



## Foods to Help Leave Smoking & Unhealthy Foods Behind

So, I was never a smoker, so I am not really an authority on this topic, but I have had plenty of friends who have struggled with putting their smoking habit behind them, as well as seen what has worked for me in creating a soothing environment when I am stressed. So I am sharing from that perspective, hope it is helpful for you! Please share suggestions, tips & ideas that have worked for you also! So when looking at why people smoke, a few thoughts come to mind.

- There are certain foods that naturally create serotonin in the body, nature's natural antidepressant, resulting in a feeling and a state of calm and well-being. Oatmeal, yams, bananas are a few of them.
- There are also foods that are naturally helpful for reducing anxiety, for some reason their crunchiness alleviates the natural desire to snack on things when stressed. Baby carrots, purple cabbage, raw nuts like brazil nuts, cashews, sunflower seeds are all helpful.
- When the body is stressed, it craves salt, sugar, and fat. This is a natural response to the flight or fight / adrenaline rush situation that your body creates to help it resolve potentially threatening issues. You can help it meet those desires in a healthier manner by feeding your system what it is asking for, but with whole, unprocessed foods. Coconut / olive / sesame oil, maple / agave syrup, lemon juice, sea salt are all yummy!
- Then there are foods that bring you back to your childhood with their warm, soothing simplicity, easiness on the tummy, and gently filling of your digestive tract so that you feel calm and peaceful. Brown rice, potatoes, pasta are some simple and comforting foods to enjoy.
- Certain spices are naturally calming and/or healing as well - cinnamon, whole cumin seed, cardamom, licorice root, fennel, turmeric (orange spice used to make curry) - these can be made into tea or mixed into cooked foods for extra flavor.
- Sometimes when the body's hormones are out of whack due to long periods of overwork, stress, dietary issues, it can cause cravings. Counterbalance these with natural hormone supplements - tofu / soy (plain extra firm kind is best, no need to heat further), flaxseed, pinto beans, yams provide a natural source of estrogen that helps increase the feminine calming aspects in the system.
- When you can make combinations of these foods, or even just eat some of them solo, it can help with alleviating stress in the system at the source, thus hopefully removing the desire to smoke. A few favorite combinations that help me when I am stressed:



**Sweet** (Cook base separately, add fruits, nuts, seasonings in at end)

- Yams, flaxseed, cinnamon, coconut oil, sea salt
- Oatmeal, bananas, cinnamon, cashews, sesame oil, sea salt
- Brown rice, dried apricots, flaxseed, sesame/coconut oil, sea salt
- Brown rice, maple syrup, bananas, coconut oil, sea salt
- Brown rice, coconut oil, maple/agave syrup, lemon juice & rind, sea salt

**Savory** (Cook base separately, add veggies, beans, nuts/seeds, seasonings in at end)

- Potatoes, sunflower seeds/tofu, olive oil, cumin seed, sea salt
- Pasta, sesame oil, flaxseed/almonds/brazil nuts, spinach, sea salt
- Potatoes, tofu if desired, coconut oil, turmeric, sea salt
- Brown rice, coconut oil, lemon juice & rind, spinach, sea salt
- Brown rice, baby carrots, brazil nuts, sea salt

To help cleanse your environment, clothes and linens, car, hands, furniture and carpeting, there are several natural cleaners you can use to get things fresh and odor free.

- Baking soda - for laundry use ½ cup/load, more if extra dirty; use in shower as shampoo & soap - gets skin & hair squeaky clean!;
- Apple cider vinegar (dilute 4 parts water:1 part vinegar) - use for laundry, cleaning solid surfaces, walls, painted surfaces
- Lemon / lime juice - rub a half lemon or lime on skin in the shower, great deodorizer and energizer!
- Dr. Bronner's All Natural Soap (Unscented or Peppermint works great!) - all-purpose all-natural cleaner for skin, laundry, house, etc.
- Sea salt - fill a few small bowls with sea salt and leave in the home in different places will help absorb odors; use as a skin scrub in the shower
- Sage - burn and "smudge" the air throughout the house to clear odors - this is an ancient Native American practice that was used to help clear the energy and space of a place.

Finally, here are a few tips that I have heard from folks who have successfully left smoking in the past, as well as ideas from my own struggles with letting go of foods that are unhealthy for me.

- Carry with you an unopened package of the item you are trying to let go of with you to help make it accessible and thus less "special" or "forbidden" so that you won't feel a sense of deprivation and thus feel the need to "treat" yourself to that item (food, cigarettes, etc.)
- Have fun with trying new and exciting different alternatives - for me, for example, I love love love peanut butter! However, my system doesn't do so well with it (hard to digest, makes me super hyper, etc.), so I have tried to find alternatives that are equally yummy. And have discovered a few new favorites in the process! Steelcut



oatmeal with lots of organic sesame oil, cinnamon, sea salt is one of them :) Or ground flaxseed or sunflower seeds with organic coconut oil, mashed bananas, and sea salt is another!

- Listen to my body's cravings / messages for support when it asks for it. Exhaustion means I need sleep, not high energy food to keep going. Sadness means I need a hug, not a bowl of oatmeal, though it helps also :) Shaky/stressed out feelings means I need stability, in life and in food. So I have learned to treat myself more like my own child and give myself what I need. And that self-care and self-nurturing has helped a lot!

I hope this is helpful to you in your own healing. Please send your ideas, experiences, and suggestions as well, so we can help each other during this healing process.

Best,

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