

**Title: Conversations**

**Subtitle: How to Quit Smoking Tobacco**

**Second Subtitle: How to Quit Smoking Tobacco**

Author: wizanda

Date: 1577037527

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Watching the film, '[The Insider](#)', where we realize they spray the tobacco with ammonia helps, which translates as us being like a Crack Head or Junkie.

Understanding how it affects our body then made me quit, and wouldn't go back, as I know it makes no sense now.

Which is understanding that when we get happiness normally, we get dopamine which is our happy drug in our brain; when we have ammonia, it affects it from refreshing naturally.

Imagine the brain like a flower normally, give it the right food it blossoms regularly, and creates lovely vibes; tobacco is cancelling these out by giving a quick buzz, that doesn't last as long as a healthier life style does.

When we get that gasping feeling, that is our lungs starting to take in oxygen properly; after a few hours it goes, and then taste sensations come back.

Basically we have to realize in our own logic, that smoking tobacco puts us in a more limited depressive state, and costs a fortune to keep us there.

Having some tobacco left, where we know it is there; yet we make the choice not to, makes it real.

It is far easier getting up feeling fresh, and positive; rather than using patches.

Giving ourselves the space; makes it easier to free ourselves.

Like if we try to tell ourself, often we will find ways around it, as we're so sneaky.