



HEALTH & HEALING

Healthy cleanse for smokers

by **Mike Ventresca**
Vital Choice

Do you smoke? If so, today's column is *not* going to tell you to quit. Please don't misunderstand, if you're thinking about quitting I want to do everything I can to encourage you to do so. I don't think there's a health expert alive that would do otherwise. Today however, I'd like to focus on helping anyone who smokes, or is exposed to smoke, enhance their body's ability to detoxify the lungs and thus improve their health.



Mike Ventresca

According to the American Lung Association, cigarette smoke contains more than 4,800 different chemicals, many of which can compromise optimal health, including DDT (a banned pesticide), formaldehyde (used as embalming fluid) and arsenic (a highly poisonous heavy metal) to name a few. All of these chemicals force the body's cleansing organs to work harder to detoxify and eliminate these wastes. This is where a respiratory or lung cleanse can help.

A good respiratory cleanse will do two things. First, it will help the body eliminate the toxins accumulated from cigarette

smoke or other environmental causes. Second, it will assist the body's ability to combat the damaging effects of these toxins. A variety of vitamins and herbs have been shown beneficial in these processes including Vitamin C, NAC (N-Acetyl-L-Cysteine), Mullein, Fenugreek and even the common Japanese spice Wasabi. In fact, the results from a 1998 study on Wasabi suggest that it was able to inhibit the development of lung tumors in mice by suppressing the initiation stage of tumor formation.

While there are many detoxification products available to help respiratory health, the most comprehensive I've seen is Smokers' Cleanse from ReNew Life. If you currently smoke or recently quit, I strongly urge you to consider trying it. Smokers' Cleanse is a three-part 30-day cleanse designed to provide antioxidant support and help cleanse toxins from the body while temporarily easing the desire to smoke.

Mike Ventresca is co-owner of Vital Choice, a health food and nutrition store located at 9243 Sprague Road in North Royalton's Timber Ridge Plaza. The phone number is 440-885-9505. Open Monday thru Friday 10 a.m. to 8 p.m.; Saturday 10 a.m. to 6 p.m.; and Sunday noon to 5 p.m.

These statements have not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure or prevent any disease. If you have any concerns about your own health, you should always consult with a healthcare professional. 00150235



Learn. Shop...be healthy!

40-885-9505
www.vchoice.com

9243 Sprague Road
North Royalton, Ohio 44133
M-F 10a-8p, Sat 10a-6p, 12p-5p

All information copyright Vital Choice, Inc. 2005-2008