**Re: Crack Nicotine / Natural American Spirit**

These links (gathered in January 2012) may be of assistance.

<http://whyfiles.org/183smoking/2.html>

Includes more information from Jankow’s research

<http://en.wikipedia.org/wiki/Natural_American_Spirit>

Explains the corporate relationship and the medical FACT that “no additives” and “natural” should not be taken to mean that the product is any safer

<http://www.ethicalshopping.com/food/packaged-products/american-spirit-cigarettes.html?page=1>

Revisits corporate connections and makes clear the 60 carcinogens found in all tobacco smoke

<http://ffn.yuku.com/topic/11306#.TyWE2IE8CSo>

A few more details of the “crack nicotine” study (UK 2003)

Anecdotally, I had a patient a few years ago who said his friend at the natural food stores recommended NAS cigarettes. He said that when he switched to NAS he felt “satisfied” after smoking 12-15 cigs/day rather than the 20/day he had previously smoked. His health food buddy came to the conclusion that his reduced desire for cigarettes was because he was now free from “all those nasty additives.” While that is not an unreasonable assumption, the rest of the data about free-base nicotine levels leads me (and others) to suppose that he was getting enough nicotine to satisfy his dependence from fewer cigarettes because of the free-base nicotine.

The truth will set us free. That’s what truth always does. But even the truth; the information alone, may not have a fully transformative effect on a smoker. Tobacco use is very complex and I’ve developed some resources and gained some experience that I am glad to share. My teaching techniques assist willing tobacco users through the five specific aspects of their tobacco use. Understanding and then addressing these five distinct areas can help them become permanently free from tobacco’s grip. If I can be of assistance, please contact me.

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