

Cracking the paradigm about tobacco smoking New Perspective Allows New Solution

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Abstract

Reveal roughly half of drugs used 20 years ago cause drug-induced nutrient depletion.

Reveal that Tobacco Smoking and Secondhand Smoke Exposure deplete antioxidants, micronutrients, and has other losses.

Replenishing these losses in Smokers:

- decreases morbidity and mortality
- improves numerous bio-markers
- Reveal that N-acetyl cysteine (NAC):
 - Helps with relapse prevention once smokers quit
 - Has a salutary effect

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Biography

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