

Alcohol, Coffee, & Tobacco Smoking

This document will provide you with tips and tricks for successfully leaving the alcohol, coffee, and tobacco behind.

The damage caused from the aforementioned stimulant (coffee; caffeine) and sedatives (alcohol; tobacco) is very well known. But despite being aware of the harm done, many find it tremendously difficult to stop using and ingesting them.

Alcohol

Especially when it comes to alcoholics, there is one very important thing to touch upon. You must cease the thinking of, "I want to stop drinking; I'm a recovering alcoholic" and thoughts of similar nature. The reason for this becomes clear once it is understood just how powerful the subconscious mind is. For by thinking along the above lines, you're subconsciously telling yourself that you're a "drinker" or an "alcoholic".

Those desiring weight loss are well advised to do the same. Shift the focus away from, "I want to lose weight" and turn it toward innocuous and healthy living.

If you're strongly dependent upon alcohol, don't try to stop immediately. Begin your journey toward health and start incorporating raw fruits and vegetables into your diet. Also, this is where alcohol-based herbal tincture can prove beneficial in the initial stages of weaning off of alcoholic beverages (when you need the taste of alcohol, take the tinctures), as for some people, it appears to temporarily satisfy their need.

Focus on detoxifying and strengthening the liver by use of powerful liver-specific herbs and through opening up all other channels of elimination (kidneys, skin and bowels).

Kudzu root is also recommended as it is known to help people break the attachment to alcoholic beverages.

If you prefer an alternative to the alcohol herbal tinctures, then utilize encapsulated or glycerin-infused herbs.

Coffee

Essentially, this section can be wrapped up in two words: "[Dandy Blend](#)."

But you're not going to be left hanging just like that. Coffee can indeed be a tough nut to crack, and it is particularly the phase of withdrawals that is difficult for many to surmount. The catch here, due to the caffeine, is the **flip side** of what **stimulation** does to tissues (especially the adrenal glands), which is that it leads to **enervation** or sluggishness of those tissues. That is why people eventually become dependent on stimulants for they have exhausted their primary internal batteries (adrenals) and have to rely on caffeinated beverages and foods just to get by.

The subject of coffee enemas has been addressed in the PDF entitled, 'Bowel Care; Enemas; Colon Hydrotherapy'.

A highly recommended and superb coffee-alternative is **Dandy Blend**, primarily because it tastes just like coffee but without the negative impact. Other alternatives include **roasted chicory root**, **rooibos** 'tea', and yerba mate tea.

To combat jitters and settle nerves throughout the withdrawal phase, as well as rebuild exhausted adrenal glands, a nerve tissue enhancing herbal formula along with a raw, organic adrenal glandular or adrenal strengthening herbal formula is strongly recommended.

Cigarette Smoking

As per the 'Emergency & First Aid Kit' PDF, it is first and foremost suggested to get ahold of tinctured **lobelia**. **Skullcap** (beneficial for withdrawal symptoms) and **kudzu root** (helps break the habitual attachment) are also effective.

Those that have been consistently smoking for many years, and have damaged their lung tissues in the process, should incorporate teas consisting of herbal decongestants, but also lung tissue repairing herbal formulas.