Comparative effects of smoking tobacco and lettuce leaves

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Herein are seven studies of cigarettes produced under a process that converts fresh lettuce leaves into a smoking product.

Ten healthy young adults (six men and 4 women) who were smokers of more than ten cigarettes per day for longer than 1 year. Ages 19-30, Test done in the morning, no smoking for 12 hours, no food, temperature and humidity controlled, light clothing and resting on standard hospital bed. Recording of pulse rate, blood pressure, fingertip temperature (which will drop if blood vessels constrict) are taken every four minutes. The subjects either smoked two popular cigarettes or BRAVO in successions. The BRAVO smoker on the first day smoked a tobacco cigarette the next and vice versa. The last took 42 minutes each day. The effect produced the same response as by the administrator of Nicotine.

Blood Pressure Changes

Graph 1. Averages of ten subjects. Blood pressure increased up to 16mm in tobacco smokers but only 4mm in BRAVO lettuce smokers. BRAVO Lettuce does not raise blood pressure as tobacco does.

Changes In Pulse Rate

Graph 2. Pulse rate increase of 48 beats per minute with tobacco and only 4 with BRAVO. BRAVO does not increase the plus rate as tobacco does.
Vasoconstriction Of Peripheral Blood Vessels
(Drop in fingertip temperature)

Graph 3. Temperature drop for tobacco of 4.5 degrees and only 3.2 degrees with BRAVO.

Note: It was deemed through this study and some related thermograph studies that the human system may be subject to Pavlovian reaction in that the effect of smoking nicotine cigarettes repeatedly causes the peripheral blood vessels physically develop a standard response to smoking with nicotine. Initial reaction to smoking even without nicotine has vessels constrict until the message that there is no nicotine reaches the vessels and they relax according. This reaction does not occur with non-smokers who smoke a nicotine free smoke.