

The Tobacco Conspiracy

Contributed by Rick Saruna

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Why It Seems Impossible to Quit Smoking

Billions of dollars are at stake. Millions of deaths result. Top corporate executives sit around the boardroom and discuss ways to improve their market share. Their success depends on keeping you smoking and getting people that don't smoke to start. It's all about the billions.

The tobacco companies have very deep pockets. They have spent billions of dollars in advertising over the years and they know how to keep their customers.

They want you to die a smoker.

Their bottom line depends on it. And you will die sooner rather than later if you do not quit. What if I told you that stopping smoking was easy? That smoking is a body and mind addiction. Yes, body AND mind!

I don't know anyone that actually picks up a cigarette and goes, "mmm, tastes great!" Do you? Of course not. Your body rejects it. It coughs, hacks, spits, and does everything that it can to tell you this is bad stuff.

You started smoking because your mind was thinking how cool you will be, how much older it will make you look and your body is obeyed. Now you are addicted.

Everyone starts this way. EVERYONE. You had to use your mind to convince your body or you would reject it.

I find it fascinating that almost all methods of quitting smoking do not take the mind into consideration. There are pills and patches and inhalers and gums, all struggling for a high success rate by addressing the physical addiction. But...

Doesn't it make sense to use

the very part of you that started the whole thing

Your mind??

Of course it does.

Everyone starts to smoke for some sort of motivating reason. If I gave you a piece of food that was stinky, burned your

throat and made you cough and gag, how many pieces would you eat? I don't think very many. See, it would be unnatural for you to want more.

Smoking is not natural or everyone would be smoking. You cannot grow a cigarette tree in your backyard or a cigarette plant in your garden. They are not natural. Tobacco may be natural but cigarettes are far more than tobacco. Cigarettes come with an estimated 4000 ingredients added! The list is highly guarded and protected by law as a trade secret. Imagine that. It's the public's health and it's a trade secret.

Something isn't right. But one thing that is right is the decision to quit smoking. Quitting smoking is the one thing that will immediately improve your life and the life of those around you. When a person realizes that quitting is a Body and Mind process, it makes the process much easier.

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