

How tobacco is soaked in sugar! And other things you may not have known ~

Of interest.....

There is this theory (*and if it wasn't, it is now*) that, beside [nicotine](#) and the 2,000 plus chemicals added to cigarettes there are three main factors that contribute to the danger of [tobacco](#) smoke...

- 1. Pesticides and herbicides are used in copious amounts when growing the tobacco plants and are still contained in the tobacco when you light up your cigarettes, cigars or whatever.**
- 2. Most commercial tobacco products contain sugar and lots of it. Usually added by mixing the tobacco with molasses, cigarettes contain about 5-20% sugar, cigars 20% and pipe tobacco has the lead with about 40% molasses/ sugar. (report by Medical World News (1973)).**
- 3. Most commercial tobacco products contain perfumes (as in chemicals).**

A lot of the harm done by tobacco smoke can probably be attributed to those [additives](#). A German magazine (Öko-Test) did a test of tobacco products in the 1990's and found scary amounts of herbicides and pesticides. Back in 1972, the [BBC](#) reported that sugar is one of the main reasons for lung cancer, they based this statement on statistics showing that lung cancer is less frequent in areas where tobacco products contain less sugar.

Quote:

The late Dr. Richard D. Passey of London's Chester Beatty Research Institute had spent twenty years investigating smoking and cancer. 'In Russia, China, Formosa, and other countries where cigarettes are made of air-dried tobacco (three months in a barn, allowing fermentation of sugars, and thus resulting in no sugar content) - close to the kind the American Indian used before the invention of sugar sauces by tobacco companies (with many additives) - they are unable to find any correlation at all between smoking and lung cancer.' (Sugar Blues, 1975).

Perhaps the high content of sugar in cigarettes causes a concurrent addiction. It is widely known that sugar is highly addictive, therefore when one tries to quit smoking they may be craving not only nicotine, but sugar! And then they find the sugar fix in sugar-laden foods...perhaps explaining why some individuals overeat and gain weight with smoking cessation...

I am not an expert in any of the areas concerned except Hypnotherapy, however I pass along the information because it makes sense and because no one has yet found a 'cure-all', so all theories are viable. The more information we are armed with the more we can protect ourselves.