



# YOU CAN STOP SMOKING!

A FIVE-DAY PLAN BY AGATHA THRASH, M.D.

## DAY 1

**Psychological:** One of the characteristic attributes of man is the ability to learn, to modify behavior as a result of experience or judgment. Today, make a deliberate, reasoned choice to stop smoking and set in motion certain processes that will ensure that your decision is backed up by your actions. Say, "I choose not to smoke," several times during the day. Call a "buddy" to encourage you to completely quit today.

**Physical:** Fast on the first day. Follow a nutritious diet for all five days.

Cravings are known to be associated with eating certain foods. Avoid alcohol, junk food, TV, and other smokers. The suggestions and images made on the mind by these modalities are best avoided for a few days. Avoid spices (including black pepper), aspirin, sugar and other sweets, caffeinated coffee, teas, and colas. These are all known to initiate cravings.

Drinking plenty of water promotes cleansing of the tissues. Two cool showers daily are recommended to give a gentle stimulant effect,

and to remove any toxic substances that may be excreted by the skin.

**Practice** rhythmical breathing. This maneuver consists of a series of moderately deep breaths, in and out through the nose. It can be done while you are busy at your work and is very soothing to cravings. These types of exercises also promote good digestion and lift a gloom from the spirits.

Take exercise breaks throughout the day. Get 20 minutes of walking. Gear your pace and time to your level of physical conditioning.

## DAY 2

**Psychological:** It is a law of the mind that an established habit tends to “reinforce” itself with each repetition. On the other hand, a habit denied tends to undergo “extinction.” Make full use of this law of the mind today to extinguish an unwanted habit.

“I choose not to smoke,” is a decision you will need to make again today, deliberately planning your future course so that it leads to a non-smoker’s life. Call your “buddy” and make yourselves partly responsible for the success of the other. Telling others about your daily success will strengthen your position as a non-smoker.

**Physical:** Break your fast tomorrow morning with whole-grain bread, fruit, and sugar-free cereals. For dinner (lunch), have the same three types of foods. Eat generously, but do not overeat. Buy some exotic fruit if you would like; you can afford it now that you are not smoking!

During these five days, continue to avoid things that suggest smoking, foods that stimulate cravings, and also people who smoke. Keep up the water drinking. The key to quantity is the color of the urine. Keep it pale, almost colorless.

Today is the day to begin the cold mitten friction. After your usual slightly warm shower, turn off all hot water and carefully dance around in the cold water for 10-20 seconds, vigorously frictioning the body with a coarse wash cloth wherever the cold water strikes the skin. Use a coarse towel to friction the skin dry. Try to work up a rosy color to the skin.

Continue the rhythmical and gymnastic breathing exercise.

As you walk each day, check your

own pulse. Try to keep your pulse continuously over 100 for 20 minutes on a stretch. This is the length of time required to achieve a “training effect” on the heart and lungs.

## DAY 3

**Psychological:** The proper use of the will is as a rudder is used on a ship; to give direction, not power. When you are tempted to smoke, the proper use of the will causes you to turn in another direction from the temptation. Then you must use the power or strength of the muscles of the body to physically remove yourself from the tempting object. Finally, use the power or strength of the mind to think of other subjects than the object of temptation. Thus, the three factors, the decision of the will, the strength of the muscles, and the effort of the mind, are all used to direct the actions, and prevent your yielding to the suggestion to smoke. The direction-making, and the ability to continue with an action are two separate functions of the mind. Both need to be exercised in order to be successful in breaking a strong neuromuscular habit such as smoking.

Continue reinforcing your firm decision: “I choose not to smoke.” Call a “buddy” today with a strong word of encouragement. Resist discouragement. Tomorrow is often the longest day. By now you should understand much about the psychological and physical factors involved in breaking a long-established habit.

**Physical:** Add nuts to your breakfast of cereal, bread, and fruit. Make lunch a simple vegetable meal with peanut butter on whole grain bread. Have a light supper several hours before going to bed.

Remember to drink 6-10 glasses of water daily. Continue to get the benefits of two cool showers daily. The breathing exercises should be paying dividends in improved respiratory function. Keep the resting pulse well under 80 by a judicious program of daily exercise. Walking and gardening are highly recommended. You should be able to tell that your digestion is improving. You may be sleeping better, having better appetite, and showing other signs of good health.

## DAY 4

**Psychological:** Come to understand as many reasons as possible that will explain why the smoking habit is injurious. Review each day’s instructions. Keep busy. Idleness is the strength of bad habits. Do not give up the struggle even though your resolutions are like ropes of sand and are broken once, twice, a thousand times; that merely shows how firmly entrenched the habit is and how determined you must be to become victorious. Rethink the matter through. Understand at what point you were caused to fail, and guard that point carefully in the future. Do not think it an easy thing you have undertaken. You will not be secure in a day against a habit that has taken years to establish.

**Physical:** Continue the former instructions relating to drinking water, exercise, showers, and breathing. Eat a wide variety of fruits, vegetables, whole grains, and nuts. The ideal diet consists of a generous breakfast of fruit, whole grain breads and cereals, beans and all other legumes, whole grains, nuts, and sweet potatoes, a good lunch of vegetables, brown rice, nut butters, olives, avocado, seeds and nuts, and soy, and a small supper, if any.

## DAY 5

**Psychological:** Review the reasons why you decided to stop smoking and say to yourself, “I choose not to smoke.” Call your “buddy.” Tell others what you are learning about health. Advise the young to avoid starting smoking, as it tends to destroy the weight control mechanism.

Things overweight people have in common: they skip or skimp on breakfast, eat too fast, chew poorly, take bites that are too big, do not drink adequate water, do not have adequate exercise, like refined foods, use fermented or aged products such as vinegar, pickles, mustard, cheese, and overripe fruit, use salt freely (recommendation is less than 1 teaspoon a day), like caffeine-containing drinks and other stimulants, use stomach irritants, such as alcohol, pepper, and spices, do not have a definite satiety level, do not understand the proper use of willpower.

You do not need to gain weight. The same factors that helped you to stop smoking will

help you not to gain weight. Drinking plenty of water helps one to control the appetite, since much that is felt to be hunger is actually thirst.

Make it a lifelong habit to breathe deeply every time you stand up and every time you pass through a door. Continue walking and other outdoor exercises. Vigorous outdoor exercise helps one in the control of the appetite.

For additional information on our Stop Smoking solution or other helpful resources, contact Country Life at 706-323-9194, or plan a lifestyle visit at Uchee Pines by calling 334-855-4764.



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## Basil Tofu Omelet



- 1 block extra-firm Tofu (drain & press out water)**
- 1/2 cup plant-based milk**
- 1 tbsp olive oil**
- 1/4 cup rice flour**
- 2 tbsp potato starch or cornstarch**
- 1/4 tsp turmeric (for color)**
- 1/2 tsp black salt (optional, gives an “eggy” flavor)**
- 1 cup vegan shredded cheese**
- 1/4 cup fresh basil (torn or shredded)**
- Sun-dried tomatoes (optional)**

In a blender, combine the pressed tofu with milk, olive oil, rice flour, potato starch, turmeric, and black salt. Blend until the mixture is smooth but retains a slight graininess.

Heat a medium frying pan over medium heat and melt 1 tsp of vegan butter to prevent sticking. Ensure the pan is hot but not smoking, coating the entire surface as it melts. Pour half of the blended tofu mixture into the pan, spreading it evenly to form a round omelet shape. Cover the pan with a lid and allow it to cook for about 3-4 minutes.

Once the top of the omelet is firm and small bubbles appear, sprinkle a pinch of black salt for extra flavor, and add 1/2 the cheese and 1/2 the basil to one half of the omelet. Gently fold the other half over, lower the heat, and cook for an additional minute. Repeat the cooking process with the remaining mixture for a second omelet.

## Psyllium Husk

Native to India, psyllium husk is the outer covering of the psyllium seed. Psyllium is a bulk-forming laxative. It works by soaking up water in the gut, making bowel movements more consistent, frequent, and easier to pass. It can be used to help ease constipation and prevent hemorrhoids. It also helps bind loose stools. For those who have IBS, research shows that psyllium husk can reduce inflammation in the gut. The most common side effects of psyllium are gas (flatulence) and bloating.

For those who have diabetes, research shows that taking psyllium husk before a meal can lower your fasting blood sugar. It is also beneficial in decreasing overall cholesterol levels. Dietary fiber can lower the risk of heart disease, stroke, and obesity.

### *From our Lifestyle Center*

#### What Our Guests are Saying

I came and found my first-love experience with God at Uchee Pines. I have gotten stronger and my balance has improved. My anxiety is less. Inner peace is greater. Lower cholesterol, slight improvement on blood pressure. Right eye quit watering. Stroke symptoms have improved. -Sheldon

I found my spiritual life. My mind was positive prior to my visit. However, Uchee Pines supported my state of mind and actually enhanced the positive state. My physical improvement was also very apparent. -Thom

## YOU NEED TO KNOW

Next **Lifestyle Sessions** at the Lifestyle Center begin May 31, June 21, July 12.

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