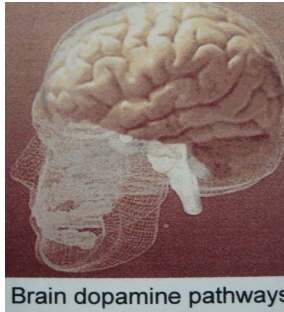


CHRISTIAN STEWARDSHIP VS, NICOTINE ADDICTION

by Rev. Thomas Soltis, SELC Stewardship Director

What Is Nicotine Addiction

John R. Polito, author of "Freedom from Nicotine", writes: "Nicotine is the tobacco plant's natural protection from being eaten by insects. It's widespread use as a farm crop insecticide is now being blamed for killing honey bees. Once inside the brain, it fits a host of chemical locks permitting it direct and indirect control over the flow of more than 200 neuro-chemicals, most importantly dopamine."



The result? When a nicotine blood level lowers, the brain generates a craving - when new nicotine is inhaled, the brain releases dopamine to further stimulate nicotine hunger. The end result? A vicious cycle of a dope (dopamine) addict! Nicotine addiction is expected to kill 17 times as many Americans this year as all illegal drugs combined. Nicotine dependency is more than a "bad habit". It is a mental illness and permanent disease which directly harms the respiratory and circulatory systems.

Christian Stewardship vs. Nicotine Addiction

Taking good care of our bodies is an important part of Christian stewardship. Our bodies belong to God. "It is He who made us and we are His." (Ps. 100:3) The human body is one of God's most precious gifts. It has eternal implications. Glorified, after the resurrection, it will exist forever. In the meantime, God desires that we manage our bodies well, refraining from what will harm us and pursuing what will benefit our bodily health. 1 Cor. 6:20 says: "Honor God with your body." To harm your body is to dishonor God. Nicotine is not only harmful, it is deadly.

Anti-Nicotine Admissions for a Nicotine Drug Addict

- * Admit that your body is a precious gift from God and that He desires its well-being.
- * Admit that nicotine is harmful to the human

body and therefore not God-pleasing.

- * Admit that smoking is a waste of money and that your financial resources could be put to better use.
- * Admit that nicotine is permanently addictive. and that you are a nicotine drug addict for life.
- * Admit that, even after a period of being a non-smoker for years, one puff will again trigger your addiction.
- * Admit that, armed with faith and prayer, God will grant the power to defeat addiction temptations again and again.

Nicotine Cravings

Research suggests that the average quitter



experiences a maximum of 6 crave episodes per day on the 3rd day of recovery, declining about 1.4 per day by day 10.

Each crave usually lasts less than 3 minutes and the average quitter experiences a maximum of 6 on the most challenging day. 18 challenging minutes per day is manageable with God's help.

Ground Rules for Quitting

- * Give up smoking one day at a time.
- * Remember that, since you are a nicotine drug addict, one puff will trigger re-enslavement.
- * When the urge occurs, do three things:
 - (1) Remember God's will and pray.
 - (2) Make up your mind and just say "No!"
 - (3) Quickly engage in an activity which totally absorbs your attention away from the urge.

Nicotine Replacement Products.

Placebo controlled NRT, Zyban, Chantix and NicVax clinical studies have no foundation in science. Those using a nicotine patch or gum as a stand-alone quitting product have only a 7% chance of quitting for six months. The vast majority of long term ex-smokers quit on their own without any NR product or procedure. Those who refuse to allow nicotine back into their bloodstream have 100% odds of success.

ADDITIONAL RESOURCES

www.whyquit.com

Why We died Young -Nicotine Addiction 101