



The Health Benefits of Tobacco: The Surprising Therapeutic Benefits from Moderate Smoking

By William Campbell Douglass II MD



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What? That can't be! That's the reaction from most people. But did you know that nicotine acts to stimulate critical neurotransmitters (chemical messengers) in the body and that companies are developing nicotine-based pharmaceuticals that are decidedly good for the brain, blood vessels, bowels and even the immune system? Scientific correctness trumps political correctness when it comes to nicotine. Quit smoking cigarettes, but light up a cigar, and sharpen your mental acuity while you enjoy this fascinating and important read.

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