

FOR THE LAST T I M E CRUSHING ADDICTION

Destroying my nicotine habit



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Nicure©

Your Nicotine Addiction, Cured

Stop using tobacco-enablers!

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INTRODUCTION

First things first, there is some information we need to establish before we get down to the nitty gritty.

And that is that there is a method to stop nicotine addiction, a cure, if you will.

It has been around for over 40 years.

So, the first question from you is....

“Why haven’t I heard about this before”

The second is.....

“If it’s for real why has no one else told me about this”

The third is.....

“Why doesn’t the world know and use this system”

The answer I have, is simple.

If I was a cigarette manufacturer why would I want you to stop smoking?

If I was an e-cigarette manufacturer, why would I want you to stop using e-cigarretes?

If I was a vape manufacturer or supplier why would I want you to stop vaping?

If I was the government, collecting tax on these items why would I want you to stop consuming them?

The cigarette manufacturers are the ones who want to know what helps you stop buying their products. So, they commission scientists to find out if there is any information. Anything that can help you stop your addiction.

Ah I hear you say, so why hasn't the government made this more public?
Would you stop a system that brings you in a major amount of finance in tax?

Why don't the non-smoking lobbyists know and promote this?

I don't know. Ask them.

In the light of the evidence I found I'm sure they could have done this too if they really wanted to but I can only report my findings.

Before moving on to the brutal truth let's face it. Smoking has been seen as some sort of dogma for years. This is why people use drugs. It is widely reported that people try this once, maybe twice smoking. It is when they take the next step that it is hard to stop, then we hear the well-worn cry *"it's only me I'm hurting"*

Not really true is it? You hurt family friends who may also move to other drugs as *"John's no different using this is he?"*

Sadly this is not true but the effects of nicotine addiction can cost you or others who follow you at best their health, at worst their lives.

TABLE OF CONTENTS

Section One	1
Section Two.....	3
Section Three.....	7
Section Four.....	11
Section Five	13
Section Six.....	18
Section Seven	21

SECTION ONE

History of Vaping, E-Cigarettes, Juuls

A well-known vape manufacturer that is not to be mentioned, made a vape mixture and combined it with the substance I'm about to share with you. Their sales dropped. People gave up vaping, as they didn't need the 'kick' any more. The feedback they had was this vape had been crucial in their ability to stop. They didn't intend to stop but they didn't feel the need anymore, the urge, the cravings were history.

Whoops!!

The vape company withdrew the liquid as sales were damaged.

Do they admit this?

Get outta town!

Why would they?

The question is why would they stop using an organic compound that helped you stop using nicotine-based products or any other products related to smoking?

The answer, as I said before, is that it affected their business. Nothing wrong with that, unless you were looking for a moral answer.

If there was no truth in this, not the slightest hint that it may have done this, then why would they withdraw their product? Oh, I guess they could come up with a million excuses, but no reasons, no real answers not to use it. I guess they can also come up with detrimental evidence too, but then anybody who had used this would be suing them if there was something in the vape that shouldn't be there.

If there were things wrong with using this compound to help stop the cravings, then the company who made it would be open to prosecution. If any of the traits they described were present in the people who used it would be a business disaster. Much easier to not supply it anymore with an announcement in your marketing by just saying we don't supply this anymore.

Also remember that even if you have packed up smoking cigarettes and vape or use Juuls they may still have nicotine products in them etc. that the nicotine is still supplied from tobacco or a manmade substitute, so I wonder where that comes from?

At this moment in time there are no reports of any tobacco company issuing a profits warning despite the fall in physical tobacco sales? In reality, tobacco sales are up 16.7% over the last ten years due to sales outside of the USA and the U.K. where most statistics are established and published. If you are using a man-made nicotine, then the issue is the chemicals used to make it. It becomes more harmful as fillers are added to the chemical makeup of the product. Again, all of this is well-researched if you wish to read it on the internet. It is not the intention to put pages of research here that is easily accessible by yourself. After all the product I'm describing to you is a self-help system. What better way is there other than to commit and help yourself. Then when you have done this you have the kudos, your self-esteem whatever you wish to call it.

SECTION TWO

So moving on.

In 2003, the first commercially successful electronic cigarette debuted in China.

Today, all over the world there are millions of consumers who regularly use “electronic nicotine delivery systems” (ENDS). Especially electronic cigarettes (known as e-cigarettes).

Juul e-cigarettes were created to help adult smokers quit smoking more easily and are now the most popular device among teens and young adults.

Why?

In many cases it was “hip” or “cool” to do this, rather than actually smoke a cigarette because there was no health risk. This however is not the case. Also, there is no smoking taste or smell associated with e-cigarettes that has been deemed socially unacceptable in today’s society. As pointed out by people no one wants to kiss an “ashtray” that is how it is described by non-smokers. This is why these products were developed not to help you quit smoking.

Some information states that *“It is not yet known whether electronic*

cigarettes are safe or if they can be used to help smokers quit smoking.” There’s still debate over whether Juul devices and other similar products offer more benefits to smokers than they cause harm.

What we do know is that evidence suggests they aren’t harmless, especially when used by teens or young adults or for long periods of time.

Nicotine salts allow for the absorption of nicotine. PAX Labs claims that Juul products provide a nicotine concentration that is comparable with a traditional cigarette plus they can deliver nicotine 1.25 to 2.7 times faster than competing vaping products. Each nicotine cartridge inserted into the Juul (called a pod) gives about 200 puffs, providing about as much nicotine as a pack of cigarettes, according to the product’s website.

However, it’s not clear how much e-cigarettes have been part of the solution. As previously said these can deliver more and quite quickly a more concentrated dose of nicotine. Experts give much more credit to recent smoke-free policies and rising prices of tobacco products.

Why would The American Cancer Society encourage the use of vaping devices? The organisation’s argument is that combustible tobacco products are the single greatest cause of cancer responsible for the deaths of about 7 million people worldwide, each year.

In the USA, an estimated 98% of all tobacco-related deaths are caused by cigarette smoking.

The ACS also wants to stop all or any use of tobacco in any form. To this end the U.S. Centers for Disease Control and Prevention (CDC) released news in November 2018, that cigarette use among American adults is at a record low.

So, is Juuling bad for you? Or is it a safer alternative for smokers and a helpful companion in the battle to quit? Many seem to believe that the use of e-cigarettes is less harmful than smoking cigarettes. The health effects of long-term use are still not known. And according to some study findings, there is reason to believe that e-cigarette use causes as much or more damage as conventional cigarettes. As pointed out above in the

amount of nicotine you can take in one “hit”.

How much nicotine does a Juul contain, and how does this compare to other e-cigarettes? The amount of nicotine in E-cigarettes can vary. Juul devices come with a preset five% nicotine content, similar to the amount found in cigarettes. They are like a USB. There is no Vapor to be seen so they are easily hidden from parents and teachers alike.

They are also easy to conceal and use discreetly since they don't produce any smoke or vapor and do not generate much smell. Juuls come in appealing flavors such as mint, fruit and crème like flavors even bubblegum. So no attraction to kids here to get them 'hooked' on these products.....

Their use is encouraged by authorities. It's likely that another reason Juuling and vaping are gaining popularity is because they are not demonised by certain health authorities and organizations, This includes the American Cancer Society, American Public Health Association and Royal College of Physicians. Organisation's such as these feel that E-cigarette use is ultimately better than smoking cigarettes. In February 2018 the American Cancer Society (ACS) Board of Directors issued the following guidelines to smokers: *“Smokers who can't or won't quit should be encouraged to switch to the least harmful form of tobacco product possible; switching to the exclusive use of e-cigarettes is preferable to continuing to smoke combustible products.”*

Juuling is now overtaking any other NDS in the USA with very high percentages of younger people using and buying these kits. This is fast becoming the case in the U.K. too.

To be clear, Juuling is a type of vaping. It's just another way to describe the use of E-cigarettes that causes a nicotine solution to turn into an annihilable mist. E-cigarettes like Juuls contain heated nicotine extracted from tobacco. The addiction is to nicotine and this is delivered by all methods obviously with vaping if you use nicotine pods.

Juuls might not contain tobacco but they do deliver nicotine as efficiently as a combustible product (for instance, a cigarette) people who use these

products though report a greater intensity and kick than from a cigarette without the telltale sign of smoke. They cause nicotine to reach the lungs, affect the brain and can potentially increase the risk for nicotine addiction. Obviously, if you buy a product with nicotine in it.

The revelations are prompting some lawmakers to a decades-long campaign by the country's biggest tobacco companies to mislead the public about the cancerous and habit-forming effects of cigarettes. "Its executives knew about the addictive chemicals in tobacco, and yet they did nothing to try and keep the product out of the hands of children," says Representative Bill Johnson, an Ohio Republican. "They knew that if they could get children addicted early, they'd have a customer for life. It's very much the same way—children, young people, are addicted to these platforms, and you can see report after report on the damage that's being done."

So concerned about this the NHS in the UK conducted tests on eight people yes that's EIGHT people and concluded they didn't have enough evidence even though a rise of 37.7% in human cells treated had died when vaped nicotine was tested on them under laboratory conditions. Their important point is that E-cigarettes are marketed as an alternative to smoking tobacco and not as a way to quit using nicotine.

SECTION THREE

Later on in life even if your vape or e-cigarette or jule doesn't contain nicotine.

Apart from the obvious cardiovascular diseases you may probably suffer from erectile dysfunction, arthritis, macular degeneration central, vision decline, soaring heartburn, breast cancer (don't think because you are a man you wouldn't develop this), and colon cancer depression.

1. Consumption & Addiction Among Teens/Young Adults

There is still concern that teens are using E-cigarettes and Juuls in growing numbers. "Experts" also believe that young E-cigarette users face an increased risk. Once you ban something history shows us that more people want it and want to use or do it. The concern here should concern older users of nicotine as once again they seem to be pushed out of the equation in favor of the young. Higher Risk for Cardiovascular Disease

Using Juuls containing a mixture of so-called alternative chemicals actually contain a nicotine substance. A stimulant that can increase heart rate and raise blood pressure. It's also a risk factor for developing heart disease. That being said, certain health authorities feel that nicotine use via Juuling/vaping does not increase the risk of suffering from a heart

attack. Instead it is just the same so there is no change except for the way nicotine is delivered to the system. You don't have to be old to experience a heart attack or any other cardiovascular disease.

One study found that e-cigarette exposure narrows arteries by 30% and decreases the blood vessels' ability to widen. Also vaping/Juuling can stiffen the main artery in the body that supplies oxygenated blood to the circulatory system. Aortic stiffness is an early warning sign of cardiac and vascular-related diseases.

2. DNA Damage

Recent research shows that vaping may modify genetic material/DNA in the oral cells of users. In one study run by the Masonic Cancer Centre at the University of Minnesota researchers recruited five E-cigarette users. Saliva samples were collected before and after a 15-minute vaping session to analyse them for chemicals that are known to damage DNA.

Increased levels of DNA-damaging compounds formaldehyde acrolein and methylglyoxal were discovered in tested saliva after vaping. Compared with people who don't vape four of the five E-cigarette users showed signs of DNA damage. This may increase the risk of developing into cancer in your body. Remember there are several types of cancer but research declines to let's us know the links.

3. Respiratory/Lung Damage

Surveys show that the flavors of Juuls and similar vaping products are attractive to younger users. Research at Yale University School of Medicine found that teenagers preferred sweeter flavoured E-cigarettes. These didn't contain nicotine over E-cigs with nicotine but no sweetness. These flavours change chemistry when combined with vape fluid and it is not known at this time what chemicals they are or what can be created and the dangers if any.

In order to create unique vaping flavours manufacturers use flavouring compounds such as diacetyl, acetoin and 2,3-pentanedione. Studies show these chemicals can wreak havoc on the respiratory system and contribute to health problems causing severe respiratory illness and

irritation to the eyes skin and mucous membranes. Add nicotine to this mix and one can consider that this is a potent carcinogen to the body.

According to a 2018 report published by the American Physiological Society (APS), these chemical components seem capable of becoming embedded in the lungs. This causes inflammation, leaving the lungs vulnerable to infections. Recent research showed an increase in markers of inflammation mucus production and altered lung function in people using E-cigarettes that contain propylene propylene plus nicotine.

It doesn't stop there, either. So-called patches and gum you can use are a substitute for not smoking. Unfortunately, these are made with doses of nicotine in them so you go through a gradual withdrawal process that does not really work. Although there are some claims that it does only for these people to go back to smoking cigarettes again or to the "*healthier E-cigarettes*". The cost of using patches and gum can far exceed what you use in purchasing NDS products, so why aren't you recommended to use these fewer times per day and gradually withdraw like this? Just another way of emptying your wallet I guess.

It is thought that vaping is a better alternative to smoking. That it is a replacement. I'm not going to argue but is vaping just as addictive? I guess the answer lies in why do you want to vape? Why do you have to have a 'vape break'? Why do kids vape? What is in the product that is so addictive?

My opinion is that vaping is just as addictive. Is it harmful I guess we will have to wait and see. Notably, Australia at the time of printing this book has banned the sales of vapes with nicotine in them.

"Australia's government says that evidence that e-cigarettes help smokers quit is insufficient for now. Instead, research shows it may push young vapers into taking up smoking later in life."

"The number of vaping teenagers in Australia has soared in recent years and authorities say it is the "number one behavioural issue" in schools across the country.

And they blame disposable vapes - which some experts say could be more addictive than heroin and cocaine - but for now are available in Australia in every convenience store, next to the chocolate bars at the counter.

(BBC news reported 02 June 2023)

There is a lot of hype that vaping helps people stop smoking. Unfortunately, as you have read the above you will now know the side effects of vaping are just as serious if not more serious. If we want an example, then the story in the BBC press dated 12 October 2023 about a 12 year old vape addict. Yes she had asthma so complicated the issue of vaping. Still I suggest you look at the BBC website and file of this young girl and read and educate yourself from this story too. The doctor consultant Professor Chris Whitty Englands chief medical officer is quoted as saying “marketing to children was utterly unacceptable but vaping could be a useful way for smokers to quit tobacco and that vaping was less dangerous than smoking”.

Really?

Yet other investors, other universities, other professors ,other research say the opposite of what England’s Chief Medical officer claims. Your choice to believe whom you want. Personality...I think you know my opinion.

SECTION FOUR

So to the nitty gritty.

We've got through that and you think "*What's that got to do with packing up smoking?*" So I've given you the most recent history of abuse by big tobacco companies that is on the internet in many formats. Of alternative smoking materials that was supposed to help you quit smoking but is just another way of delivering nicotine.

So now let's get into the mechanics of these natural organic fruit and herb that has been used traditionally to flavor meals for centuries. The fruit was used in place of money in ancient times and discovering the delivery systems available including one very unique system that you don't have to pay for in terms of your health.

The fruit is Black Pepper oil and it is married or enhanced by blending it with Frankincense oil to create a product that can cure your addiction.

Yes I know, but Black Pepper is a fruit. Trust me, I was surprised too. Frankincense oil is obtained from the *Boswellia* and sourced from the resin of the *Boswellia carterii*, *Boswellia frereana* or *Boswellia serrata* trees. They are commonly grown in Somalia and regions of Pakistan. These trees are different from many others because they can grow with very little soil in dry and desolate conditions.

The scent of Frankincense is like a combination of pine lemon and woody scents so versatile to the sensory nasal system and lungs.

SECTION FIVE



Black Pepper

Timeline

Piper Nigrum or as we commonly know it as black pepper. You can find this in your spice cupboard at home. It is native to South Asia and has been known in Indian cooking since 2000 BC. Peppercorns were a much-prized trade well known as “***Black Gold***” and were used as a commodity (money). You may know this in Western Society as Peppercorn Rent as a token payment for something that is essentially being given.

Rameses 2 mummy was found to have peppercorns stuffed in his nostrils. It was known in Greece as early as 4th century BC but

uncommon and very expensive. It was widespread in early Roman times and is mentioned in their cookbooks. Interestingly, they spent 50 million sesterces annually using 120 ships to trade with India.

China too had knowledge of Black Pepper as far back as 2nd century BC but it was not until the 12 century AD that it was popular amongst the ruling classes. In the 16th century Admiral Zheng returned with so much Black Pepper on his ships that it became quite common in China.

Black pepper has a long and fascinating history, but I'm not here to bore you with it. It is more important to you to know the uses and benefits of this most common spices.

This oil has a spicy warm peppery and somewhat musky aroma. It's commonly used to aid the digestive and nervous systems. It is stimulating circulation and helping to promote emotional balance. It also stimulates appetite and helps to reduce cholesterol levels.

This in its dried form is also used to flavor food by the use of a pepper mill. You may use the oil in food also being aware that it is a much stronger concentrate so caution is advised.

This now common spice has benefits that include relieving aches, digestion, respiratory conditions, aches and pains, lowering cholesterol, detoxifying the body and enhancing circulation.

The warming properties in Black Pepper helps to increase sweating, as a diuretic, and increase urination. This helps remove bodily toxins and excess water from the body. This may also reduce swelling and inflammation and help lower blood pressure naturally.

Black pepper also has an unusual quality although this is overlooked in the science and oils industry. It can enhance other oils and to make a faster delivery system. Even with its benefits it works exceptionally well in making the benefits of other oils work faster. I believe this works as its natural ingredients excite the other oils' molecules. Just like a flame to one end of a copper pipe excites the molecules so that you can feel the heat at the other end of the pipe with no flame. In essence it is a natural conductor for other oils.

According to a 2010 study conducted at Michigan State University this oil and its constituents exhibit anti-inflammatory antioxidant and anticancer activities All compounds derived from black pepper suppressed human cancer cell proliferation with peperine being the most effective compound.

These are the other benefits of using this oil:

- Relieves aches and pains
- Aids digestion
- Appetite enhancer.
- Lowers Cholesterol
- Antiviral properties.
- Lower blood pressure
- May help in anticancer treatment
- Detoxifies the body
- Can be used as a food preservative
- **It can help you stop smoking and stop the craving for nicotine**
- Stimulant for all other oils because of its warming ability

Black pepper oil helps reduce cravings for nicotine and decrease withdrawal effects. Black pepper oil can be vaped to provide a similar sensation to smoking. In one study, 48 cigarette smokers were randomly assigned to one of three conditions: one group of smokers puffed on a device that delivered a Vapor from essential oil of black pepper; a second group puffed on the device with a mint/menthol cartridge, and a third group used a device containing an empty cartridge.

Craving for cigarettes was significantly reduced in the group using black pepper oil compared to the other control conditions. Negative effects and somatic symptoms of anxiety were also alleviated in the black pepper oil group. Additionally, intensity of sensations in the chest was significantly

higher for the black pepper group, which mimicked the feeling of smoking and seemed to help satisfy the smoker's urge.

Ok so here is some evidence that you can read.

Here is also a link <https://pubmed.ncbi.nlm.nih.gov/8033760/> that takes you to 18 plus other reports dating from 1994. These tell you that black pepper can help you **STOP** the cravings you get from nicotine. There is more information and the same information found all over the world. The website mentioned is the most scientific I could find for those who crave this information.

Adding Frankincense helps you even further in this endeavour. I would also say that both oils can be used as stand-alone treatments that you would use for life. A nightly and morning ritual of using these oils is just the same as swallowing pills or having breakfast or dinner. It takes moments and the health benefits with just these two oils are fantastic. When evaluating these oils, I would like you to remember that the benefits described here are not a cure. I do not believe you can cure anything. This is my personal belief though I have not smoked or craved nicotine in over five years now so I guess you could say I was 'cured'. However, I believe you can prevent things happening to you if you want to. Using oils daily like this will help you suppress the ailments you already have.

They will not cure them once you have them.

The relationship is that an old saying is very true... 'prevention is better than cure'

Before any use, you should do a patch test. This is a drop of oil on the underside of your wrist and should be left after being rubbed in for 40 minutes maximum. If there is no reaction, then you are ok to use this.

If there is, you may be allergic to the oil.

If you react to any oil, then this will not work for you, and you are advised to stop using this oil and method.

Pregnant women should not use oils at all as there is not enough research

available on this subject to give a definitive answer on its use in this instance.

SECTION SIX

Frankincense



Frankincense or olibanum is known as a Biblical Oil and has been traded from Africa for over 6000 years and was reintroduced to Western Europe by the many trade routes from the Eastern Roman Empires where it was commonly used especially in churches. The name is not from the Frankish traders but from the quality of the Frankincense obtained. The best quality is from the Arabian Peninsula and the Horn of Africa although the Greek Herodotus reported the gum was dangerous to harvest because of the snakes that lived in the trees you get the sap from. Strangely the burning of the gum drove the snakes away so one wonders

what attracted them to the trees in the first place?

Southern Arabia was an exporter of Frankincense in antiquity trading with China, which was documented by a 13th-century customs inspector who described the origins and how it was being traded there.

It was a prized oil and was burned for Kings in these times because it was thought that the incense brought you closer to God as it helped you relax and become stress-free. It is still used today for these very reasons in many religious centres around the world.

The incense offering is a sacrificial legislation of the ancient Hebrews. In the bible Exodus (30:34–38) prescribes frankincense blended with equal amounts of three aromatic spices to be ground and burnt in the sacred altar before the Ark in the wilderness, which was meant to be a holy offering rather than any practical use. Scholars have also identified frankincense in Jeremiah (6:20) and relates that it was imported from Sheba during the 6th century BC. Frankincense is mentioned in the New Testament as one of the three gifts that the three wise men "from the East" presented to Jesus at birth.

Many cultures have used Frankincense for many different things but some are very common to each other.

In China it was used to relieve pain, promote circulation, treat deafness, strokes, locked jaws, inflammation and women's menstruation.

In Egypt, it was used to cleanse a body's insides preparing it for mummification.

In Persia, it was used for diabetes, gastritis and stomach ulcers.

In Arabic cultures, it is used to cleanse the home of evil spirits. So, as Frankincense has a comforting property to it, the occupants of the home would experience this in the ritual of burning it. Much so as the church still does today with other faiths to cleanse the air to and from the altar. The oil is sometimes referred to as *olibanum*.

The main benefits are:

It helps reduce Stress reactions and Negative Emotions

It helps boost the Immune system

It helps with Cancer and deal with Chemotherapy side affects

It is an Astringent that can kill harmful germs and bacteria

It heals Skin and prevents signs of Aging

It helps improve Memory

It helps balance Hormones and improve Fertility

It eases digestion

It helps as a Sleep aid

Helps decrease Inflammation and Pain in the body and mind.

SECTION SEVEN

Using the oils

When you buy oils, make sure they are made correctly and are organic. With using black pepper oil and any oil before any use. Please test this on your skin in a small spot so that you do not find yourself with any allergic reaction to the oil. You will find this easy to do by using your wrist to test the oil as this is a sensitive area for testing. If you do get a reaction then cease usage. Pregnant women should not use some oils at all as there is not enough research available on this subject. So I would say to pregnant women do not use this until baby is born and after breast feeding as a precaution.

What you need to buy.

- A bottle with a dropper or preferably a roller ball applicator
- Black pepper oil Frankincense oil

It is a 2:1 ratio Black Pepper x2 Frankincense oil x 1 so it is easy. You have the bottle and it should come with either stoppers or with a rubber bulb and dropper or a drip feed for drops or preferably a roller ball bottle. See below.



You can buy these bottles on the internet for very little, the rubber bulb, or drip feed are better. You may have some of these in your home such as old Olbas oil bottles so sterilise first by placing in hot water for an hour or sterilising fluid as you would a baby's bottle.

Add two full droppers of the Black Pepper to the new bottle, then one dropper of Frankincense, for an easy measurement. If you want to you can use a carrier oil and Sweet Almond oil is my choice and add 1 x dropper to this.

Continue until you have filled the new bottle.

Screw on the dropper and shake until the oils have mixed.

Ensure you squeeze the dropper bulb a few times to clear the oils dropper.

Then unscrew the dropper, squeeze the bulb and release so you have oil in the dropper.

Squeeze this into a cupped hand using 8 drops and use a finger from the other hand, to smear this under your nose.



Then rub the oil into both hands, this is to benefit from inhalation. Cup

your hands.



Sit down, bend forward from your hips to near level of your thighs and inhale deeply whilst moving to an upright position then hold for 5 seconds and breathe out slowly as you remove your hands. Repeat this breathing exercise 8x in the morning and at night. Rub the excess product into the soles of your feet. The object is to inhale the product so that it gets into your bloodstream via your lungs. The product is moved around your body, through your lungs into the circulatory system.

Previous studies have suggested that sensory cues associated with cigarette smoking can suppress certain smoking withdrawal symptoms, including craving for cigarettes. This study investigated the subjective effects of a cigarette substitute delivering a Vapor of black pepper essential oil. Forty-eight cigarette smokers participated in a 3-hour session conducted after overnight deprivation from smoking. Subjects were randomly assigned to one of three conditions: one group of smokers puffed on a device that delivered a vapor from essential oil of black pepper; a second group puffed on the device with a mint/menthol cartridge, and a third group used a device containing an empty cartridge. Subjects puffed and inhaled ad libitum from the device throughout the session during which no smoking was allowed. Reported craving for cigarettes was significantly reduced in the pepper condition relative to each of the two control conditions. In addition, negative affect and somatic symptoms of anxiety were alleviated in the pepper condition relative to the unflavored placebo. The sensations in the chest were also significantly higher for the pepper condition. These results support the

view that respiratory tract sensations are significant in alleviating smoking withdrawal symptoms. Cigarette substitutes delivering pepper constituents may prove helpful in smoking cessation treatment.

Utilising the properties of Black Pepper oil and Frankincense oil give you a double whammy as explained in further reading.

Black pepper is one of the most widely used spices on the planet but extremely underrated. It's valued not only as a flavoring agent in our meals but also for a variety of other purposes.

In recent decades, scientific research has explored the many possible benefits of black pepper essential oil. This includes relief from aches and pains lowering cholesterol, detoxifying the body and enhancing circulation.

When applied topically, black pepper oil creates a warming sensation, so use small doses and dilute it with a carrier oil, like coconut oil, jojoba oil or sweet almond oil. You can use a 1:1 dilution, especially if you apply the oil to sensitive skin.

There are so many ways to use black pepper essential oil, and its uses go far beyond flavouring your food. Here are some easy ways to use black pepper oil at home:

To increase circulation and blood flow to the muscles and nerves, add 3–5 drops of black pepper oil to a warm compress and apply it to the abdomen or areas of concern.

- To ease the discomfort of constipation, diarrhoea and gas, take 1–2 drops of black pepper oil internally by adding it to a smoothie, soup or savory dish. It can also be applied topically to the abdomen.
- To relieve muscle injuries and tendonitis, apply black pepper oil topically to the area of concern. Marrying this with other oils will benefit you further.
- To aid respiratory conditions, take the oil internally or inhale it directly from the bottle. Again combining with Frankincense oil

greatly benefits this process.

- To relieve congested airways, apply 2–3 drops topically to the chest.
- To reduce cigarette cravings or actually nicotine cravings use as directed with the roller ball bottle by rubbing under your nose when having a craving if this occurs
- To use it as a natural treatment for arthritis and rheumatism, apply 2–3 drops topically to the area of concern.

*You will need to use other oils for this to be successful so look out for the Oils Boo. We will supply you details at a later date on how to acquire this.

- To help detoxify the body, take 1–2 drops internally or apply 2–3 drops topically to the bottoms of the feet.
- To add flavor to soups, stews, baked vegetables, salads and entrees, add 1–2 drops of black pepper essential oil.

Now add Frankincense to create a new and more effective and efficient delivery system and cure to your system.

Black Pepper Essential Oil: Plant Origin and Chemical Composition

Black pepper essential oil is extracted either through CO₂ extraction or steam distillation. The essential oil has a spicy, warm, peppery and musky aroma. It's commonly used to aid the digestive and nervous systems — stimulating circulation and promoting emotional balance. Black pepper possesses a unique versatility that's both energising and warming. In addition to invigorating the senses, it can be used to enhance mental clarity, and it's a favourite among athletes and those with active lifestyles because it has warming and energising properties.

Black pepper essential oil is also an important health food due to its antioxidant, antimicrobial potential and gastro-protective modules. With piperine as an active ingredient, black pepper holds rich phytochemistry, including volatile oils, oleoresins and alkaloids. Animal research has

demonstrated how piperine assists in cognitive brain functioning, boosts nutrient absorption and improves gastrointestinal functionality. Animal research has also found that the free-scavenging activity of black pepper and its active ingredients may make it helpful to regulate tumour progression and also act as a general chemoprevention substance. (15)

Black Pepper Essential Oil Precautions

Black pepper essential oil can be a strong irritant in high doses, so dilution with a carrier oil (like coconut or jojoba oil) is recommended for topical use. It's smart to try a patch test before applying black pepper oil to a larger area of your body. Start by applying a drop to your wrist or foot to make sure you won't have an adverse reaction.

Always read product instructions carefully before using black pepper oil internally and as I mentioned earlier, always look for the highest quality oil.

If you are taking any medications or have ongoing health issues, speak with your doctor before using black pepper essential oil. Also speak with your doctor first before using this oil topically or internally if you are pregnant or nursing.

Final Thoughts on These Essential Oils

Black pepper essential oil has a spicy, warm, peppery and musky aroma. It's commonly used to aid the digestive and nervous systems — stimulating circulation, promoting emotional balance, stimulating appetite and reducing cholesterol levels.

You can use black pepper essential oil to aid digestion, help detoxify the body, and add flavour to your food.

One of the not yet well-researched benefits of black pepper oil is its ability to help you quit smoking. The warming sensation black pepper oil creates in the throat and chest when inhaled has proved to help people quit smoking more easily. Black pepper oil also helps ease anxiety and nervousness when inhaled or diffused.

If you use black pepper oil topically, dilute it with a carrier oil first

because it can be a strong irritant.

For easy use at nighttime or daytime around the home or office. Place eight drops on a cotton ball and place between the vents on your radiator. Not one with a flame obviously.

If you are still wearing a face covering. Fill the dropper or roller ball inside the face covering and “draw” two lines. You will breathe this in as long as you wear the face covering. While you do this you will also benefit from its viral protection properties.

You can mix this with other oils to enhance them and also benefit from Black Peppers unique set of helpful properties that are listed here.

While you now know the benefits of Black Pepper oil it like all constitutes you introduce into your body system needs a mate. A marriage with another oil so it can work on helping your system get cured of your nicotine addiction. So what is this other oil?

Following the path of Black Pepper oil using Frankincense oil as a standalone product you can do this the same way as described above. You can also buy this as resin and burn in an incense burner for your room.

We actively recommend the following though;

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You can now see the benefits of this “marriage” of these two oils.

The combination of relaxing and reducing stress and the reduction in craving for nicotine produces the perfect marriage for the body. In fact you can use the combination at anytime if you have radiator heating and

this will fill your home with the fragrance and help will benefit your health this way too. Use it in your office too as this will help supply a relaxed atmosphere and may help work productivity. This would be helpful in meetings too as people relax more in this atmosphere.

I hope this helps you in stoping inhaling harmful products in any form including cigarettes cigars pipes vapes Juuls or E cigarettes. It has been proved that it does scientifically as well as in test groups.

The other benefits of both these oils are quite dramatic. While the primary use here is to stop nicotine addiction the other benefits are something one should consider even if you don't smoke vape or do any of things we have mentioned. Look at the benefits of mixing both of these oils together. They can help you in so many other ways and areas in your life that it is worth considering these aspects too.

In a nutshell what do you have to lose?

Well plenty if your heath improves your mood, but in practical terms it's a few dollars for a lifetime of prevention.

All these benefits are facts and are checkable on various sites on the internet to do with essential oils.

Again remember organic oils only will give you the benefits described not engineered oils.

There are several oils that when 'married' correctly can benefit you. Actuality the saying 'prevention is better than cure' is the absolute truth.