

## Ingredients in Cigarettes – some of them.

### Chemical Poisons and Gasses in Tobacco Smoke

Acetone – found in paint stripper

Insecticide residues e.g. DDT found in insecticides

Naphthylamine\*

Phenol

Toluidine\*

Butane - found in lighter fluid

Methanol- found in rocket fuel

Polonium ~210\*

Arsenic – found in white ant poison

Potassium~40\*

Toluene – found in industrial solvent

Sulphur dioxide

Nitrogen dioxide

Cadmium – found in car batteries

Urethane\*

Benzopyrene\*

Pyrene\*

Vinyl Chloride\*

Dibenzazacridine\*

Naphthalene\* - found in mothballs

Hydrogen Cyanide – used in gas chambers for execution purposes

Dimethylnitrosamine

Formaldehyde – used to preserve body tissue

Ammonia – found in floor cleaner

\* known carcinogen (cancer causing agent)

Courtesy the South Australian Smoking and Health Project

“Tobacco the Truth is Out There: Prevention activities for the middle school, Book 2, 1997. And Commonwealth Department of Health & Family Services. Smoking – What you’re really smoking pamphlet.

Chinese herbs work well with oxygen treatments to get smokers through withdrawals effortlessly.

See **Symptoms of DDT or chlorophenothane poisoning**