

Nutrition and Smoking

Let's take a look at ways to minimize the risk of illness for smokers who choose not to quit and people exposed to second hand smoke.

As a smoker (or second-hand smoker) you can minimize your risk of illness by eating at least 10 servings of fruits and vegetables daily and reducing the amount of refined carbohydrates, alcohol, caffeine, saturated fat and processed foods.

The following supplements will help: Vitamin E (400-800 IU), Vit. C (5-15 mg per pound of body weight) and 10,000 IU of Beta Carotene. Adding a full spectrum anti-oxidant supplement would benefit as well.

In this information age it is surprising that smoker's aren't more concerned about their health. Smokers consume more sugar and caffeine and fewer fruits and vegetables than non-smokers and they exercise less.

Most people know that smoking causes lung cancer and other respiratory illnesses and it's one of the main causes of heart disease. Smoking also increases the risk of 12 other cancers and 24 other illnesses and diseases.

Of course, the best medicine is to quit smoking and do all the above. After all, kicking the habit will help much more than any supplement or food. If you smoke and you're serious about reducing the risk of disease you'll want to do all the above and exercise regularly.

Yours in health,

Dr. Rick

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