

Special Report - Did you know?

Every cigarette contains half a teaspoonful of sugar!

That's right. It's the white processed sugar in cigarettes that's prematurely aging and killing you. Smokers and diabetics are unaware of the sugar in smokes undermining their health.

Consider this:

World's number 1 sugar customer - the processed food industry.

World's number 2 sugar customer - the tobacco industry.

Medical World News states the sugar in cigarettes is the main source of lung cancer.

Manufacturers add sugar, creating the sugar habit as well as the nicotine habit.

When a smoker tries to quit they may struggle. Suddenly the sugar isn't there anymore, so they may crave sugary products. Resulting in weight gain.

Cigarettes are the only product that doesn't print its ingredients on the box! We have been deliberately misled to believe it's made of tar, nicotine and other toxic fillers. But they don't tell you there's half a teaspoon of processed sugar in each cigarette. 10-20% sugar is added to cigarettes. Up to 20% in cigars. 40% in pipe tobacco.

"...The main source of lung cancer"

The sugar in cigarettes is the main source of lung cancer, based on experimental studies. Comparing lung cancer rates where sugar was added and where it wasn't.

So what? Remember that refined (white) sugar is the most addictive drug in the world.

Think of how challenging it is for a smoker when they try to kick the habit. The longer a person goes without a puff, the more uneasy they become.

Tobacco manufacturers are adding sugar/sweeteners to lure in young smokers.

Food and Chemical Toxicology reveals that some cigarette firms are using sugars and artificial sweeteners to improve the taste. Making cigarettes more appealing, especially to teenagers. Scientists say this increases smokers' risk of cancer. Boosting sugar levels, say the researchers, makes the smoke more poisonous.

Sugar vs nicotine withdrawal

Deborah Arnott, director of Action on Smoking and Health, says adding white sugar is an attempt by the tobacco companies to replace the customers they kill each year. British American Tobacco confirmed that tobacco companies add sugar. Sweeteners mask the smell of smoke.

One of the mistakes smokers make when trying to quit is confusing sugar withdrawal with nicotine withdrawal. Most people actually experience sugar withdrawal, which can be very uncomfortable. Symptoms include irritability, headaches, shaking.

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Why do you experience sugar withdrawal when quitting?

With up to 20% sugar content, a smoker is “keeping” their blood sugar unnaturally high! You experience a sugar withdrawal, much like diabetics. This is why you start to crave sugary food and drinks. And might gain weight when quitting. The solution is to replace the unhealthy processed sugar with natural sugar found in fruits like bananas, grapes, strawberries and honey.

But... you won't gain weight, suffer withdrawal or get anxious when you quit smoking for good with Barnard Mind Solution's 4everquit program. You will still get the rewards you were getting from smoking, but in a new healthy way.