

# CHOOSING TO BE NICOTINE FREE?

Here are some ideas to support your success

## Occupy Your Mouth, Hands & Mind

- Toothpicks & Straws
- Xylitol Gum or Mints
- Licorice Root Sticks
- Worry Stones & Prayer Beads
- Hypnosis
- Prayers & Affirmations
- Support Networks

## Support Yourself Nutritionally

- Hydrate & Alkalize- add lemon & natural salt to water
- Eat Frequent Small Meals to stabilize blood sugar, energy & mood
- Snack on English Walnuts
- Take Spirulina tablets between meals
- Supplement Stress Nutrients;
  - B-complex
  - Minerals & Trace Minerals
  - Essential Fatty Acids
  - Amino Acids (esp. L-Cysteine)

## Use Herbs for Reducing Cravings, Detoxification & Nervous System Support

- Lobelia
- Wild Oats
- Licorice
- Skullcap
- Kava Kava
- Chamomile
- Burdock Root
- Red Clover
- Milk Thistle
- Essiac Blend
- General Tonic Blend

## Use Flower Essences including Agrimony, Larch & Crabapple

## Use Essential Oils including Clove, Tea Tree & Cinnamon