

Herbs for Smokers

Herbs are the preferred source of health care for smoking cessation, as they can be potent enough to prevent and cure all major diseases and temporary afflictions of mind and body. Certain herbal remedies contain better healing benefits than allopathic drugs, as the herbs used are naturally prepared.

Most popular herbs for smoking cessation are:

passionflower – which acts as a sedative, sarsaparilla- an anti-oxidant, cayenne pepper – for disease prevention, peppermint – a stimulant, bioperine – to increase absorption abilities, burdock root – blood purifier, golden seal –

improving digestion, oregon grape – to reduce liver toxins, and dandelion root – to improve urinary system.

When combined in herbal remedies to quit smoking, these ingredients work together to cleanse and balance the body effectively, even after years of cigarette smoking.

Herbal Remedies to Quit Smoking are Holistic in Nature

Herbs in combination provide holistic remedies for the body as herbs work together to provide value at different times and different stages of need as required by the body. These bodily needs can be short-term energy, long-term endurance, weight control, tissue rebuild, bodily cleansing or just simple rejuvenating pleasure of detoxification.

How Herbal Remedies Work?

There are many reasons why herbs are considered **effective therapy for quitting smoking**. The foremost is that an individual's health is better served with herbs than drugs. Many a time, prescription drugs for smoking cessation may be unsafe, addictive and/or possibly laden with side effects, even though doctors and pharmacists may slam these concerns as unwarranted.

The success of **herbal remedies for quitting smoking** is also because these do not have unwanted side effects and eliminate the need for more therapy to counter this. This is because herbs used in these remedies are isolated in their natural, unadulterated state and used such that the integrity of the plant or herb is maintained. So, the body receives the entire value of the herb, though the intended effect may take longer to interact physically. Thus, the balance of the body is restored.

Options for Herbal Remedies to Quit Smoking:

Tobacco-free cigarettes are available for smokers progressively wanting to **quit nicotine addiction**, and these contain a mixture of various herbs like jasmine, ginseng and clover.

However, these still contain damaging tar and carbon dioxide like regular cigarettes, as well as many chemical compounds released by the burning process. So these are not really a healthy option.

Other herbal medications like Kava Kava, a natural anti-anxiety medication, as well as a wide range of natural remedies are available to the ex-smokers.

a little smoke of Skullcap, Damiana and Blue Lotus mixed together – lovely! The craving has gone, the urge to smoke tobacco is not there and I feel happier!

John's Wort is a natural herbal remedy for smoking cessation as it decreases feelings of depression.

Take ½ to 1 tsp tincture daily.

Mullein is one of the herbs to quit smoking because it helps soothe smoker's lungs & speed healing. Drink 2 - 3 cups of mullein tea per day or 1 tsp of mullein, 2 - 3x.

Scutellaria, an all natural stop smoking remedy, is known for its soothing effect on the body, is a well-known tonic for the nervous system.

Schisandra soothes lungs & eases coughs. Drink 2 - 3 cups of tea or ½ tsp tincture 1 - 3x daily.

Coltsfoot also soothes smoker's lungs & helps them expel mucous. Drink 2 - 3 cups of tea or or 1 tsp tincture 3x daily. Do not use coltsfoot for more than one month per year.

Gotu cola helps with brain functioning & mood for smoking quitters. Take as directed.

Turmeric, a main ingredient in curry, is a valuable herb to quit smoking as it may reduce risk of cancer that smoking increases. So eat more delicious curried foods. You can also take capsules, 500 mgs, 2 - 3x daily or ½ tsp tincture 1 - 2x daily.

Lobelia is another of the useful smoking cessation herbs as it relaxes the lungs & engages nicotine receptor cells which may reduce cravings. Drink 2 - 3 cups of tea & 10 drops of tincture 2 - 3x daily.

Avena sativa ("oats") is an excellent restorative & nerve tonic & balances brain functioning.

Skullcap may relieve anxiety that follows quitting. Drink up to 5 cups of tea or 2 tsps of tincture 3 - 5x daily.

Valerian, another useful herbal remedy to stop smoking, may help with insomnia. Take a couple of cups of tea or 2 - 3 tsps of tincture before bedtime. Avoid if you are pregnant.

Kava kava is one of the better herbs to quit smoking, a good complement to valerian, kava kava can be used to decrease anxiety in the daytime without promoting sleepiness. Drink up to 5 cups of tea or 2 tsps tincture 5x daily. Don't use if you are pregnant & don't combine with alcohol.

Passionflower also decreases insomnia. Take 1 tsp tincture 3x daily.

The following are remedies to stop smoking because they address the behavioral habit of smoking, you know having something in your hand & mouth, placing some sort of stick on your lips & mouth, etc.

Cinnamon sticks can be chewed on for distraction. Other health benefits included.

Ginger root sticks can also be sucked on, gently, for oral urges & numerous added health benefits.

Licorice sticks can be rolled around in the mouth to satisfy oral urges. It soothes lung tissue & helps expel mucous. Licorice should not be used long term due to potential side effects. Don't use if pregnant, nursing, suffer from hypertension or heart disease.

Red clover flowers can be chewed on to also satisfy urges. Additionally, red clover may also help prevent various cancers.

Munching on some **carrot** sticks may also distract you. Carrots, too, are good for preventing cancer.

Lobelia contains an alkaloid named lobeline. Lobeline, which has a molecular structure similar to nicotine, attaches to the same receptor sites as nicotine and helps to curb the craving and desire for

tobacco products. Lobelia also alleviates lung congestion because it has expectorant properties (meaning it loosens mucus and facilitates removal from the lungs).

Licorice supports the adrenal glands in releasing hormones that open bronchial tubes, helps prevent constipation and cuts down on sugar cravings during the quitting period by supporting a stabilized blood sugar level that prevents low blood sugar. Licorice is known in traditional Chinese medicine as the great harmonizer as it facilitates and augments the actions of the other herbs.

Oat Seed is a nervous system tonic that supports the overall nervous system during the quitting period. It induces relaxation, provides a sense of calmness and decreases anxiety. Its benefits accrue over time so that sleep is enhanced.

Osha liquefies hardened mucus, stimulates ciliary action to sweep out accumulating mucus and decreases inflammation of respiratory tissues. It also gently stimulates gastrointestinal motility and thus helps to prevent stomach upsets and constipation.

Passion Flower prevents excessive cerebral excitement. It helps ex-smokers who experience excessive “mind chatter” while quitting that prevents concentration or sleep. It helps address rapid thought processes and reactions to the intensity of the environmental stimuli.

Peurisy Root brings more moisture to the lungs and facilitates the removal of mucus.

Grindelia alleviates lung congestion by helping to produce a thin mucus that is easier to remove. It also helps to calm cells located in the lungs that secrete thick viscous mucus.

Mullein ensures that the right amount of moisture is present in the lungs to permit full oxygenation of the body. It increases the production of thin mucus by the surfactant-secreting cells.

Ginger increases the absorption by the body of the above herbs.

Lobelia (pictured above): Is a very powerful herb that helps to calm the mind and relax the body. It has helped many people to control their cravings for nicotine. Lobelia is also reputed to have the effect of making cigarettes taste very bad.

St. John’s wort: One of the best known herbs for promoting a positive mental attitude—something people often need help with during the early phases of becoming a non-smoker.

Black cohosh: Is commonly used by women to help them stay balanced during their monthly cycle. However, it is also known to be a safe sedative that relieves nervousness and anxiety, which makes it useful for the irritability, restlessness, and nervousness associated with quitting smoking.

Blue vervain: Has been referred to as a natural tranquilizer and as such it can be used to calm the nerves. It can also be used for insomnia.

Catnip: Has a soothing and relaxing effect on the digestive system, and helps to relieve diarrhea, flatulence, indigestion, upset stomach, and headache. Catnip also has antispasmodic properties that make it useful for abdominal cramps as well as chronic coughing. Catnip is also good for alleviating sleeplessness. Catnip’s antibiotic and astringent properties are also beneficial for treating colds and bronchial infections.

Hyssop: Has the ability to help with clearing mucus congestion in the lungs associated with COPD. It also has been known to alleviate the anxiety and even hysteria that is sometimes associated with

smoking withdrawal.

Korean ginseng: Is one of the most popular herbs in the world for stimulating energy and helping the body to deal with stress. This property enables ginseng to help alleviate the fatigue and anxiety related to quitting smoking. Ginseng is known to help reestablish balance in the body's systems, which can be helpful to smokers as their bodies adjust to the absence of nicotine.

Motherwort: Has properties that enable it to act as a sedative, inducing tranquility in times of anxiety associated with quitting smoking.

Oat straw or oat seed: One of the best remedies for stress, nervous debility, and exhaustion, especially when associated with depression (a common affliction in people who have recently quit smoking).

Peppermint: Has a relaxing effect on the muscles of the digestive system, combats flatulence, and stimulates the flow of bile and other digestive juices. The volatile oil in peppermint acts as a mild anesthetic to the stomach wall, which helps alleviate feelings of nausea. Where headaches are associated with digestion, peppermint may help. Peppermint also eases anxiety and tension.

Skullcap: Contains plant compounds that help the brain produce more endorphins (naturally occurring chemicals that promote feelings of well-being). This is believed to enhance both awareness and calmness. Skullcap relaxes states of nervous tension while renewing and reviving the central nervous system.

Slippery elm: Is rich in nutrients and easy to digest, making it an excellent food during times of digestive discomfort, which can sometimes accompany smoking cessation. It works with the body to draw out impurities and toxins, assisting with the healing of the entire body.

Valerian: One of the premier sedative herbs used to aid people with anxiety, stress, and insomnia. Valerian also acts as a muscle relaxant. Valerian is clearly one of the herbs of choice in smoking cessation to deal with the issues of insomnia, restlessness, and anxiety.

- St. John's Wort - immune system support, reduces anxiety, calms depression and aids digestion; this is the most popular herb for many things
- Ginseng - prevents nicotine from producing dopamine
- Passion flower - sedative
- Kava kava - anti-anxiety
- Peppermint - stimulant
- Valerian - sedative
- Bioperine - increases blood absorption
- Burdock - blood purifier
- Oat straw - stimulates the central nervous system
- Oregon grape - reduces liver toxins
- Dandelion root - improves the urinary system

2) Lobelia

The herb lobelia (*Lobelia inflata*) has been promoted to help people fight the effects of nicotine withdrawal and is found in many anti-smoking products. The active ingredient in lobelia, lobeline, is thought to have similar actions on the body as nicotine.

In 1993, however, the U.S. Food and Drug Administration (FDA) temporarily prohibited the sale of certain lobelia products marketed to help people quit smoking. According to the report, the reason was because evidence showed they were not effective.

Later research has shown that lobeline may increase levels of the neurotransmitter dopamine in the brain similar to cigarettes. Dopamine influences mood and produces feelings of pleasure. There is still no evidence, however, showing that lobelia supplements help people quit smoking.

Lobelia is a potentially toxic herb, and should not be used unless under the supervision of a qualified health practitioner. It can cause dry mouth, profuse sweating, nausea, vomiting, diarrhea, tremors, rapid heartbeat, confusion, convulsions, coma, and in larger doses, even death.

People with heart disease, high blood pressure, heart disease, tobacco sensitivity, paralysis, seizure disorder, shortness of breath, or who are recovering from shock should not take this herb. Pregnant and nursing women and children should also not take lobelia.

3) St. Johns wort

Although the herb St. John's wort (*Hypericum perforatum*) is used primarily for depression, there is some preliminary research on this herb to help people quit smoking.

In one pilot study, 24 people who smoked 1 or more cigarettes a day received St. John's wort (450 mg capsule 2 times a day) plus smoking cessation counseling. After 12 weeks, 37.5% or 9 out of 24 people had quit.

Another pilot study found some effect, but the results were not long-term. Twenty-eight smokers were randomized to receive St. John's wort (300 mg once or twice a day), either once or twice daily for one week before quitting and continued for 3 months after. In addition, all participants received motivational/behavioural support. At 3 months, 18% continued to abstain from smoking. At a 12 month followup, it was 0%. Neither study was double-blind or placebo controlled, so they cannot be used as evidence.

Although St. John's Wort appears to be reasonably safe when taken alone, it can interfere with the effectiveness of prescription and over-the-counter drugs, such as antidepressants, drugs to treat HIV infections and AIDs, drugs to prevent organ rejection for transplant patients, and oral contraceptives.

St. John's wort is not recommended for pregnant or nursing women, children, or people with bipolar disorder, liver or kidney disease.

For more articles on St. John's wort, go to the [St. John's wort article index](#).

4) Ginseng

Ginseng has been shown to prevent the prevent the nicotine-induced release of the neurotransmitter dopamine. Dopamine is what makes people feel good after smoking and is part of the addiction process.

Although intriguing, no studies to date have examined whether ginseng supplements can help people quit smoking. For more information about ginseng, read the [Ginseng Fact Sheet](#).

<http://smoking.ygoy.com/why-herbal-remedies-are-the-best-choice-to-quit-smoking/>

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