



YBHL NEWS

NICOTINE – Facts, Benefits and Precautions

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Benefits of NICOTINE

NICOTINE INCREASES MENTAL ALERTNESS AND MAY ENHANCE BRAIN FUNCTION
Nicotine enhances our alertness by increasing our heart rate. Whenever we smoke or vape, we will feel mentally more alert than before.

NICOTINE MAY IMPROVE MOOD AND DECREASES STRESS
Norepinephrine, serotonin and dopamine increase in the body with nicotine use. This suggests that nicotine could be an effective treatment for depression and anxiety, and may lower stress levels.

NICOTINE MAY AID IN PARKINSON'S DISEASE
Smokers are less likely to develop Parkinson's disease. Because nicotine molecules fit into acetylcholine, which is a neurotransmitter. Since nicotine and acetylcholine are a "match", nicotine may have the capacity to moderate other brain receptors.

NICOTINE MAY SUPPRESS APPETITE AND AID WITH WEIGHT LOSS
Nicotine activates POMC neurons and these neurons activate melanocortin MC4R receptors; this action boosts metabolism to decrease hunger.

NICOTINE MAY IMPROVE SHORT AND LONG-TERM MEMORY IN HEALTHY INDIVIDUALS
Nicotine can be helpful in consolidating the information in our brains and has been proven to improve long-term and short-term memory in animals and humans.

Smoke-free nicotine types

Product type	Brand Name Variant	Variant A (mint)	Variant B (fruit)
Medicinal nicotine gum	Nicorette		
Nonmedicinal nicotine gum	LUCE		
Nonmedicinal nicotine lozenge	ROGUE		
Tobacco free nicotine pouch	ZYN		
Nicotine gummy	WAG		

Nicotine:

While nicotine is primarily known for its addictive properties and association with the harmful effects of smoking, research has explored some potential benefits, particularly in the areas of cognitive function and certain neurological conditions.

This document is located here:

<https://yourbesthealthy.life/page-2.php?nid=45>

Potential Cognitive Benefits:

Improved Attention and Focus: Studies have shown that nicotine can enhance attention and cognitive performance, particularly in tasks requiring sustained attention.

Enhanced Memory: Some studies suggest that nicotine might improve working memory and certain types of learning.

Potential Therapeutic Applications: Research has investigated nicotine's potential in treating conditions like Alzheimer's disease and Parkinson's disease, where cognitive deficits are common, but findings are still preliminary and require further investigation.

Potential Benefits in Neurological Conditions:

Parkinson's Disease: Epidemiological studies have shown a lower incidence of Parkinson's disease in smokers, and some research suggests that nicotine might have a neuroprotective effect, potentially slowing down disease progression or alleviating symptoms.

Tourette Syndrome: Nicotine has been explored as a potential treatment for Tourette Syndrome, a neurological disorder characterized by tics, with some studies suggesting a reduction in tic frequency and severity.

Precautions:

Addiction: Nicotine is highly addictive, and any potential benefits must be weighed against the risks of dependence and the difficulty of quitting.

Harmful Effects of Smoking: The primary source of nicotine exposure is through tobacco products, and the harmful effects of smoking far outweigh any potential benefits of nicotine. **Use other safer methods.**

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Limited Evidence: The evidence for nicotine's benefits in many of these areas is still limited and requires further research to establish definitive conclusions.

Alternative Delivery Methods: Exploring safer delivery methods for nicotine, like nicotine replacement therapies (NRTs), may be necessary to realize potential benefits without the harms of smoking. See below for these example methods. Nicotine can be delivered now through nicotine pillows and pouches. ALP nicotine pouches are a safe and inexpensive way to receive the benefits of nicotine, without the dangers of smoking.

In Summary:

While some research indicates potential benefits of nicotine in specific areas like cognitive function and certain neurological conditions, it's crucial to acknowledge the addictive nature of nicotine and the overwhelming evidence of harm from smoking. We now know smoking can be avoided completely by using some of the products like nicotine pouches. Further research is needed to fully understand the potential benefits and risks of nicotine, especially in therapeutic applications and with alternative, safer delivery methods.

Does Nicotine cause cancer:

Simple answer: **NO** – There are other considerations to learn about.

<https://www.healthline.com/health/quit-smoking/does-zyn-cause-mouth-cancer#other-risks-and-side-effects>

Dr Bryan Ardis:

https://x.com/YBH_Life/status/1932086519592034541

https://x.com/YBH_Life/status/1932085792244990459

https://x.com/YBH_Life/status/1932085077355217330

What to try:

<https://alpouch.com/pages/frequently-asked-questions>

<https://alnk.to/1C9nWHx>

Resources:

<https://pmc.ncbi.nlm.nih.gov/articles/PMC4430096/>

<https://www.echelon.health/nicotine-the-good-the-bad-and-the-ugly/>

<https://pubmed.ncbi.nlm.nih.gov/1859921/>

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		Variant B (fruit)
Nonmedicinal nicotine lozenge	ROQUE	Variant A (mint)
		Variant B (fruit)
Tobacco free nicotine pouch	ZYN	Variant A (mint)
		Variant B (fruit)
Nicotine pouch	ALP	Variant A (fruit #1)
		Variant B (fruit #2)



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