is what we inhale every puff. The idea of this remedy is that we need help to take the step. Anyhow, the first step to take in life is the birth. One leaves the mummy's belly. The umbilical cord is cut, and flow oxygen no longer happens .Due to cellular combustion, carbon monoxide invaded our cell and endangers the body.

The respiratory centers of the brain then trigger the breath and the oxygen returns: happiness and relief of having escaped of death. So we observe the following sequence: carbon monoxide - respiration-pleasure. This is the sequence of smoking. It repeats every time the smoker takes a puff. Then, each time it is a step to cross, we will be tempted to revive this sequence, for example short step from adolescence to adulthood or the last cigarette of the condemned man before passing away - to cross the third step in the afterlife!

### **THEN DECREASE CIGARETTE CONSUMPTION EVERY DAY BY 1 CIGARETTE PER DAY:**

For example: someone who smokes a pack a day will throw a cigarette in the trash on the first day and smoke the rest of the pack. The second day he will throw two cigarettes in the trash and smoke the rest of the pack ... And so on, until the twentieth day when he throws the whole package in the garbage bin .The trash can is an important symbol: we lose things but who loses wins. This refers to the role of the father: he helps to lose the symbiotic relationship with the mother and thus, gain independence.

### **IN CASE OF EXCESSIVE NERVOUSNESSEN OR IRRESPRESSIVE NEEDS T SMOKE TAKE « GLOBULIS OF TABACUM 9CH**

**TABACUM** is the remedy for those who have the illusion, like Atlas, that the world rests on their shoulders .Travels scares them and they are suffering from motion sickness! This remedy is useful to

protect against inflammatory bowel disease (CROHN, ULCERATIVE) and CHOLERA .It also helps fight against hypertension and atherosclerosis of the coronary (SQUILLA MARITIMA) .Migraine with nausea and the impression of headband tightening the head. Discouragement, distracted, unhappy.

## **OTHER POSSIBLE HOMEOPATHIC REMEDIES**

### **CARCINOSINUM 200CH 1 dose (To order at [www.remedia.at](http://www.remedia.at))**

This is the nosode of the cancer. It will teach us to say NO and suddenly no longer to be invaded by smoke and by others. Others that we do not want to annoy, fearing of breaking the relationship. We want to be fusional ! Otherwise we will one day be invaded by undifferentiated cells that do not have names: cancer. This remedy suits secret people, serious, early, quickly feel guilty. They often have spots on the skin of "café latte", have bluish conjunctiva, and are fans of music and chocolate .There are many cases of cancer in their family history and also allergies for which they are desensitized

### **CALADIUM SEGUINUM 15CH**

This remedy is known to alter the taste of tobacco. These are people who want to live in a smoke fog that will hide the shadows. In fact they are afraid of their own shadow, afraid to kill themselves, for example by shaving! They are often dressed all in white but the fingers yellowed by tobacco. Following debauchery and sexual excesses. Asthma, heart of the smoker. Sweetish sweat that attracts insects whose bites burn and itch a lot

### **PLANTAGO MAJOR 15CH**

Remedy to remove the urge to smoke for people who presents a certain anxiety, who always want to do several things at once, so they flutter, zap from one thing to another and do not finish much. They suffer from earaches, sore decayed teeth, depression and insomnia. Children, they have long been bedwetting.

### **CARBO ANIMALIS 9CH**

Remedy for patients that tell a life of dedication and a thankless environment to those who do not pay them back. Thereafter they readily develop cancer as Carcinosinum. They prefer solitude and are quickly exhausted by efforts to raise objects .The joints are weak

### **STAPHYSAGRIA 15CH**

Interesting remedy for people living in sadomasochistic atmospheres: frustration, anger flow. Physically frequency sties and chalazions, cystitis .Desire of cold milk. The teeth are serrated with a deposit of black tartar.

### **IGNATIA 15CH :**

Following grief or heartbreak, impossible love. Sighs, alternating laughter and tears. Migraines with sensation of nail, angina, insomnia, facial tics, urticaria.

**NUX VOMICA 9CH :**

Overworked person who like to like/need stimulants: alcohol, spices, tobacco. Stuffy nose, flatulence, nausea, extreme nervousness.

**SULFUR 9 CH:**

Need to find sulfur in the cigarette. Neglected, warmed, philosopher. Desire for sugar, fat, spicy foods. Don't worry be happy!!!!