

Support For Tobacco Users

At WellSource Integrative Health, we believe it's important to support all our clients, even those who continue to smoke.

According to the American Cancer Society, smoking is the single largest cause of preventable illness and death worldwide and is responsible for nearly one in three cancer deaths in the United States. The risk of lung cancer is greatly increased in smokers, with current smokers being about 15-30 times more likely to develop lung cancer than non-smokers. In addition to lung cancer, smoking has also been linked to an increased risk of other types of cancer, including bladder, cervix, kidney, pancreas, stomach, and throat cancer. The longer an individual smokes, and the more cigarettes they smoke each day, the greater their risk of developing cancer.

However, we also know that **quitting smoking is one of the most difficult habits to break**. As former smokers, we have empathy for your situation. It takes **tremendous effort and willpower** to quit. It can be a **powerful coping mechanism for stress** especially if you have been smoking for a long time or if it is a habit that you enjoy. At WellSource Integrative Health, we want you to know that **we are here to support you** in any way that we can and provide any resources you need on your journey.

This is why we design our meal plans specifically to address the unique nutritional needs of tobacco users. Our goal is to provide **customized nutritional support** to optimize health and mitigate potential risks associated with smoking. Our customized plan includes a variety of nutrient-dense foods that are rich in antioxidants, fiber, vitamins, and minerals. These nutrients are important for maintaining a healthy immune system, reducing inflammation, and promoting cellular repair, which can help mitigate the potential for oncogenesis and other health issues associated with smoking.

In addition, we suggest you incorporate other dietary suggestions that may be beneficial:

- **Eat the Rainbow!** Consuming a variety of fruits and vegetables can help provide a range of nutrients and antioxidants that can support the body's natural defenses against the harmful effects of smoking.
- **Stay hydrated!** Drinking plenty of water and fluids can help flush out toxins and support overall health.
- **Eat Fiber-rich foods!** Consuming foods high in fiber, such as whole grains, legumes, fruits, and vegetables, can help support digestion and promote regular bowel movements.
- **Throw in a dash of Omega 3 Fatty Acids!** Consuming foods rich in omega-3 fatty acids, such as fatty fish, flaxseeds, and chia seeds, can help reduce inflammation in the body and support heart health.
- **Probiotic-rich foods:** Consuming foods that contain probiotics, such as yogurt, kefir, and sauerkraut, can help support gut health and may improve immune function.

