

105B. Smoking/ Vaping. Starting & stopping.

Before starting on our addiction healing videos, at YANAAYAA, where we hope to help many who are dealing with negative life thoughts, people & behaviors, such as addictions, Agoraphobia fear, grief & hurts & the so many hard things that none of us should battle alone, nor without every available friend & resource, we would like to reach out with an infomercial to help our younger generation, to make a very mature smart, strong, healthy, courageous decision, to say no thanks to peer pressure & to say, that I can do life without the health destroying stupidity, of believing that sucking any products into my lungs, body & blood stream, could do anything other than harm me & my mind & body, while making someone else richer, while this foolish choice will make my body, mind & health weaker.

If U don't smoke & U think it may make U look a lil older, or a lil cooler, or a little calmer, or little less stressed & alone, it doesn't & you need to know the truth, that if U choose to suck burning paper, dried up leaves, or flavored aerosol items, into your lungs, it could be one of the dumbest & possibly most harmful choices of your life & it's almost guaranteed that you will battle more years, while wasting more money, trying to quit, than the couple years that you thought it was cool? & in one way, or another it will negatively affect your health & life, even if it doesn't kill you, like the 1300 people that die every day from it, you could

become one of the 16 million Americans living with life threatening diseases from these products.

Of the tens of millions of people that wish they had never smoked, **I never met one person that was glad they had started smoking, vaping, or chewing.** Do a study yourself, ask around, asking smokers how horrible it truly becomes, later on, when you realize how much you're giving, to smell & feel so bad.

Also, for those that let minors start their possible illegal death walk, by saying I would rather have them damage their unformed brains & tender lungs, by smoking & vaping, illegally, at home, rather than to go out somewhere else hiding it from me, what is wrong with one that would allow a child to harm themselves & maybe their future, while at home?

Of course they are sure to do it out & about, but saying you're protecting them by letting them use dangerous substances, on unformed brains, at home is criminal & should be. Your job is to protect, even at the chance of them "hating" you.

It is one of life's cruelest killers. I've known a few who died from it, a few who battle not being able to breathe from it, a few on oxygen 24/7 & everybody who smokes stinks like stale burnt socks, sorry, no offense, just truth, smell yourself.

I was blessed by God & was able to quit in 1997 after 17yrs of 1-2 packs a day & I do know the horrible feeling of taking deep breaths & feeling like you are not getting any air & cannot

breath, it's scary at best & you truly do not want to ever feel like your suffocating & cannot breathe, with nothing you can do about it.

There are nearly ½ million deaths in the U.S. every year are caused by smoking & secondhand smoke, as smoking increases the risk of coronary heart disease, stroke & lung cancer.

Tobacco kills more than 8 million people worldwide every year & smoking-related diseases cost the U.S. over \$289 billion a year.

Cigarette smoking is a major public health concern, with over 16 million Americans living with a smoking-related disease, as smoking harms nearly every organ of the body, causing many diseases.

Smoking can cause cancer almost anywhere in your body, such as your Bladder, Blood= causing leukemia, your Cervix, Esophagus, Kidney, Larynx, Liver, parts of your throat, tongue, soft palate, & tonsils, Pancreas, Stomach, Trachea & lungs

Smoking can also make it harder for a woman to become pregnant. It can also affect a baby's health before & after birth. Smoking increases risks for Stillbirth, Sudden infant death syndrome, Ectopic pregnancy, Orofacial clefts.

Smoking can affect men's sperm & increases risks for birth defects & miscarriage.

Smoking can affect bone health, the health of your teeth & gums & can cause tooth loss, can increase your risk of cataracts & macular degeneration & is a cause of type 2 diabetes mellitus &

can make diabetes harder to control. The risk of developing diabetes is 30–40% higher for active smokers than nonsmokers. Vaping & Ecigs cancer causing chemicals can contain formaldehyde (for embalming dead bodies) & metal fragments, that damages tiny airwaves in your lungs, are highly addictive & can cause nicotine poisoning, seizures, lung damage, bronchitis, sexual dysfunction, inflammatory bowel disease, migraines, high blood pressure & death, as you're playing with many chemicals that we have no idea what all the dangers are involved with them, but as you play Guinee pig to find out, I will tell U one thing, which is, nothing that you find out, about using these poisons, will be good & if you start, or quit today, it will surely change your life story, for worse or better.

Quitting smoking is one of the hardest & most mature actions a person can take to improve their health, regardless of age, or how long U have been smoking.

In regards to quitting: start telling your brain all day long everyday that you are a nonsmoker, even when smoking, as your brain will eventually build a new path of belief, start smelling your clothes, hair, fingers etc. everyday, pretend your going on a blind date, would you do it smelling like that?, start doing something else with your other hand, 2 keep both hands busy & stop smoking in typical moments, e.g. after dinner do something

else 1st, like the dishes? then call someone, whatever u can to get out of your typical learned habits; drive with both hands on the wheel, keep ashtrays clean & put up. Everytime you go to vape, ask yourself why would anyone stick something filled with poisons in their mouth, think about it, did U ever C yourself sticking something so nasty in your body & having to pay someone else, who cares nothing about the consequences that you may one day pay, to do it?

Look on the computer for info & help with anti smoking campaigns, remind yourself that just because your body, or mind wants you to do something, that doesn't mean that you have to, as you are in control of you & do not have to give in to urges & be sure to reward yourself when you don't use & when you quit be sure to reward yourself with a gift every couple weeks, or month, as our minds do not like to lose anything that it's used to, but it will accept a trade, so you don't just quit smoking, but you trade it for a reward, also for many hard candy, gum, or something in your mouth besides a cigarette, can help the minds needs as well.

Now do not ever expect life to get easier, not smoking, as it won't, but quit using life excuses to smoke & start making excuses to not smoke, as though it doesn't get easier, it will get better, when you see that you are stronger, than your wants & that with the right attitude, help & mindset, that you can beat any addiction.

Be sure to check out our webpage yanayaa.com & please like & follow our upcoming youtube videos.

If you are ready to quit: U can try a “quitline” coach (1-800-QUIT-NOW), or Talk to ur Dr. as they can usually help you decide what treatment is best for you & connect you to quit smoking programs & resources. & Remember, even if you’ve tried before, the key to success is to keep trying & not give up. After all, more than half of U.S. adults who smoked have quit.

Medications Can help you manage withdrawal symptoms & cravings & help you stay confident & motivated to quit. Many Tx’s & resources may be free, or insurance covered?. Using counseling & medication can give you a good chance of quitting for good. Get Help Quitting Today. For info. about quitting smoking, visit CDC.gov/quit.

Smoking, chewing, vaping is ridiculously rude, nasty & deadly, so do yourself a big favor & don’t start, or if you’ve started, than Quit today, anybody can truly quit smoking, may not be easy, & may be not alone, but You can do it.

Father we thank you for your holiness & all that you have given, that we may be reconciled to you & Father you know all our faults & flaws & all the enticing evils that satan throws our way & we are asking today that you help us all, to stand strong

together against all the addictions that are being battled in this world, including these horribly nasty addictions of smoking & vaping & pumping these poisons into the temple that you have entrusted to us, we do ask for forgiveness of our sins, Father, in the mighty name of Jesus Christ, that we would be delivered from our sins & we ask for the strength to put an end to the thoughts & cravings of tobacco, marijuana & vaping products, that we may be free from the bindings that these products place in our minds & bodies & that we may be used to help others to break free as well, in Jesus mighty name we pray this, amen.