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(Mr. Maximo Johns)

INTRODUCTION TO TOBACCO - KNOWING MORE ABOUT TOBACCO ABUSE AND NICOTINE (PAPERBACK)

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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Table of Contents Introduction Types of Tobacco Tobacco Curing Addictive Nature of Nicotine Tobacco Production Concerns Forms of Tobacco Usage Chewing Tobacco Leaves Beedi Tobacco Paste/Cream Snuff Gutka Cigars and Cigarettes The Water Pipe or Hookah Pipes Kreteks Snuff Tobacco to Heal Burns and Stings Joint Pains Tobacco for Tooth Problems Remedy for Night Blindness Earache and Ear Problems - Alopecia - baldness Tips for Controlling That Craving Fennel Diet Change Boost up the Vitamin C and Honey Intake Other Things on Which to Chew I Will Stop at One. Identifying Triggers Exercise and Occupying Your Mind and Hands Stress Busting Conclusion Author Bio Publisher Introduction The books in the healthy learning and gardening series published by Mendon Cottage books have given you a lot of knowledge about healthy plants, spices, herbs, flowers and trees, out there. This book is introducing you to a plant which has been known as the good weed, tobacco, tabac and other local names, all over the world. It s usage is recreational and it is recognized in some form or the other, all over the globe. The dried leaves of this particular plant is either pressed into powder, plugs, or it can be sliced into crumbly flakes. This book is going to tell you all about this plant, as well as its harmful side effects on the health of man and beast. Tobacco is a native of North America, where the native Americans used it as a trade item. South Americans also knew it as an appetite suppressor. That is the reason why people of native South American tribes smoked these dried tobacco leaves when they knew that they would not have...



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