

You Can Quit

Quitting Commercial Tobacco Is Healing



Traditional tobacco is sacred.

For centuries, many American Indian communities have grown and used tobacco as a medicine.

This traditional tobacco is treated as a sacred gift and used to promote physical, emotional, and community well-being.¹



Commercial tobacco is toxic.

Commercial tobacco companies deliberately created products that are addictive and toxic, and exploited American Indian cultures to sell their deadly products.²

Using commercial tobacco:

- ✗ Raises your risk for lung and heart disease.³
- ✗ Increases depression, stress, and anxiety.⁴

Keeping tobacco sacred helps to heal the harm caused by commercial tobacco.



Quitting helps to heal your body and your mind.

Quitting commercial tobacco is one of the best things you can do for your health.

Quitting can help your lungs and your heart.⁵

It can also:

- ✓ Improve long-term recovery from substance use disorders.⁶
- ✓ Decrease depression, anxiety, and stress.⁷
- ✓ Improve the effectiveness of some psychiatric medications.⁶

Living free of commercial tobacco keeps your loved ones safer.

- Secondhand smoke is the smoke from commercial tobacco products and the aerosol from e-cigarettes or vapes.⁸
- This smoke has toxins that cause cancer and other diseases.⁸
- There is no safe level of exposure to secondhand smoke.⁹
- When you quit using commercial tobacco products, you protect yourself and your family and friends from secondhand smoke.



Quitting commercial tobacco is a journey.

It isn't easy. Most people try more than once to quit.³ Every time you choose not to smoke or vape, you take a step closer to quitting for good.

You don't have to quit alone.

Getting support can help you stick to your plan and make it through rough times. A treatment plan, some medications, nicotine replacement therapy, or telephone counseling can help you quit for good.³

Contact **Kick It California** to get free, confidential, personalized help to quit tobacco and nicotine.

- ✓ Visit kickitca.org
- ✓ Call 1-800-300-8086
- ✓ Text "Quit Smoking" or "Quit Vaping" to 66819
- ✓ Download the Kick It California Mobile App
Kick It: Quit Smoking | Vaping

To find a **California Indian Health Service** program for mental health services or for help quitting commercial tobacco, visit: ihs.gov/california/

For more information on traditional tobacco, visit **Keep It Sacred National Native Network** at keepitsacred.itcmi.org



Sources

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