

Nicotine – The Other “N-word” and What You Need to Know about it.

<https://thedrardisshow.com/episode-04-10-2024-the-other-n-word>

I had heard about using nicotine patches from a variety of sources and for a variety of reasons. Nicotine? Isn't that stuff addictive? Short answer: NO. The link above is 3-hour presentation by Dr Bryan Ardis that will literally blow your mind. He covers the history of nicotine and blows the lid off the lies that we have been told. I also had the opportunity to listen to Dr Ardis in person talk about how Big Pharma wants to ban nicotine worldwide. Why? Because tobacco is a MEDICINAL plant that was used for over a century to cure disease. Did you know that very few cigarette smokers got COVID?? The nicotine protected their lungs!!!



If you had a covid “vaccine” and/or have any symptoms referred to as “long covid,” you need to watch this podcast. One of the things that caught my attention is that the pain, muscle aches and fatigue associated with long covid were alleviated within six days just by using a 7 mg nicotine patch!!!! Six days! Then those folks went on to fully recover without continuing to use a patch! What are some of the other maladies covered in the podcast? Check this out!!

- *Cured, prevented, improved addiction issues.
- *Improved memory and cognition issues, including Alzheimer's disease.
- *Useful for patients with Parkinson's, Multiple Sclerosis and similar issues.
- *Anti-inflammatory especially for asthma, arthritis and ulcerative colitis.
- *Can decrease aggression in autism.
- *Can reduce hyperglycemia and protect the pancreas health of diabetics.
- *Can “cure” myocarditis, especially related to covid.
- *Can dissolve brain tumors !!! Not kidding.
- *Can help the body fight breast and lung cancer, among others !!!

Watch the podcast!! I started experimenting with nicotine patches because of my oxalate removal symptoms. Dropping my oxalate intake has helped greatly, but I still have pain with elimination and this horrible heaviness and discomfort in my pelvis. Within an hour of applying my first patch - it went away!! It was like a miracle! I started using a 7 mg patch every 24 hours. I could tell when the 24 hours was about up. There were times that I was having some break through pain, so I would put on an additional patch. The pain went away. Now, I do still have some other pain issues that it doesn't seem to be helping, but the pelvic issues? Gone. Amazing.



If you have pain issues, or some of the other situations that I list, I encourage you to give nicotine a try. The patches, available in your local pharmacy or on Amazon, are available in 7, 14, and 21 mg doses. I have played with all doses. More is not necessarily better. Dr Ardis, and all of his family members cut a 7 mg patch in half, so use about 3.5 mg per day. Dr Ardis talked about his favorite patch, as seen here.

They make a clear patch, but also this fabric one. I have some challenges with the adhesive. These fabric patches are very different and I like them a lot more. Get them on Amazon. Look for Tolvita. A quick warning. When I first started using a patch, I did get a little nauseated from the nicotine. Especially as a former smoker, it was not nice, but within two days, it was gone.



Eventually, I developed a severe reaction to the adhesives. You can also use nicotine gum and nicotine mints like Nic-Nac's and similar products. Find the lowest dose and start there. On their web page, it looks as if they have been required to say "WARNING: This product contains nicotine. Nicotine is an addictive chemical." That is absolutely FALSE, but there you go. Lies.

Why nicotine? Did you know that we have nicotinic receptors all throughout the body? Nicotine is also found in many of the foods we eat. See the box to the right. It's interesting to me that many of those foods are also high in oxalate, so I have eliminated them. For people who love eggplant, notice that just 10 grams of eggplant contains 100 mg of nicotine! Is nicotine addictive? Have you ever heard of someone needing eggplant because they were addicted??

There are many books about nicotine. This one by Dr Robert Barner is one that I have read. This is what he wrote on the back of the book.

"For centuries, tobacco was revered as a natural herbal medicine, used by indigenous cultures for its healing, spiritual, and therapeutic properties. Long before it became associated with smoking and addiction, tobacco was a sacred plant, believed to enhance focus, alleviate pain, and protect against illness.

NICOTINE IN VEGETABLES			
Highest Reported Mean Nicotine Content (ng/g of vegetable)			
VEGETABLE	HIGHEST REPORTED MEAN NICOTINE CONTENT (ng/g)	REFERENCE	AMOUNT OF VEGETABLE REQUIRED TO OBTAIN 1 µg OF NICOTINE* (g)
Cauliflower	16.8	Davis et al. ⁴	59.5
Cauliflower	3.8	Present study	263.4
Eggplant	100.0	Castro and Monji ²	10.0
Potato peel	4.8	Davis et al. ⁴	208.0
Potato pulp	15.3	Davis et al. ⁴	65.4
Potatoes	7.1	Present study	140.4
Green tomatoes	42.8	Castro and Monji ²	23.4
Pureed tomatoes	52.0	Castro and Monji ²	19.2
Ripe tomatoes	4.3	Castro and Monji ²	233.0
Ripe tomatoes	4.1	Present study	244.0
Tomatoes	10.7	Sheen ³	93.5

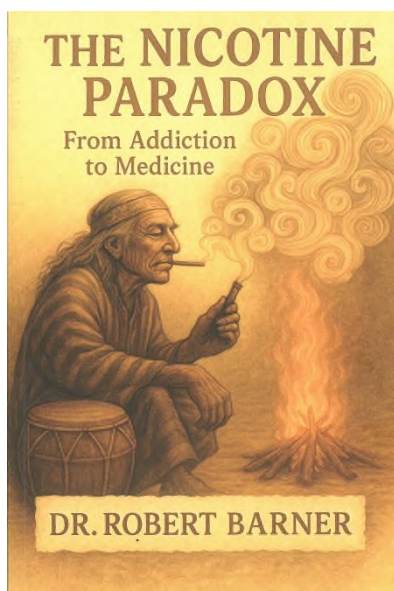
i *One microgram (1 µg) of nicotine is the amount a passive smoker would absorb in about three hours in a room with a minimal amount of tobacco smoke.

SOURCES
² Castro, V. A. & Monji, N. H. (1984). J. Agric. Food Chem. 32: 1239-1241.
³ Sheen, S. J. (1978). J. Agric. Food Chem. 26: 301-303.
⁴ Davis, C. R., et al. (1972). J. Agric. Food Chem. 20: 1166-1190.

Nicotine is a natural compound found in certain plants, especially members of the nightshade family (Solanaceae).

NATURALLY OCCURRING

These amounts are tiny and pose no harm.



"In Nicotine:

The Unexpected Medicine, we explore the forgotten history of tobacco, its role in ancient healing practices, and the modern scientific research that is rediscovering nicotine's potential medical benefits. From its use in traditional medicine to its impact on neurodegenerative diseases like Alzheimer's and Parkinson's, psychiatric conditions such as schizophrenia and ADHD, and even metabolic disorders, this book takes a deep dive into the therapeutic potential of nicotine and tobacco-derived compounds."

It's now up to you to decide if nicotine is something you want to try. Just know that there is nothing dangerous or addictive about nicotine.