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A Smoker's Pain: 5 Tips to reduce your Pain and fight the effects of smoking.  
By Dr. Mary Starr Carter

## Smoking

I am sure all of us know most of the effects smoking has on the body. Increased blood pressure, increased risk of cardio vascular disease, increased risk of cancer, and rapid aging. But very few people know that smoking increases pain. Why is this a problem? Here are some reasons why.... Most people have some form of arthritis in their spine or body and 60% have a disc in the spine that is bulging or worse. But not everyone has pain. You can put two patients X-rays side by side and one patient with severe arthritis has no pain and the other patient with mild arthritis feels severe pain.

**Why do some have pain and some don't?** I believe it is because of the level of inflammation in the body. Smokers have more chemicals and inflammation which if there is a problem can lead to a pain syndrome. I recently was talking with a woman diagnosed with Fibromyalgia. She said her pain was so bad that if it were not for her grandchildren she probably wouldn't be here. Surgeries and drugs were not touching her pain. After several questions I learned she was a smoker and did not drink water.

**DRINK MORE WATER:** In fact you should be drinking a minimum of half your body weight in ounces of water per day. If you are drinking coffee or anything caffeinated then add extra water for each caffeinated drink. Smoke is full of chemicals in fact from 1998 - 2005 the amount of nicotine per cigarette was 1.6%. **YIKES not just making cigarettes more addictive but more harmful to the body and brain as well.**

According to the American Heart Association smoking is one of the hardest addictions to break. It is even classified hard habit to break as heroin or cocaine. We can't expect you to quit until you are ready. But you can protect and get your body ready by feeding it the water, nutrition ([Sulfurzyme](#) and [NingXia Red](#)) and detoxify the body NOW. Don't wait, start today by taking a step towards Total Wellness!

**Dr. Mary Starr Carter** has worked with thousands of clients from terminally ill and chronic diseases to those who are healthy and want vibrant health. She has counseled hundreds of families who had given up hope

find simple safe solutions. Known as the Total Wellness Doc she looks at all aspects of health to help someone overcome disease. She specializes in difficult cases like Fibromyalgia, Hormone and Adrenal issues, Asthma, Diabetes and Chronic pain.



### QUIT SMOKING TIP SHEET

**Any of these tips/methods in combination might be helpful to you in your plan to quit smoking. Use the ones you like and/or develop your own program.**

- Throw out All cigarettes, ashtrays, matches and lighter
- When the urge to smoke hits, take a deep breath and hold it for ten seconds; then release it slowly.
- Exercise to help relieve tension.
- When tempted to reach for a cigarette, select your worst memory connected with the habit and imagine this for 15 seconds.
- Reward yourself with oral substitutes (i.e. sugarless gum, lemon drops, carrots or cinnamon sticks).
- Eat three meals (avoid sugar-laden, and spicy foods which can trigger your desire for a cigarette).
- Change daily habits which remind you of smoking (e.g.: take a different route to work, each lunch in a new place, avoid your "smoking chair" at home.
- Cleanse your body of nicotine by drinking lots of liquids. Avoid coffee, caffeinated soft drinks and alcohol as they increase the urge to smoke.
- Keep your hands and mind busy (i.e. play cards, crossword puzzles).
- Spend the day with friends who don't smoke
- Get rid of smokers' breath by brushing teeth several times.
- Congratulate yourself on quitting smoking – it is hard work!
- Go public with your plans to quit. Ask friends, family and co-workers to help you quit and not to smoke around you.
- Indulge in a bath, massage, nap, listen to music; realize you don't have to smoke to have a good time.
- Avoid foods that are high in calories, try carrots, gum, apples.
- Try smoking an excess cigarettes for a day before you quit, so the taste of cigarettes is spoiled
- Make a list of what you like and dislike about smoking. Add to it and read it daily.
- Plan a memorable date for stopping, but not too distant
- Don't store cigarettes. Buy one pack at a time. Purchase cigarettes which are lower in nicotine and tar.
- Only smoke half a cigarette or less
- After you quit, exercise your lungs (i.e. brisk walk, aerobics – start slowly).
- Visit a physician about your plan
- Visit a dentist to clean tobacco stains.



## Texas Municipal Retirement System

Providing Retirement Security for Texas Municipal Employees

### Leaving City Employment before Retirement

If you are no longer employed by any TMRS city, you may apply for a refund of your member deposits and interest. **You are not required to withdraw (refund) your deposits. If you withdraw (refund) your member deposits and interest, your TMRS membership will end. You will not receive any city matching funds.** If you think you may be working for another TMRS city in the future, you may want to leave your money in your account. As long as you are a TMRS member, your account earns interest. If you are not vested, your membership ends after 5 years of inactivity. If you are employed by a city that participates in TMRS, in a position that normally requires at least 1,000 hours of work in a year, you must join TMRS. Your city must certify every position that meets this work requirement and enroll each employee who fills such a position. Regardless of your age, you become a member of TMRS on the date you are employed by a participating city.

#### Employees who are not eligible for TMRS membership include:

- Those in positions that normally require less than 1,000 hours of work in a year
- Those who are hired by cities on a seasonal or temporary basis
- Volunteer firefighters

When you are employed in a position that requires TMRS participation, part of your **compensation** will be deducted from each paycheck and deposited into your member account. Matching funds contributed by your city are deposited in the city's account. Upon meeting certain requirements, you can retire and receive a guaranteed monthly payment for life based on your deposits and interest, the city's matching funds, and other credits. Your participation begins on your date of employment, even though the city might consider you a probationary employee for other benefits.



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*RISK MANAGEMENT'S ultimate goal is to promote and maintain the health of its employees and the general public by striving to prevent injuries and accidents through the continuous education and training of our employees. We believe that Safety is everyone's responsibility and that all tasks can and should be done easily. Our goal is to prevent accidents and/or injuries.*