

Herbal Remedies

Smoking in Eugene has become as taboo as tossing a can in the garbage instead of recycling it. Lighting up any time or place cravings strike is a thing of the past. Even at the bar, where the sweet mingling of alcohol and nicotine once reigned, smokers must now huddle outside in all weather to get their fix.

As a smoker I know the pressure facing my dying breed. Quitting sounds good but for smokers like myself, cold turkey doesn't cut it. For nicotine addicts who want to quit but need help combating cravings and other withdrawal symptoms, these homeopathic products meant for supplemental use with quitting smoking can be found locally:

• **Drug Bomb**, a vitamin formula, eases the side-effects of withdrawal. It contains vitamins C and E, which help detoxify the body, and B vitamins that help with stress and cravings. Drug Bomb is sold at Sundance Natural Foods. (\$11.25)

• A few monitored drops under the tongue

of a liquid herbal compound from **Herb Pharm** products can help with tobacco addiction (Avena Licorice Compound) or nerves (Nervous System Tonic — Avena Skullcap Compound). Excessive use can cause nausea, so use as directed. Local stores where Herb Pharm products are sold include Sundance Natural Foods, KIVA, Wild Oats, and Market of Choice. (\$8.95)

• **Tea tree oil toothpicks** come in assorted flavors and can help combat oral fixation. They are sold at Sundance Natural Foods, and are highly recommended by the staff, but be warned: Cinnamon is not for the timid. (\$3.50)

• **Oat straw**, an herb used for smoking cessation, comes in liquid form with a dropper. It's a mild sedative that works with the nervous system to put you in a more relaxed state while restoring damaged nerves. It is sold at Alchymia Herbs, and the staff recommends five to 10 drops under the tongue twice daily until withdrawal symptoms subside. (\$16) **ew**



Tara Alder is a nationally certified colon hydrotherapist

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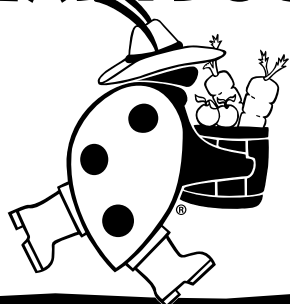
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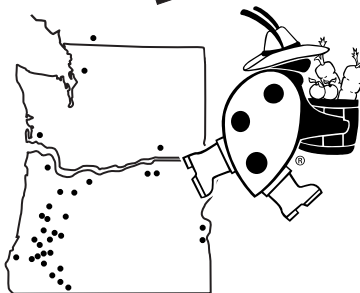
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