

Smoking Cessation

Would you like some help stopping smoking without running the risk any side effects by taking medications? One particular smoking cessation drug, Chantix, is a good example.

Chantix (Varenicline) acts as a dopamine reuptake inhibitor by preventing cells from reabsorbing dopamine, which increases levels in the brain. Chantix works on the theory that by preventing nicotine from reaching these receptors, it is blocked from producing the artificially high levels of dopamine that cause addiction to the nicotine. In many addictions, the underlying cause is low dopamine (often secondary to hypochlorhydria). Over time, your brain becomes dependent on the substance-induced dopamine so you need more and more of that to maintain a balance and the vicious cycle begins.

- In a published study, 13% of Chantix users went blind in the first month.
- Chantix was eight times more likely to be linked to suicidal behavior than other nicotine replacement products.
- Pfizer settled its first Chantix suicide case and 2500 more court cases are still pending. This is just the tip of the iceberg.

There is a very effective and safe alternative in a supplement option: [DopaTropic Powder](#). Containing a naturally occurring source of L-Dopa from the *Mucuna pruriens* plant, L-dopa (aka levodopa; L-3, 4-dihydroxyphenylalanine) is an amino acid, which is converted to the catecholamine neurotransmitter dopamine. As one of the monoamine neurotransmitters, dopamine is largely responsible for regulating physical movement, emotion, and the pleasure and motivation centers of the brain, thus making it easier to stop smoking and balance the low dopamine that contributes to a smokers craving.

Each serving of [DopaTropic Powder](#) contains 250 mg of *Mucuna pruriens*, sweetened with erythritol for enhanced palatability. This format allows for easy and optimal dose titration. Mix (1) teaspoon into 6-8 ounces of water (or beverage of your choice). It is recommended to take early in the day, as it may elicit sleep disturbances if taken before bed. Please schedule a free consultation using the link below to speak with someone in person.

Please review our business at: [Yelp](#) [City Search](#) [Google +](#) [Angie's List](#)

We are proud winners of the 2016 THE SPECTRUM AWARD FOR EXCELLENCE IN CUSTOMER SERVICE. View our Spectrum Award [here](#).

Trainerly allows you to workout and exercise at your home, office, hotel room or pretty much anywhere in the world through live 2-way webcam. [Sign-up](#) for a class with me today. Use the promotional code "trainerly20" to save 20% off any service.



[Click Here](#) to sign-up for our e-mail list so can receive all of our articles & download your free copy of our Dietary Information e-book.

[Like us on Facebook/Connect with us on LinkedIn/Follow us on Twitter](#)
[Follow us on Google+/Pinterest/Instagram](#)

(Hold down the Ctrl key & click the underlined words or logos)
Make sure to forward to friends and followers.