

Tofu for Smoking Abstention

Field of the invention

The present invention relates to the field of medical healthcare products, and especially to tofu for smoking abstention.

Background of the invention

At the present time, there are 1.3 billion smokers in the world, and 5 million people die each year due to diseases related to smoking. In China, there are as high as 350 million smokers, and other 740 million non-smoking people are affected by passive smoking, thus about 1.2 million people die due to tobacco related reasons. Smoking has been one of the largest threats to human health. Smoking is harmful not only to health of the smoker himself to induce several diseases, but also to health of others. The burdens of diseases due to tobacco will be more apparent in the next 30-50 years. Therefore, in order to protect the environmental sanitation, many countries and regions in the world legislate to prohibit smoking in public places, punish those smoking in public places by legal means, or even execute penalty to those smoking in their own houses. To cherish lives and for cleanness and civilization of the society, the public voices for smoking banning are even stronger. It is eager and desirable for many smokers to abstain smoking. To this regard, there are medicines for smoking abstention in both domestic and overseas regions, including various oral preparations, injection preparations, as well as skin penetration patches, etc. Though technically distinctive with one another, they generally only have the effect of reducing smoking addiction, and it is difficult for them to eradicate the smoking addiction completely, with a relatively low success rate for smoking abstention. Moreover, any medicine has a certain toxic or side effect which is harmful to the body.

Summary of the invention

In order to solve the above-mentioned problems, the present invention provides a kind of tofu for smoking abstention. Smoking abstention by the present invention results in good treatment effects, with a success rate over 90%.

The present invention provides a kind of tofu for smoking abstention, comprising tofu

and brown sugar. In a preferred embodiment, the tofu is brined tofu. The tofu and the brown sugar have a weight ratio of 6~8 : 4~2, preferably 7 : 3.

The present invention provides a method of making the tofu for smoking abstention, comprising: preparing the tofu and the brown sugar with a ratio; forming holes in the tofu and then sprinkling the brown sugar on the tofu uniformly, or sprinkling the brown sugar on the tofu uniformly and then forming holes in the tofu; and finally steaming the tofu separated from water for 5 minutes.

The present invention further provides a method for smoking abstention, comprising: eating the tofu for smoking abstention according to the present invention.

The main composition of the tofu is protein, a polymeric compound consisting of amino acids. The brined tofu is formed by combination of hydroxyls and azyls free from surfaces of the amino acids with Ca or Mg ions in the brine and subsequent aggregation and deposition thereof. The tofu, during water steaming with the brown sugar, forms new amino acids, which can bring such effects that one after taking the tofu, if re-smoking, will feel tasteless in his mouth and does not want to smoke any more, and the toxic substances such as the nicotine in the body can be eliminated, thus achieving the purpose of smoking abstention.

The technical effects of the present invention are: the tofu for smoking abstention, formed by the method of preparing the brown sugar and tofu in a certain ratio and then steaming them separated from water, is taken once every morning with the stomach empty, thus continuous 3 days form one treatment course, and the smoking abstention can be achieved by 1-3 treatment courses. Such smoking abstention has a shortened process, fast in effects and low in cost, and can finally achieve the purpose of eradication of smoking addiction. The smoking abstention by the product and method of the present invention is excellent in effects, with a success rate over 90%. Moreover, as the product of the present invention is manufactured by common foods and does not have any side effect to human bodies, it is an ideal product for smoking abstention people. In particular, the raw materials are common foods, the manufacturing method is simple and easy, and the cost for smoking abstention is low. It has a good developing space and is convenient for popularization and application such that many smoking abstention persons can relieve quickly from the suffering of smoking abstention. Moreover, the tofu for smoking abstention has an effect of

eliminating nicotine toxin from the body of the person suffering from passive smoking, thus providing better protection for health of non-smoking people.

Detailed description of the embodiments

Hereinafter, for further understanding of the present invention, the preferred embodiments of the present invention will be described in combination with the examples. The description is to explain, by examples, the features and advantages of the product and method of the present invention only, rather than limiting the protection scope of the present invention.

Example:

The tofu for smoking abstention is made as below: preparing brined tofu of 350 g and brown sugar of 150 g with a ratio; forming holes in the tofu and then sprinkling the brown sugar on the tofu uniformly such that the tofu and the brown sugar can contact sufficiently; and finally steaming the tofu for 5 minutes separated from water, thus making the tofu ready as food. The tofu for smoking abstention of the present invention is taken once every morning before breakfast with the stomach empty, thus continuous 3 days form one treatment course. The experiment results are shown in Table 1 as below.

Table 1

Type	Item	Number of people using the medicine	Treatment course	Number of healed people	Effective rate (%)	Treatment course	Number of healed people	Effective rate (%)	Treatment course	Number of healed people	Effective rate (%)
Smokers smoking for less than 10 years		80	1	80	100						
Smokers smoking for 10 ~20 years		100	1	99	99	2	100	100			
Smokers smoking for 20 ~30 years		90	1	86	95.5	2	88	97.7	3	90	100
Smokers smoking for 30 ~40 years		20	1	15	75	2	17	85	3	20	100
Smokers smoking for 40 years		15	1	11	73	2	12	80	3	14	99

Claims

1. Tofu for smoking abstention, comprising tofu and brown sugar, wherein the tofu is brined tofu, and the brined tofu and the brown sugar have a weight ratio of 6~8 : 4~2.

2. The tofu for smoking abstention according to claim 1, wherein the brined tofu and the brown sugar have a weight ratio of 7 : 3.

3. A method of making the tofu for smoking abstention according to any one of claims 1~2, comprising the following steps:

preparing the brined tofu and the brown sugar with a ratio of 6~8 : 4~2;

forming holes in the brined tofu and then sprinkling the brown sugar on the brined tofu uniformly, or sprinkling the brined brown sugar on the tofu uniformly and then forming holes in the tofu; and

finally steaming the tofu separated from water for 5 minutes.

ABSTRACT

The present invention discloses tofu for smoking abstention, comprising tofu and brown sugar, wherein the tofu and the brown sugar have a weight ratio of 6~8 : 4~2.